

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * True Barre: Bala Bangle <i>Lipe</i>	6:15-7:00 MS * Pilates Fusion <i>Cameron Norsworthy</i>	6:30-7:15 MS * Stronger <i>Dyan Tsiumis</i>	6:15-7:05 MS * Pilates Rise <i>Becca Wood</i>	6:30-7:15 MS * Body Sculpt <i>Kyla Owen</i>	8:15-9:00 MS * Pilates Fusion <i>Ash Kaya</i>	8:45-9:30 MS * Barefoot Sculpt <i>Lipe</i>
7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Evan Perry</i>	7:15-8:05 TR * Precision Run® <i>Ally Raisian</i>	7:15-8:05 TR * Precision Run® <i>Amy Amato</i>	7:15-8:05 TR * Precision Run® <i>Jess Bieda</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Amy Amato</i>	8:45-9:30 CS * Beats Ride <i>Erin Ay</i>	9:45-10:30 MS * True Barre: Bala Bangle <i>Emily Naim</i>
7:30-8:20 TR * Precision Run® <i>Evan Wood</i>	7:30-8:15 MS * True Barre: Off the Barre <i>Cameron Norsworthy</i>	7:30-8:15 CS * Beats Ride <i>Ary Nunez</i>	7:30-8:15 MS * True Barre: Off the Barre <i>Ana Boiangiu</i>	7:45-8:30 MS * MetCon3 <i>John Cianca</i>	9:15-10:00 MS * Stronger <i>LR Davidson</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Amy Amato</i>
7:45-8:30 MS * Leg Day Mandy Corcione	8:30-9:15 MS * Pilates Mat <i>Caroline Strong</i>	7:30-8:15 MS * Body Sculpt <i>Dyan Tsiumis</i>	8:30-9:15 MS * Pilates Fusion <i>Samantha Paulik</i>	8:15-9:15 YS * Sculpted Yoga™ Rose Firouzbakht	9:45-10:45 YS * Vinyasa Yoga <i>Jill Weinstein</i>	10:15-11:15 YS * Power Vinyasa <i>Katelyn Thelemaque</i>
8:45-9:30 MS * Body Sculpt <i>Alex Ware</i>	9:30-10:20 MS * Stronger <i>Sarah Cucuzzella</i>	8:30-9:15 MS * True Barre: Bala Bangle <i>Claire Crause</i>	9:30-10:15 MS * Body Sculpt <i>Isabelle Luongo</i>	8:45-9:30 MS * Pilates Mat <i>Caroline Strong</i>	10:00-10:50 TR * Precision Run® <i>Gerard Thelemaque</i>	10:30-11:30 CS * Beats Ride 60 <i>Frank Louis</i>
9:15-10:00 CS * Beats Ride <i>Ary Nunez</i>	10:30-11:15 MS * Best Stretch Ever <i>Sarah Cucuzzella</i>	9:15-10:05 CS * Beats Ride <i>Jaimie Austin</i>	10:30-11:30 YS * Slow Flow Yoga <i>Kevin Bigger</i>	9:15-10:05 CS * Beats Ride <i>Renee Pesante</i>	10:15-11:00 MS * Body Sculpt <i>Michelle Sim</i>	11:00-11:45 MS * Leg Day Smita Nalluri
10:15-11:05 MS * Pilates Rise <i>Alex Ware</i>		10:30-11:15 MS * Pilates Mat <i>Ron Tal</i>		10:15-11:00 MS * Stronger <i>Renee Pesante</i>	10:30-11:15 CS * Beats Ride <i>LR Davidson</i>	
10:30-11:15 PD * Hydro Athlete Jose Rivera Jr.	12:30-1:15 MS * Pilates Fusion <i>Genieve Gordon</i>	12:15-1:00 MS * Body Sculpt <i>Jose Rivera Jr.</i>	12:30-1:20 MS * True Barre: Bala Bangle <i>Paige Bodnar</i>	10:30-11:15 PD * Hydro Sculpt Kyle Adam		12:00-12:45 MS * Best Stretch Ever <i>Ev Autio</i>
12:15-1:00 MS * Pilates Mat <i>Jose Rivera Jr.</i>	5:15-6:00 MS * Pilates Fusion <i>Kyla Lloyd</i>	4:30-5:15 MS * True Barre: Off the Barre <i>Monica Colino</i>	5:15-6:00 MS * Body Sculpt <i>Gerard Thelemaque</i>	12:30-1:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	11:15-12:00 MS * Pilates Fusion <i>Jill Weinstein</i>	1:00-1:50 MS * Pilates Rise <i>Dara Adler</i>
4:30-5:15 MS * Stronger <i>Michelle Sim</i>	5:30-6:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	5:30-6:15 MS * True Barre: Off the Barre <i>Monica Colino</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ali Cramer</i>	2:15-3:00 MS * Pilates Mat <i>Tarryn Brands</i>	12:30-1:15 MS * True Barre: Off the Barre <i>Zach Eisenberg</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Mindy Bacharach</i>
5:30-6:15 MS * True Barre: Bala Bangle <i>Jose Rivera Jr.</i>	6:15-7:00 MS * Body Sculpt <i>Kyla Lloyd</i>	5:30-6:15 MS * Stronger <i>Isabelle Luongo</i>	6:15-7:00 MS * Stronger <i>Kyle White</i>	4:30-5:15 MS * Barefoot Sculpt <i>Isabelle Luongo</i>	1:00-2:00 YS * Vinyasa Yoga <i>Bee Bosnak</i>	
5:45-6:00 TR * Precision Walk: Elevate <i>Candace Peterson</i>	6:30-7:15 CS * Beats Ride <i>Megan Colford</i>	5:45-6:35 TR * Precision Run® <i>Ally Raisian</i>	7:15-8:00 MS * Pilates Fusion <i>Rosie Fiedelman</i>	5:15-6:00 CS * Beats Ride <i>Frank Louis</i>	1:30-2:15 MS * Stronger <i>Sara Deberry</i>	
6:00-6:45 CS * Beats Ride <i>Jenny Sun</i>	7:00-8:00 YS * Slow Flow Yoga <i>Lisa Landphair</i>	6:00-6:45 CS * Beats Ride <i>Michael MacNeal</i>		5:30-6:15 MS * Body Sculpt <i>Isabelle Luongo</i>		
6:15-7:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	7:15-8:05 MS * True Barre: Off the Barre <i>Minga Prather</i>	6:30-7:15 MS * Pilates Fusion <i>Adele Carlson</i>		5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i>	4:00-4:45 MS * Pilates Mat <i>Gillian Popino</i>	
6:30-7:15 MS * Cardio Sculpt <i>Bubba Caruso</i>		6:45-7:30 PD * Hydro Athlete Coco Cohen				
		7:15-8:15 YS * Vinyasa Yoga <i>Jessie Wren</i>				

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MON-THU 05:30 AM 10:00 PM
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SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

jose.rivera01@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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 60 An extended rhythmic cycling class so you can ride those extra miles to 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.

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

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.

Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

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

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.

Barre

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: 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.

Swim

Hydro Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

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.

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

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.