

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 YS * Pilates Rise <i>Mia Wenger</i>	6:30-7:30 P4 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	6:30-7:15 CS * Beats Ride <i>Kyle O'Brien</i>	6:30-7:30 P4 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>	6:30-7:30 P4 * PURE: Power Yoga Hot <i>Alyssa Villanueva</i>	8:00-8:45 MS * Body Sculpt <i>Lisa Raphael</i>	8:30-9:30 P4 * PURE: Vinyasa Yoga Hot <i>Jennifer Carlin</i>
7:15-8:15 P1 * PURE: Vinyasa Yoga Fundamentals <i>Rebecca Sandlin</i>	6:30-7:20 TR * Precision Run® <i>Jason Strong</i>	7:00-7:45 P5 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	6:30-7:20 TR * Precision Run® <i>Lisa Raphael</i>	7:15-8:15 P1 * PURE: Vinyasa Yoga <i>Rebecca Sandlin</i>	8:30-9:30 P4 * Best Abs Ever <i>Lisa Raphael</i>	8:45-9:35 MS * Off the Barre <i>Kelsey Whallon</i>
7:30-8:15 MS * Stronger <i>Wyatt Stone</i>	7:00-7:50 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>	7:30-8:15 MS * Stacked <i>Or Artzi</i>	7:00-7:45 P5 * PURE: Figure 4 Barre Forty- Five <i>Carolina Rivera</i>	7:30-8:20 MS * Whipped! <i>LR Davidson</i>	8:45-9:00 MS * True Barre <i>Rosie Fiedelman</i>	9:00-9:45 CS * Anthem Ride <i>Cara Leggio</i>
7:30-9:30 P5 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	7:00-7:45 P5 * PURE: Figure 4 Barre Forty- Five <i>Connie Sousek</i>	7:30-9:30 P5 * PURE: Mysore Style Ashtanga Yoga <i>Evan Perry</i>	7:00-7:45 YS * Pilates Mat <i>Mia Wenger</i>	7:30-9:30 P5 * PURE: Mysore Style Ashtanga Yoga <i>Jamie Bonelli</i>	8:45-9:45 P5 * Pilates Fusion <i>Taylor Habershaw</i>	9:15-10:15 MS * Athletic Conditioning <i>Abby Goldenberg</i>
8:00-8:45 CS * Beats Ride <i>Candace Peterson</i>	7:30-9:30 P5 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	8:15-9:15 P5 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	7:30-9:30 P5 * PURE: Mysore Style Ashtanga Yoga <i>Lori Brungard</i>	8:00-9:00 P4 * PURE: Vinyasa Yoga Hot <i>Kyle Adam</i>	9:00-10:00 MS * MetCon3 <i>James Donegan</i>	10:00-10:45 MS * PURE: Power Yoga Advanced Hot <i>Stephanie Schwartz</i>
8:00-9:00 P4 * PURE: Power Yoga Hot <i>Stephanie Schwartz</i>	8:15-9:15 P5 * PURE: Figure 4 Barre <i>Connie Sousek</i>	9:00-10:00 P1 * PURE: Figure 4 Barre Basics <i>Kevin Bigger</i>	8:00-8:30 MS * Best Butt Ever <i>Mia Wenger</i>	8:15-9:15 P5 * PURE: Vinyasa Yoga Hot <i>Lindsey Miller</i>	9:15-10:00 MS * PURE: Yin/Yang Yoga <i>Kyle Adam</i>	10:00-11:00 P4 * Advanced Hot <i>Stephanie Schwartz</i>
8:15-9:15 P5 * PURE: Figure 4 Barre <i>Jess Strohmeyer</i>	9:00-9:45 YS * Pilates Fusion <i>Rachel Genise</i>	9:30-10:15 MS * Atletica <i>Marie Jasmin</i>	8:15-9:15 P5 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	8:30-9:15 CS * Beats + Bands Ride <i>Sarah Cucuzzella</i>	9:15-10:15 P1 * PURE: Vinyasa Yoga <i>Stephanie Schwartz</i>	10:15-11:15 YS * Power Vinyasa <i>Karen Kassoover</i>
9:15-10:00 MS * Cardio Sculpt <i>Jessica Davis</i>	9:15-10:00 MS * Body Sculpt <i>James Ervin</i>	9:30-10:30 P4 * PURE: Power Yoga Hot <i>Jade Alexis</i>	8:30-9:00 MS * Upper Body Pump <i>Mia Wenger</i>	9:00-10:00 P1 * Pilates Fusion <i>Rachel Genise</i>	10:00-11:00 P4 * PURE: Power Yoga Hot <i>VR Colletti</i>	11:00-11:50 MS * Rhythmic Sculpt <i>Connie Sousek</i>
