

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 * True Barre: Cardio <i>Genieve Gordon</i>	6:00-6:50 YS * Pilates Rise <i>Genieve Gordon</i>	6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Angela Joy</i>	9:00-9:45 MS * Athletic Conditioning <i>Elsa Saatela</i>	9:00-9:45 MS * Barefoot Sculpt <i>Carly Grossman</i>
7:15-8:00 YS * Power Vinyasa (Heated) <i>Caityln Casson</i>	6:30-7:15 MS * Athletic Conditioning <i>Robert Burke</i>	6:45-7:45 YS * Vinyasa Yoga <i>Kristina Erikson</i>	6:30-7:15 MS * Cardio Boxing Emma Artero	6:45-7:30 MS * True Barre: Cardio <i>Diane LaVon</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>	6:45-7:30 CS * Beats Ride <i>Brandon Green</i>	7:00-7:45 CS * Anthem Ride <i>Jenny Sun</i>	6:45-7:30 CS * Beats Ride <i>Mariose Aleardi</i>	7:00-7:45 CS * Beats Ride <i>Marc Daigle</i>	10:00-10:50 TR * Precision Run® <i>Elsa Saatela</i>	10:00-10:45 CS * Beats Ride <i>Brandon Green</i>
8:30-9:15 YS * Pilates Mat <i>Jacques Delaugere</i>	7:15-8:00 YS * Pilates Mat (Heated) <i>Cindy Davis</i>	7:45-8:35 MS * 360 Strength Natasha Ross	7:15-8:00 YS * Pilates at the Barre <i>Kyla Lloyd</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Kumiko Buckman</i>	10:15-11:00 MS * Stronger <i>Matt Ortel</i>	10:15-10:45 MS * Best Abs Ever Nicky Venditti
8:45-9:35 MS * Stronger <i>Joey Ledonio</i>	7:30-8:20 TR * Precision Run® <i>Robert Burke</i>	8:00-8:50 YS * Pilates Rise <i>Lipe</i>	7:45-8:30 MS * Rhythmic Sculpt <i>Robert Burke</i>	7:45-8:30 MS * Cardio Sculpt <i>Alisha Wickering</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>	7:45-8:30 MS * MetCon3 <i>Bonnie Flannery</i>	8:15-9:00 CS * Beats Ride <i>Gater</i>	8:30-9:30 YS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	8:45-9:15 MS * Best Abs Ever <i>Alisha Wickering</i>		
	8:00-8:45 CS * Beats Ride <i>Brandon Green</i>	9:00-9:45 MS * Limited Series: Stronger Women Natasha Ross	8:45-9:30 MS * Stronger <i>Robert Burke</i>	11:00-11:45 YS * True Barre <i>Richel Ruiz</i>	11:15-12:00 CS * Beats Ride <i>Brandon Green</i>	11:30-12:15 MS * Body Sculpt <i>Nicky Venditti</i>
12:00-12:45 YS * True Barre <i>Khaleah London</i>	8:45-9:30 MS * Body Sculpt <i>Cindy Davis</i>	9:15-10:00 YS * True Barre <i>Diane LaVon</i>	10:00-10:45 YS * Pilates Mat (Heated) <i>Sammy Tuchman</i>		11:30-12:20 MS * Whipped! <i>Matt Ortel</i>	11:45-12:35 CS * Precision Ride <i>Ev Autio</i>
1:00-1:45 YS * Pilates Mat <i>Khaleah London</i>	9:00-9:45 YS * True Barre <i>JP Maddock</i>	10:15-11:00 YS * Power Vinyasa <i>Johan Montijano</i>		12:00-12:45 MS * Body Sculpt <i>Bonnie Flannery</i>	12:00-12:45 YS * True Barre <i>Kyla Lloyd</i>	12:00-12:45 YS * True Barre <i>Cindy Davis</i>
2:00-2:50 YS * Vinyasa Yoga <i>Matt D'Amico</i>	10:15-11:05 YS * Pilates at the Barre <i>Diane LaVon</i>		12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>	12:30-1:15 YS * Pilates Mat <i>Richel Ruiz</i>	12:30-1:00 CS * Beats Ride 30 <i>Brandon Green</i>	12:45-1:30 MS * 360 Strength Joey Ledonio
		12:00-12:45 YS * Pilates Fusion (Heated) <i>Maria Martinez</i>	12:30-1:15 MS * Body Sculpt <i>Miriam Shestack</i>	2:00-2:45 YS * Barefoot Sculpt <i>Pavee Kwun</i>	12:30-1:15 MS * Barefoot Sculpt <i>Lipe</i>	2:00-2:45 MS * Best Stretch Ever (Heated) <i>Rika Henry</i>
