

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 Beats Ride CS * Betty Kasper	6:00-6:45 True Barre (Heated) YS * Lucas Blankenhorn	6:30-7:15 Cardio Sculpt Genieve Gordon	6:00-6:50 Pilates Rise YS * Genieve Gordon	6:30-7:15 Barefoot Sculpt (Heated)	9:00-9:45 Athletic Conditioning MS * Elsa Saatela	9:00-9:45 Stronger MS * Team Equinox
7:15-8:00 Power Vinyasa (Heated) MS * Caitlyn Casson	6:30-7:15 Core6 MS * Robert Burke	6:45-7:45 Vinyasa Yoga YS * Kristina Erikson	6:30-7:15 Cardio Kickboxing MS * Kristina Erikson	7:00-7:45 Angela Joy YS * Emma Artero	9:30-10:30 Vinyasa Yoga (Heated) YS * Kristina Erikson	9:30-10:15 Pilates Mat YS * Beth Bardin
7:30-8:15 Stacked MS * Alison O'Connor	6:45-7:30 Beats Ride Brandon Green	7:00-7:45 Anthem Ride CS * Jenny Sun	6:45-7:30 Beats Ride CS * Marirose Aleardi	7:00-7:45 Beats Ride CS * Marc Daigle	10:00-10:50 Precision Run® TR * Elsa Saatela	10:00-10:45 Beats Ride CS * Brandon Green
8:30-9:15 Pilates Mat YS * Jacques Delaugere	7:00-7:45 Pilates Mat (Heated) YS * Cindy Davis	7:45-8:30 360 Strength MS * Natasha Ross	7:15-8:00 Pilates at the Barre YS * Kyla Lloyd	7:30-8:30 Power Vinyasa (Heated)	10:15-11:00 Stronger MS * Kumiko Buckman	10:15-11:00 Core6 MS * Justin Goldman
8:45-9:35 Stronger MS * Joey Ledonio	7:30-8:20 Precision Run® Robert Burke	8:00-8:50 Pilates Rise Lipe	7:45-8:30 Rhythmic Sculpt MS * Robert Burke	8:45-9:30 Beats Ride MS * Bonnie Flannery	10:45-11:30 Pilates Fusion (Heated) YS * Mandy Corcione	10:45-11:45 Vinyasa Yoga YS * Johan Montijano
9:45-10:30 True Barre YS * Alison O'Connor	7:45-8:30 MetCon3 MS * Bonnie Flannery	8:15-9:00 Beats Ride CS * Gater	8:00-8:45 Beats Ride CS * Bonnie Flannery	8:45-9:30 Core6 MS * Mandy Corcione		
	8:00-8:45 Beats Ride CS * Brandon Green	9:00-9:45 Limited Series: Stronger Women MS * Natasha Ross	8:30-9:30 Power Vinyasa (L2) (Heated)	11:00-11:45 True Barre YS * Richel Ruiz	11:15-12:00 Beats Ride CS * Brandon Green	11:30-12:15 Body Sculpt MS * Nicky Venditti
12:00-12:45 True Barre YS * Khaleah London	8:15-9:00 Vinyasa Yoga YS * Keith Allen	9:15-10:00 True Barre MS * Diane LaVon	8:45-9:30 Stronger MS * Robert Burke	12:00-12:45 Body Sculpt MS * Bonnie Flannery	11:30-12:20 Whipped! MS * Keenen Johns-Harris	12:00-12:45 True Barre YS * Cindy Davis
1:00-1:45 Pilates Mat YS * Khaleah London	8:45-9:30 Body Sculpt MS * Cindy Davis	10:15-11:00 Power Vinyasa YS * Johan Montijano	10:00-10:45 Pilates Mat (Heated) YS * Sammy Tuchman	12:30-1:15 Pilates Mat YS * Richel Ruiz	12:00-12:45 True Barre Kyla Lloyd	12:45-1:30 360 Strength MS * Joey Ledonio
2:00-2:50 Vinyasa Yoga (Heated) YS * Matt D'Amico	9:15-10:00 True Barre JP Maddock	10:15-11:05 Pilates at the Barre Diane LaVon	12:00-12:45 Pilates Fusion (Heated) YS * Maria Martinez	2:00-2:45 Barefoot Sculpt YS * Pavee Kwun	12:30-1:00 Beats Ride 30 CS * Brandon Green	1:00-1:45 Pilates Fusion YS * Becca Wood
