

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * Pilates Mat <i>Becca Wood</i>	6:30-7:15 YS * Pilates Fusion <i>Cameron Norsworthy</i>	6:15-7:00 YS * Barefoot Sculpt <i>Kelsey Whallon</i>	6:30-7:20 YS * Pilates Rise <i>Becca Wood</i>	6:30-7:15 MS * Body Sculpt <i>Kyla Owen</i>	8:15-9:00 YS * Pilates Fusion <i>Ash Kaya</i>	8:45-9:30 YS * Barefoot Sculpt <i>Lipe</i>
6:30-7:15 MS * True Barre: Bala Bangle <i>Lipe</i>	6:45-7:30 MS * Tabata Max <i>Amy Amato</i>	6:30-7:15 MS * Stronger <i>Dyan Tsiumis</i>	6:45-7:30 MS * Cardio Sculpt <i>Molly Day</i>	7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:00-9:45 MS * Stronger <i>LR Davidson</i>	9:45-10:30 MS * True Barre: Bala Bangle <i>Emily Naim</i>
7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Evan Perry</i>	7:15-8:05 TR * Precision Run® <i>Ally Raisian</i>	7:15-8:00 YS * Pilates Mat <i>Samantha Paulik</i>	7:15-8:05 TR * Precision Run® <i>Isabelle Luongo</i>	7:30-8:15 MS * MetCon3 <i>John Cianca</i>	9:45-10:45 YS * Vinyasa Yoga <i>Robert Nguyen</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Amy Amato</i>
7:30-8:15 MS * Core6 <i>Carolann Valentino</i>	7:30-8:15 YS * Barefoot Sculpt Ana Boiangiu	7:30-8:15 MS * Body Sculpt <i>Dyan Tsiumis</i>	7:30-8:15 YS * Pilates Fusion <i>Bianca Crystal</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Amy Amato</i>	10:00-10:50 CS * Beats Ride <i>LR Davidson</i>	10:15-11:15 YS * Power Vinyasa <i>Katelyn Thelemaque</i>
7:30-8:20 TR * Precision Run® <i>Evan Wood</i>	7:45-8:30 MS * True Barre: Bala Bangle <i>Cameron Norsworthy</i>	7:30-8:20 TR * Precision Run® <i>Amy Amato</i>	7:45-8:30 MS * True Barre: Off the Barre <i>Andy Santana</i>	8:00-8:45 CS * Beats Ride <i>Siercia O'Brien</i>	10:15-11:00 MS * Body Sculpt <i>Michelle Sim</i>	10:30-11:30 CS * Beats Ride 60 <i>Frank Louis</i>
9:00-9:45 MS * Body Sculpt <i>Alex Ware</i>	8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i>	8:30-9:15 MS * True Barre: Bala Bangle <i>Claire Crause</i>	8:45-9:30 YS * Barefoot Sculpt <i>Jose Rivera Jr.</i>	8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i>	10:30-11:20 TR * Precision Run® <i>Gerard Thelemaque</i>	11:00-11:50 MS * MetCon3 <i>Molly Day</i>
9:30-10:20 TR * Precision Walk: Elevate <i>Carolann Valentino</i>	9:15-10:00 MS * Stronger <i>Sarah Cucuzzella</i>	9:15-10:05 CS * Beats Ride <i>Jaimie Austin</i>	9:15-10:00 MS * Body Sculpt <i>Isabelle Luongo</i>	9:00-9:50 MS * Stronger <i>Renee Pesante</i>	11:00-11:45 YS * Pilates Fusion <i>Jose Rivera Jr.</i>	
9:45-10:00 MS * Best Stretch Ever <i>Alex Ware</i>	10:15-11:00 MS * Best Stretch Ever <i>Sarah Cucuzzella</i>	10:15-11:00 MS * Body Sculpt Jose Rivera Jr.	10:15-11:15 YS * Slow Flow Yoga Kevin Bigger	10:30-11:15 YS * Barefoot Sculpt <i>Paige Bodnar</i>		11:45-12:30 YS * Pilates Fusion <i>Gabe Villanueva</i>
10:30-11:20 YS * Pilates Rise <i>Alex Ware</i>	12:30-1:15 MS * Body Sculpt <i>Genieve Gordon</i>	10:30-11:15 YS * Pilates Mat <i>Ron Tal</i>	12:30-1:20 MS * True Barre: Bala Bangle <i>Paige Bodnar</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mardi Sykes</i>	11:30-12:15 MS * Core6 Gerard Thelemaque	12:00-12:45 MS * Best Stretch Ever <i>Ev Autio</i>