9:30-10:30 P4 * PURE: Vinyasa Yoga Hot <i>Molly Elson</i>	9:15-10:15 P1 * PURE: Slow Flow Yoga <i>Dana Slamp</i>	9:45-10:45 P5 * PURE: Figure 4 Barre <i>Michelle Siegel</i>	9:15-10:15 MS * Tai Sculpt <i>James Ervin</i>	9:30-10:15 MS * Stacked <i>Sarah Cucuzzella</i>	10:15-11:00 MS * True Barre: Off the Barre <i>Kevin VerEecke</i>	11:00-12:00 P5 * PURE: Figure 4 Barre <i>Lindsey Miller</i>
9:45-10:45 P5 * PURE: Figure 4 Barre <i>Jess Strohmeyer</i>	9:30-10:30 P4 * PURE: Vinyasa Yoga Advanced Hot <i>Rebecca Sandlin</i>	10:30-11:20 YS * Cardio Dance <i>Mitchell Wayne</i>	9:15-10:15 P4 * PURE: Power Yoga Advanced Hot <i>VR Colletti</i>	9:30-10:30 P4 * PURE: Vinyasa Yoga Advanced <i>Andrea Borrero</i>	10:30-11:45 P1 * PURE: Iyengar Yoga <i>Jennifer Carlin</i>	11:15-12:15 P1 * PURE: Alignment Yoga Basics <i>Rebecca Sandlin</i>
10:30-11:15 YS * Pilates Mat <i>Caroline Strong</i>	9:45-10:45 P5 * PURE: Figure 4 Barre <i>Connie Sousek</i>	11:00-11:50 MS * PURE: Vinyasa Yoga Hot <i>Matthew Lombardo</i>	9:45-10:45 P5 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	9:45-10:45 P5 * PURE: Figure 4 Barre <i>Carolina Rivera</i>	10:45-11:45 P1 * PURE: Hattha Yoga <i>Jon Witt</i>	12:00-12:45 MS * Core6 <i>Wyatt Stone</i>
10:45-11:45 P1 * PURE: Alignment Yoga Basics <i>Jon Witt</i>	10:00-10:50 CS * Precision Ride <i>Amanda Katz</i>	12:30-1:30 P4 * Pilates Mat <i>Caroline Strong</i>	10:30-11:20 YS * PURE: Iyengar Yoga <i>Tzahi Moskovitz</i>	10:45-11:45 P1 * PURE: Hattha Yoga <i>Jon Witt</i>	11:15-12:00 MS * Stronger <i>Maddie Myers</i>	12:00-1:00 YS * Pilates Mat <i>Alex Dill</i>
11:00-11:50 MS * Powerstrike! <i>Sabrina Cohen</i>	10:45-12:00 P1 * PURE: Iyengar Yoga <i>Tzahi Moskovitz</i>	12:30-1:15 YS * Pilates Mat <i>Caroline Strong</i>	10:45-12:00 P1 * Powerstrike! <i>Stephen Bel Davies</i>	11:00-11:45 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	11:30-12:15 CS * Anthem Ride <i>Sarah Cucuzzella</i>	12:30-1:45 P1 * PURE: Iyengar Yoga <i>Kavi Patel</i>
12:15-12:45 MS * Best Butt Ever <i>Miriam Shestack</i>	11:00-11:50 TR * Precision Walk: Elevate <i>Lisa Raphael</i>	4:30-5:30 P4 * PURE: Power Yoga Advanced Hot <i>Serena Tom</i>	10:45-12:00 P1 * PURE: Iyengar Yoga <i>Tzahi Moskovitz</i>	12:15-1:00 MS * True Barre: Off the Barre <i>Kyla Lloyd</i>	12:15-1:15 MS * Studio Dance: The Choreo Collective <i>Rob Coglitore</i>	12:30-1:30 P4 * PURE: Vinyasa Yoga Advanced Hot <i>Rebecca Sandlin</i>
12:30-1:30 P4 * PURE: Power Yoga Hot <i>VR Colletti</i>	12:15-1:15 P1 * PURE: Yin/Yang Yoga <i>Kyle Adam</i>	5:30-6:20 YS * Pilates Fusion <i>Andre Rivera</i>	11:00-11:50 TR * Powerstrike! <i>Stephen Bel Davies</i>	12:30-1:30 P1 * PURE: Vinyasa Yoga <i>Jennifer Carlin</i>	12:30-1:30 P4 * PURE: Vinyasa Yoga Hot <i>Molly Elson</i>	2:30-3:15 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>
12:45-1:15 MS * Upper Body Pump <i>Miriam Shestack</i>	12:30-1:30 P4 * PURE: Vinyasa Yoga Hot <i>Andrea Borrero</i>	5:45-6:30 CS * Beats Ride <i>LR Davidson</i>	10:45-12:00 P1 * Precision Walk: Elevate <i>Michael Keeney</i>	12:45-1:15 P1 * PURE: Vinyasa Yoga <i>Jennifer Carlin</i>	12:45-1:45 P1 * PURE: Vinyasa Yoga <i>Emma Poole</i>	2:30-3:30 P4 * PURE: Vinyasa Yoga Hot <i>Juan Gamboa</i>
