

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 CS * Beats Ride <i>Betty Kasper</i>	6:00-6:45 YS * True Barre (Heated) <i>Lucas Blankenhorn</i>	6:30-7:15 MS * Cardio Sculpt <i>Genieve Gordon</i>	6:00-6:45 YS * Pilates at the Barre <i>Genieve Gordon</i>	7:00-7:45 YS * Barefoot Sculpt (Heated) <i>Bella Merritt</i>	9:00-9:45 MS * Athletic Conditioning <i>Elsa Saatela</i>	9:00-9:45 MS * Stronger <i>Vincent Ruiz</i>
7:15-8:00 YS * Power Vinyasa (Heated) <i>Caitlyn Casson</i>	6:30-7:15 MS * Core6 <i>Robert Burke</i>	6:45-7:45 YS * Vinyasa Yoga <i>Kristina Erikson</i>	6:45-7:30 CS * Beats Ride <i>Marirose Aleardi</i>	7:30-8:15 CS * Beats Ride <i>Marc Daigle</i>	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Kristina Erikson</i>	9:30-10:15 YS * Pilates Mat <i>Beth Bardin</i>
7:30-8:15 MS * Stacked <i>Alison O'Connor</i>	7:00-7:45 YS * Pilates Mat (Heated) <i>Cindya Davis</i>	7:00-7:45 CS * Beats Ride <i>Jenny Sun</i>	7:15-8:00 YS * True Barre <i>Kyla Lloyd</i>	7:45-8:30 MS * Cardio Sculpt <i>Mandy Corcione</i>	10:00-10:50 TR * Precision Run® <i>Elsa Saatela</i>	10:00-10:45 CS * Beats Ride <i>Sami Haendler</i>
8:30-9:15 YS * Pilates Mat <i>Jacques Delaugere</i>	7:30-8:20 TR * Precision Run® <i>Robert Burke</i>	7:30-8:15 MS * Stronger <i>Natasha Ross</i>	7:45-8:30 MS * Barefoot Sculpt <i>Robert Burke</i>	8:15-9:15 YS * Power Vinyasa (Heated) <i>Kumiko Buckman</i>	10:15-11:00 MS * Stronger <i>Vincent Ruiz</i>	10:15-11:00 MS * Core6 <i>Nicky Venditti</i>
8:45-9:35 MS * Stronger <i>Joey Ledonio</i>	7:45-8:30 MS * Stronger <i>Bonnie Flannery</i>	8:00-8:50 YS * Pilates Rise <i>Lipe</i>	8:00-8:45 CS * Beats Ride <i>Bonnie Flannery</i>	8:45-9:30 YS * True Barre <i>Mandy Corcione</i>	10:45-11:30 YS * Pilates Fusion (Heated) <i>Lipe</i>	10:45-11:45 YS * Vinyasa Yoga <i>Johan Montijano</i>
9:45-10:30 YS * True Barre <i>Alison O'Connor</i>	8:00-8:45 CS * Beats Ride <i>Zuta Gilchrist</i>	8:15-9:00 CS * Beats Ride <i>Gater</i>	8:15-9:00 YS * Pilates Fusion <i>Kyla Lloyd</i>	11:00-11:45 YS * True Barre <i>Team Equinox</i>		
12:00-12:45 YS * Pilates Mat <i>Khaleah London</i>	8:15-9:00 YS * Vinyasa Yoga <i>Keith Allen</i>	8:45-9:30 MS * 360 Strength <i>Natasha Ross</i>	8:45-9:30 MS * Stronger <i>Robert Burke</i>	12:00-12:45 MS * Body Sculpt <i>Bonnie Flannery</i>	11:15-12:00 CS * Beats Ride <i>Lucas Blankenhorn</i>	11:30-12:15 MS * Body Sculpt <i>Nicky Venditti</i>
1:00-1:45 YS * True Barre: Bala Bangle <i>Khaleah London</i>	8:45-9:30 MS * Body Sculpt <i>Cindya Davis</i>	9:15-10:00 YS * True Barre <i>Diane LaVon</i>	10:00-10:45 MS * Pilates Mat <i>Sammy Tuchman</i>	12:30-1:15 YS * Pilates Mat <i>Team Equinox</i>	11:30-12:20 MS * Whipped! <i>Keenen Johns-Harris</i>	12:00-12:45 YS * True Barre <i>Cindya Davis</i>
2:00-2:50 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	9:15-10:00 YS * True Barre <i>JP Maddock</i>	10:15-11:00 YS * Power Vinyasa <i>Johan Montijano</i>	12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>	2:00-2:45 MS * Barefoot Sculpt <i>Pavee Kwun</i>	12:00-12:45 YS * True Barre <i>Kyla Lloyd</i>	12:45-1:30 MS * 360 Strength <i>Joey Ledonio</i>
4:00-4:45 YS * True Barre (Heated) <i>Alyssa Sarnoff</i>	10:15-11:05 YS * Pilates at the Barre <i>Diane LaVon</i>	12:00-12:45 YS * Pilates Fusion (Heated) <i>Maria Martinez</i>	12:30-1:15 MS * Body Sculpt <i>Miriam Shestack</i>	3:00-3:45 MS * Cardio Kickboxing <i>Emma Artero</i>	1:15-2:15 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	1:45-2:30 YS * Studio Dance: Jazz (Heated) <i>Rika Henry</i>