12:15-1:15 YS * Power Vinyasa <i>Rose Firouzbakht</i>	1:30-2:20 YS * Pilates Rise <i>Jake Thereault</i>	12:15-1:00 YS * Barefoot Sculpt <i>Dyan Tsiumis</i>	1:30-2:15 YS * Pilates Fusion <i>Dara Adler</i>	1:30-2:15 YS * Sonic Meditation <i>Mardi Sykes</i>	12:30-1:15 MS * True Barre: Off the Barre <i>Zach Eisenberg</i>	1:00-1:50 YS * Pilates Rise <i>Dara Adler</i>
12:30-1:15 MS * True Barre: Bala Bangle Jose Rivera Jr.	4:15-5:00 YS * Barefoot Sculpt <i>Kyla Lloyd</i>	12:30-1:15 MS * Core6 Nicky Venditti	4:15-5:15 YS * Pilates Mat <i>Rosie Fiedelman</i>	3:00-3:45 YS * Pilates Fusion <i>Bret Yamanaka</i>	1:00-2:00 YS * Power Vinyasa <i>Bee Bosnak</i>	1:15-2:00 MS * Athletic Conditioning Smita Nalluri
4:00-4:45 YS * Pilates Fusion <i>Sammy Tuchman</i>	5:00-5:45 MS * Athletic Conditioning <i>Or Artzi</i>	4:00-5:00 YS * Vinyasa Yoga <i>Jane Johnsen</i>	5:00-5:45 MS * Core6 <i>Gerard Thelemaque</i>	4:00-4:45 YS * Barefoot Sculpt <i>Isabelle Luongo</i>	1:30-2:20 MS * Stronger <i>Sara Deberry</i>	2:30-3:30 YS * Slow Flow Yoga <i>Mindy Bacharach</i>
4:30-5:15 MS * Stronger Michelle Sim	5:30-6:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	4:15-5:00 MS * True Barre: Bala Bangle <i>Zach Eisenberg</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ali Cramer</i>	5:15-6:00 CS * Beats Ride Frank Louis	2:45-3:30 YS * Pilates Mat <i>Richel Ruiz</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Mindy Bacharach</i>
5:15-6:00 YS * Pilates Mat Bianca Crystal	6:00-6:45 MS * Body Sculpt <i>Kyla Lloyd</i>	5:15-6:00 YS * Barefoot Sculpt <i>Monica Colino</i>	6:00-6:50 MS * Stronger <i>Kyle White</i>	5:30-6:15 MS * Body Sculpt <i>Isabelle Luongo</i>	3:45-4:45 YS * Yin Yoga + Sound Meditation <i>Jamison Goodnight</i>	
5:30-6:15 MS * MetCon Monday <i>Molly Day</i>	6:00-6:45 TR * Precision Run® Or Artzi	5:30-6:15 MS * Stronger <i>Isabelle Luongo</i>	6:45-7:35 YS * Pilates Rise Rosie Fiedelman	5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i>		
6:00-6:45 CS * Beats Ride <i>Jenny Sun</i>	6:30-7:15 CS * Beats Ride <i>Megan Colford</i>	6:00-6:45 CS * Beats Ride <i>Esteban Deleon</i>	7:00-7:45 MS * Body Sculpt <i>Minga Prather</i>			
6:15-7:05 YS * Sculpted Yoga™ <i>Kristin Condon</i>	7:00-7:45 MS * True Barre: Off the Barre <i>Minga Prather</i>	6:15-7:00 YS * Pilates Fusion <i>Erica Robinson</i>				
6:30-7:15 MS * Cardio Sculpt <i>Molly Day</i>	7:15-8:15 YS * Slow Flow Yoga <i>Lisa Landphair</i>	6:30-7:15 MS * Rhythmic Sculpt <i>LaDarius Lee</i>				
7:15-8:15 YS * Yin Yoga + Sound Meditation <i>Kristin Condon</i>		7:15-8:15 YS * Vinyasa Yoga <i>Jessie Wren</i>				

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FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 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

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.

Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



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.

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.



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.



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

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.

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.