4:00-4:45 True Barre (Heated) YS * Alyssa Sarnoff	12:00-1:00 Vinyasa Yoga YS * Mardi Sykes	1:00-1:45 True Barre (Heated) Cindy Davis	12:00-1:00 Vinyasa Yoga (Heated) YS * Kristin Bilella	2:00-2:45 Barefoot Sculpt YS * Pavee Kwun	12:30-1:15 Barefoot Sculpt Lipe	1:45-2:30 Studio Dance: Jazz MS * Ev Autio
5:15-6:00 Cardio Sculpt MS * Calvin Wiley	2:00-2:45 Barefoot Sculpt YS * Sammy Tuchman	2:00-2:45 Barefoot Sculpt YS * Sammy Tuchman	12:30-1:15 Body Sculpt MS * Miriam Shestack	3:00-3:45 Pilates Mat (Heated) YS * Bret Yamanaka	1:15-2:15 Vinyasa Yoga (Heated) YS * Matt D'Amico	2:00-2:45 Best Stretch Ever (Heated)
5:30-6:20 Precision Run® TR * Miriam Shestack	12:30-1:15 Body Sculpt MS * Sammy Tuchman	2:00-2:45 Pilates Mat YS * Sammy Tuchman	2:00-2:45 True Barre MS * Sammy Tuchman	3:00-3:45 Pilates Mat (Heated) YS * Bret Yamanaka	1:30-2:15 Cardio Sculpt MS * Melissa Birnbaum	YS * Rika Henry
5:45-6:45 Power Vinyasa YS * Felipe Gonzalez	2:00-2:45 Pilates Mat YS * Sammy Tuchman	4:00-4:50 Slow Flow Yoga YS *	4:15-5:00 Barefoot Sculpt MS * Mandy Corcione	4:15-5:30 True Barre: Bala Bangle MS * Lucas Blankenhorn	1:30-2:15 Pilates Fusion YS * Kylie Treacy	3:00-3:45 Body Sculpt MS * Cindy Davis
6:15-7:15 Studio Dance: Caligraphy MS * Calvin Wiley	4:00-4:45 Pilates Fusion YS * Itsy Rachatasumrit	5:30-6:15 Cardio Sculpt MS * Mandy Corcione	5:15-6:00 Pilates Mat YS * Team Equinox	5:30-6:15 Stronger MS * Stephen Bel Davies	1:45-5:15 Weekend Wind Down Yoga	3:00-3:45 Sonic Meditation YS * Kumiko Buckman
7:00-7:45 Beats Ride CS * Jon Gluckner	5:45-6:30 Pilates Fusion YS * Bret Yamanaka	6:00-6:45 Beats Ride CS * Jon Gluckner	5:30-6:15 Precision Run® TR * Daxton Bloomquist	5:45-6:30 Pilates Fusion YS * Kylie Treacy	Franklin Camacho	5:30-6:30 Vinyasa Yoga (Heated) YS * Johan Montijano
7:15-8:00 True Barre: Bala Bangle YS * Ana Boiangiu	6:30-7:15 Core6 MS * JD Martin	6:30-7:15 Whipped! MS * Keenen Johns-Harris	6:00-6:45 Anthem Ride CS * Amy Chiu	7:15-8:15 Yin Yoga Meditation YS * Mardi Sykes		
7:30-8:15 MetCon Monday MS * Michelle Sim	6:30-7:20 Stronger MS * Daxton Bloomquist	7:00-7:45 True Barre (Heated) MS * Rosie Fiedelman	6:30-7:15 Body Sculpt MS * Daxton Bloomquist			
8:15-9:00 Vinyasa Yoga YS * Matt D'Amico	6:45-7:45 Power Vinyasa YS * Seth Barron	7:30-8:15 Stronger MS * Keenen Johns-Harris	6:45-7:45 Sculpted Yoga™ YS * Kumiko Buckman			
	7:00-7:45 Beats Ride CS * Alejandra Acosta	8:00-8:45 Pilates Mat YS *	8:15-9:00 Vinyasa Yoga (Heated) YS * Kristin Bilella	8:15-9:00 True Barre: Bala Bangle YS * Monica Colino		
	8:15-9:00 Pilates Mat YS *					

# EQUINOX

## ORCHARD STREET

200 Orchard Street  
NEW YORK NY 10002  
EQUINOX.COM  
@EQUINOX

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.

## ❖ 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 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.

**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.

**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.