4:00-4:45 YS * True Barre (Heated) <i>Alyssa Sarnoff</i>	12:00-1:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	1:00-1:45 YS * True Barre <i>Cindy Davis</i>	4:15-5:00 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	4:45-5:30 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	1:15-2:15 YS * Vinyasa Yoga (Heated) Matt D'Amico	YS * Body Sculpt <i>Cindy Davis</i>
5:15-6:00 MS * Cardio Sculpt <i>Calvin Wiley</i>	12:30-1:15 MS * Body Sculpt <i>Sammy Tuchman</i>	2:00-2:45 YS * Barefoot Sculpt <i>Pavee Kwun</i>	5:15-6:00 YS * Pilates Mat <i>Kyla Lloyd</i>	5:45-6:30 CS * Beats Ride <i>Lucas Blankenhorn</i>	1:30-2:15 MS * Cardio Sculpt <i>Melissa Birnbaum</i>	3:00-3:45 MS * Sonic Meditation <i>Kumiko Buckman</i>
5:30-6:20 TR * Precision Run® <i>Miriam Shestack</i>	4:00-4:45 YS * 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 CS * Pilates Fusion <i>Kylie Treacy</i>	3:00-3:45 YS * Pilates Mat <i>Bret Yamanaka</i>	
5:45-6:45 YS * Power Vinyasa <i>Felipe Gonzalez</i>	5:15-6:00 YS * True Barre (Heated) Team Equinox	5:30-6:15 MS * Body Sculpt <i>Bonnie Flannery</i>	5:30-6:15 TR * Precision Run® <i>Daxton Bloomquist</i>	7:15-8:15 YS * Yin Yoga Meditation <i>Mardi Sykes</i>	4:15-5:15 YS * Weekend Wind Down Yoga <i>Frank Camacho</i>	4:15-5:00 YS * Pilates at the Barre <i>Lucas Blankenhorn</i>
6:15-7:15 MS * Studio Dance: Calvinography <i>Calvin Wiley</i>	5:30-6:15 MS * Athletic Conditioning <i>Matt Ortel</i>	5:45-6:30 YS * Pilates Fusion <i>Bret Yamanaka</i>	6:00-6:45 CS * Anthem Ride <i>Amy Chiu</i>			5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Johan Montijano</i>
7:00-7:45 CS * Beats Ride <i>Team Equinox</i>	6:30-7:20 MS * Stronger <i>Matt Ortel</i>	6:00-6:45 CS * Beats Ride <i>Jon Gluckner</i>	6:30-7:15 MS * Athletic Conditioning <i>Daxton Bloomquist</i>			
7:15-8:00 YS * Pilates Rise <i>Jill Weinstein</i>	6:45-7:45 YS * Power Vinyasa <i>Seth Barron</i>	6:30-7:15 MS * Stronger <i>Bonnie Flannery</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>			
7:30-8:15 MS * MetCon Monday <i>Michelle Sim</i>	7:00-7:45 CS * Beats Ride <i>Alejandra Acosta</i>	7:00-7:45 YS * True Barre (Heated) <i>Rosie Fiedelman</i>	8:15-9:00 YS * Pilates Fusion <i>Jill Weinstein</i>			
8:15-9:00 YS * Vinyasa Yoga <i>Jill Weinstein</i>	8:15-9:00 YS * Pilates Mat <i>Beth Bardin</i>	7:30-8:15 MS * MetCon3 <i>Team Equinox</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

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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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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.



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.

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.

True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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!



Boxing

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.



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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.



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.

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.