4:15-5:05 YS * Pilates Rise <i>Maureen Duke</i>	4:30-5:30 P4 * PURE: Ashtanga Yoga Hot <i>Evan Perry</i>	6:00-6:45 MS * Core6 <i>Ash Halpin</i>	12:15-1:00 MS * Atletica <i>Michael Keeney</i>	4:15-5:00 YS * True Barre: Off the Barre <i>Kyla Lloyd</i>	1:00-1:50 YS * Pilates Mat <i>Bret Yamanaka</i>	3:00-4:00 YS * Pilates Mat <i>Christina Cervenka</i>
4:30-5:30 P4 * PURE: Vinyasa Yoga Hot <i>James McCracken</i>	5:15-6:15 YS * Vinyasa Yoga <i>Emma Poole</i>	6:00-7:00 P1 * PURE: Slow Flow Yoga <i>Dana Slamp</i>	12:30-1:30 P4 * PURE: Power Yoga Hot <i>Christina Broccoli</i>	4:30-5:30 P4 * PURE: Power Yoga Hot <i>Molly Elson</i>	1:30-2:15 MS * Atletica <i>Ilaria Montagnani</i>	4:00-5:30 P1 * PURE: Ashtanga Yoga Led <i>Evan Perry</i>
5:00-6:00 P1 * PURE: Slow Flow Yoga <i>Dana Slamp</i>	5:30-6:15 MS * Athletic Conditioning <i>Mara Gabrielle</i>	6:00-7:00 P1 * PURE: Slow Flow Yoga <i>Dana Slamp</i>	11:00-11:50 TR * Precision Walk: Elevate <i>Michael Keeney</i>	5:00-6:00 P1 * PURE: Slow Flow Yoga <i>Shelley McPherson</i>	2:30-3:15 MS * Impact! <i>Ilaria Montagnani</i>	4:00-5:00 P4 * PURE: Yin Yoga (Heated) <i>Matt Boylin</i>
5:15-6:05 P5 * True Barre <i>Sarah May Epstein</i>	6:00-7:00 P1 * PURE: Iyengar Yoga <i>Nick Potenzieri</i>	6:30-7:30 P4 * PURE: Vinyasa Yoga Hot <i>James Donegan</i>	4:30-5:30 P4 * PURE: Power Yoga Hot <i>Kyle Adam</i>	5:15-6:15 YS * Vinyasa Yoga <i>Katey Lewis</i>	2:30-3:30 P1 * PURE: Upside Down Yoga <i>Jamie Bonelli</i>	5:15-6:15 YS * Weekend Wind Down Yoga <i>Rhana Harris</i>
5:30-6:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	6:15-7:00 CS * Beats Ride <i>Kate Girlich</i>	6:30-7:45 YS * PURE: Vinyasa Yoga <i>Advanced</i> <i>Molly Elson</i>	5:30-6:30 P1 * PURE: Alignment Yoga Basics <i>Basak Gunaydin</i>	5:30-6:20 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>	4:00-5:00 P1 * PURE: Restorative Yoga <i>Mary Aranas</i>	
5:45-6:35 TR * Precision Run® <i>Andrew Bredis</i>	6:30-7:15 MS * Body Sculpt <i>Ary Nunez</i>	6:45-7:30 P5 * True Barre <i>Kimberly Dawn Neumann</i>	5:30-6:30 YS * PURE: Vinyasa Yoga <i>VR Colletti</i>	5:45-6:35 TR * Precision Run® <i>Jason Strong</i>	4:00-5:00 P4 * PURE: Hattha Yoga Advanced Hot <i>Matt Boylin</i>	
6:15-7:00 CS * Beats + Bands Ride <i>Cara Leggio</i>	6:30-7:30 P4 * PURE: Power Yoga Advanced Hot <i>Molly Elson</i>	7:15-8:00 MS * Stronger <i>Gerard Thelemaque</i>	6:00-6:45 MS * Tabata Max <i>Tracy Gordon</i>	6:00-7:00 P4 * PURE: Candle Light Yoga Hot <i>Molly Elson</i>	5:15-6:00 P1 * PURE: Meditation Sound <i>Mary Aranas</i>	
6:15-7:00 MS * MetCon Monday <i>Alexandra Vasile</i>	6:30-7:30 P5 * True Barre <i>Melinda Porto</i>	7:30-8:15 P1 * PURE: Meditation Yoga <i>Nidra</i> <i>Jamie Bonelli</i>	6:30-7:30 P5 * PURE: Figure 4 Barre <i>Kat Steers</i>	6:15-7:00 P5 * True Barre <i>Kimberly Dawn Neumann</i>		
6:15-7:15 P1 * PURE: Upside Down Yoga <i>Matt Boylin</i>	7:00-7:45 YS * Pilates Mat <i>Alex Dill</i>		6:45-7:45 P1 * PURE: Yin Yoga <i>Franklin Camacho</i>	6:30-7:30 P1 * Restorative Yoga <i>Katey Lewis</i>		
6:30-7:30 P4 * PURE: Ashtanga Yoga Hot <i>Christina Broccoli</i>			6:45-7:45 YS * Power Vinyasa <i>Rika Henry</i>			
6:30-7:20 P5 * True Barre <i>Kelsey Whallon</i>			7:15-8:05 P4 * Pilates Fusion (Heated) <i>Erin Giordano</i>			
7:15-8:15 MS * Studio Dance: NYC Dance Project <i>Abby Goldenberg</i>						
7:15-8:00 YS * PURE: Meditation Sound <i>Donald Johnston</i>						