5:15-6:00 MS * Cardio Sculpt <i>Calvin Wiley</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	1:00-1:45 YS * True Barre (Heated) <i>Cindya Davis</i>	2:00-2:45 YS * True Barre <i>Sammy Tuchman</i>	4:30-5:15 MS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	1:30-2:15 MS * Cardio Sculpt <i>Melissa Birnbaum</i>	2:00-2:45 YS * Best Stretch Ever (Heated) <i>Rika Henry</i>
5:30-6:20 TR * Precision Run® <i>Miriam Shestack</i>	12:30-1:15 MS * Body Sculpt <i>Sammy Tuchman</i>	2:00-2:45 MS * Barefoot Sculpt <i>Pavee Kwun</i>	4:15-5:00 MS * Barefoot Sculpt <i>Stephen Bel Davies</i>	5:30-6:15 MS * MetCon3 <i>Vincent Ruiz</i>	3:00-3:45 YS * Pilates Mat (Heated) <i>Bret Yamanaka</i>	3:00-3:45 MS * Body Sculpt <i>Cindya Davis</i>
5:45-6:45 YS * Power Vinyasa <i>Felipe Gonzalez</i>	2:00-2:45 MS * Pilates Mat <i>Sammy Tuchman</i>	4:00-4:45 MS * Pilates Fusion <i>Team Equinox</i>	5:15-6:00 YS * Pilates Mat <i>Brian Slaman</i>	5:45-6:30 CS * Beats Ride <i>Lucas Blankenhorn</i>	4:15-5:15 YS * Weekend Wind Down Yoga <i>Franklin Camacho</i>	3:00-3:45 YS * Sonic Meditation <i>Kumiko Buckman</i>
6:15-7:15 MS * Studio Dance: Calvinography <i>Calvin Wiley</i>	4:00-4:45 MS * Pilates Fusion <i>Itsy Rachatasumrit</i>	4:00-4:50 YS * Slow Flow Yoga <i>Mardi Sykes</i>	5:30-6:15 MS * Stronger <i>Stephen Bel Davies</i>	5:45-6:30 YS * Beats Ride <i>Kylie Treacy</i>		
7:00-7:45 CS * Beats Ride <i>Jon Gluckner</i>	5:15-6:00 YS * True Barre (Heated) <i>Ana Boiangiu</i>	5:45-6:30 MS * Barefoot Sculpt <i>Mandy Corcione</i>	5:30-6:15 TR * Precision Run® <i>Daxton Bloomquist</i>	7:15-8:15 YS * Yin Yoga Meditation <i>Kristin Bilella</i>		
7:15-8:00 YS * Pilates Rise <i>Jill Weinstein</i>	5:30-6:15 MS * Core6 <i>JD Martin</i>	6:00-6:45 CS * Beats Ride <i>Jon Gluckner</i>	6:00-6:45 CS * Anthem Ride <i>Amy Chiu</i>			
7:30-8:15 MS * MetCon Monday <i>Vincent Ruiz</i>	6:30-7:20 MS * Stronger <i>Daxton Bloomquist</i>	6:45-7:30 MS * MetCon3 <i>Keenen Johns-Harris</i>	6:30-7:15 MS * Body Sculpt <i>Daxton Bloomquist</i>			
8:15-9:00 YS * Vinyasa Yoga <i>Jill Weinstein</i>	6:45-7:45 YS * Power Vinyasa <i>Seth Barron</i>	7:00-7:45 YS * True Barre (Heated) <i>Rosie Fiedelman</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>			
	7:00-7:45 CS * Beats Ride <i>Erin Ay</i>	7:45-8:30 MS * Stronger <i>Keenen Johns-Harris</i>	8:15-9:00 MS * Pilates Fusion <i>Jill Weinstein</i>			
	8:15-9:00 MS * Pilates Mat <i>Beth Bardin</i>	8:15-9:00 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>				

EQUINOX

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 08:00 PM

GROUP FITNESS MANAGER

matt.damico@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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 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.

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.

Yoga

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 vinyasa is recommended.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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, dumbbells, 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.

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

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: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells 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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Studio Dance: Calvinography Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

Studio Dance: Jazz A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

Boxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. 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.