# EQUINOX

## WEST 76TH STREET

344 Amsterdam Avenue

NEW YORK NY 10024

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-GROUP 08:00 AM 02:00 PM

MON-SUN FITNESS MANAGER

jessica.davis@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

P1 Pure 1

P4 Pure 4

P5 Pure 5

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**Beats Ride** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**PURE: Alignment Yoga Basics** This therapeutic class is designed to develop ease, healthy alignment, and body awareness. Props and mindful adjustments in posture are used to aid body awareness and focus. It's yoga without the "om."

**PURE: Ashtanga Yoga Hot** This heated traditional sequence combines power and flexibility with movement and breath to produce an energetic practice. The heat allows for deeper exploration as the body opens up.

**PURE: Ashtanga Yoga Led** This class covers the Primary Series of Ashtanga Yoga, counted with the traditional vinyasa. Students will be led through half primary (navasana), after which the teacher may determine a safe stopping point for the majority of the class.

**PURE: Candle Light Yoga Hot** Hot Candle Light Flow is characterized by flowing poses and sequences that are linked to the breath. In a candle lit room this class is a mindful approach to Vinyasa flow.

**PURE: Hatha Yoga** Hatha yoga explores the traditional asanas (or "poses") of yoga connecting the body to the mind. The practice is designed to increase awareness and stability through controlled grounding movements with a focus on breath, and stretching to deepen each posture.

**PURE: Hatha Yoga Advanced Hot** Hatha yoga explores the traditional poses of yoga connecting the body to the mind. The practice is designed to increase awareness and stability through controlled grounding movements with a focus on breath, and stretching to deepen each posture.

**PURE: Iyengar Yoga** Based on the principles of B.K.S. Iyengar, this class emphasizes attention to detail and precise alignment of postures. Poses are held longer and the use of props is encouraged to modify poses, if needed.

**PURE: Meditation Sound** A deeply immersive experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

**PURE: Meditation Yoga Nidra** Yoga Nidra is the art of conscious relaxation. A powerful practice where the body and mind are liberated from their tensions and anxiety. Learn how to put the body into sleep while the mind remains fully awake. Deep levels of healing takes place on the emotional, mental, and physical planes.

**PURE: Mysore Style Ashtanga Yoga** Mysore refers to the way Ashtanga Yoga is traditionally taught in its home city of Mysore, India. Learn individually within a supportive group setting, progressing at your own pace under the guidance of an expert teacher. Students may enter any time during the block of time (up until an hour before the end of class), however beginners are encouraged to arrive at the start time of class.

**PURE: Power Yoga Advanced Hot** This is a power yoga class taught in a room heated to 102 degrees. The heat will provide for a detoxifying sweat while you flow through an athletic and dynamic sequence of postures. This level is for the student who has a basic knowledge of the Asanas as well as navigating in and out of postures.

**PURE: Power Yoga Hot** "This is a power yoga class taught in a room heated to 102 degrees. The heat will provide for a detoxifying sweat while you flow through an athletic and dynamic sequence of postures. Cueing will gear towards more progressive alignment as well as deepening within postures.

**PURE: Restorative Yoga** Restorative yoga is a deeply relaxing way of practicing yoga. Given props, the student achieves poses without much muscular strength, facilitating deep release in the connective tissue and calming the nervous system. Teachers may offer a meditative focus.

**PURE: Slow Flow Yoga** Take it slow with this gentle, but deep approach to Vinyasa yoga. This practice links poses to breath to reveal body awareness, inner strength, and opening.

**PURE: Upside Down Yoga** This class is primarily focused on the main inversion asanas of headstand, forearm stand, and handstand. A focus on alignment as well as exploration of different ways of entry and exit allow students to practice in a safe and open environment. Upside-down is suitable for students of all levels.

**PURE: Vinyasa Yoga** Vinyasa is characterized by flowing poses and sequences that are linked to the breath and is a vigorous, more athletic approach to yoga. Students should have a basic understanding of arm balancing with the expectation of inversion preparation and progressive back bending.

**PURE: Vinyasa Yoga Advanced** Vinyasa is characterized by flowing poses and sequences linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga. Intricate sequencing, full inversion/arm balancing offerings and deep backbending.

**PURE: Vinyasa Yoga Advanced Hot** Taught in a room heated to 104 degrees, Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga.

**PURE: Vinyasa Yoga Fundamentals** Vinyasa is characterized by flowing poses and sequences that are linked to the breath. This class is diverse and sequencing will vary with instructor philosophy and in general is a vigorous, more athletic approach to yoga. Build a foundation with a focus on expanding practice knowledge.

**PURE: Vinyasa Yoga Hot** This class done in a heated room, is characterized by flowing poses and sequences that are linked to the breath and is a vigorous, more athletic approach to yoga. Students should have a basic understanding of arm balancing with the expectation of inversion preparation and progressive back bending.

**PURE: Yin Yoga** Yin yoga is characterized by poses supported by props (blanket, block, bolster). To differentiate it from a restorative class, yin will get deep into the soft tissue of the body. It's less restful, and geared more towards a functional release of deep muscle tissue.

**PURE: Yin/Yang Yoga** This class begins with a fiery Yang (Vinyasa) practice to build heat in the body. This heat prepares the body to then melt deeply into 30 minutes of Yin yoga (restorative, deep release).

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with balance is recommended.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

## HIIT

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**MetCon Monday** Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

## Barre

**Off the Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**PURE: Figure 4 Barre** Figure 4 is the most challenging barre experience out there, infusing dance based techniques with foundational strength training. Through high energy choreography, Figure 4 keeps your pulse pounding while forging a lean, sculpted physique focusing on the thighs, arms, abs, and glutes. Socks with grips or bare feet for class.

**PURE: Figure 4 Barre Forty-Five** Take the express route in the 45 minute class designed for those who want to achieve the benefits of Figure 4's all-around approach in minimal time.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Cardio Dance: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

**Studio Dance: NYC Dance Project** Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun and flashy. Dare yourself to be truthful and expressive, and dare yourself to really dance!

**Studio Dance: The Choreo Collective** Join pro dancer Rob Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweatier, and more confident. Feel like you're dancing on tour — no experience required, just good vibes and pure joy.



### Boxing

**Impact!** Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



### Sculpt

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

**Tai Sculpt** A flowing barefoot workout that blends sculpting, Pilates and barre with elements of tai chi created by NYC fitness expert, James Ervin. Strengthen your body from the ground up, and challenge your mind in deep focused movement.



### Strength

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.