

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 Cameron Norsworthy	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>
7:00-7:45 CS * Beats Ride <i>Siercia O'Brien</i>	7:15-8:05 TR * Precision Run® <i>Ally Raisian</i>	7:00-7:45 CS * Beats Ride <i>Ary Nunez</i>	7:15-8:05 TR * Precision Run® <i>Jess Bieda</i>	7:00-7:45 CS * Beats Ride <i>Siercia O'Brien</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>
7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Evan Perry</i>	7:30-8:15 MS * True Barre: Off the Barre <i>Cameron Norsworthy</i>	7:15-8:05 TR * Precision Run® <i>Amy Amato</i>	7:30-8:15 MS * True Barre: Off the Barre Ana Boiangiu	7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:15-10:00 MS * Stronger <i>LR Davidson</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Amy Amato</i>
7:30-8:20 TR * Precision Run® <i>Evan Wood</i>	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>	7:30-8:20 TR * Precision Walk: Elevate <i>Amy Amato</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jill Weinstein</i>	10:15-11:15 YS * Power Vinyasa <i>Katelyn Thelemaque</i>
7:45-8:30 MS * MetCon Monday Mandy Corcione	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>	7:45-8:30 MS * MetCon3 <i>John Cianca</i>	10:00-10:50 TR * Precision Run® <i>Gerard Thelemaque</i>	10:30-11:30 CS * Beats Ride 60 <i>Frank Louis</i>
8:45-9:30 MS * Body Sculpt <i>Alex Ware</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>	8:45-9:30 MS * Pilates Mat <i>Caroline Strong</i>	10:15-11:00 MS * Body Sculpt <i>Michelle Sim</i>	11:00-11:45 MS * MetCon3 <i>Smita Nalluri</i>
10:15-11:05 MS * Pilates Rise <i>Alex Ware</i>	12:30-1:15 MS * Pilates Fusion <i>Genieve Gordon</i>	10:30-11:15 MS * Pilates Mat <i>Ron Tal</i>	12:30-1:20 MS * True Barre: Bala Bangle <i>Paige Bodnar</i>	9:15-10:05 CS * Beats Ride <i>Renee Pesante</i>	10:30-11:15 CS * Beats Ride <i>LR Davidson</i>	12:00-12:45 MS * Best Stretch Ever <i>Ev Autio</i>
12:15-1:00 MS * True Barre: Off the Barre <i>Jose Rivera Jr.</i>	5:15-6:00 MS * Pilates Fusion Kyla Lloyd	12:15-1:00 MS * Body Sculpt <i>Jose Rivera Jr.</i>	5:15-6:00 MS * Body Sculpt Gerard Thelemaque	10:15-11:00 MS * Stronger <i>Renee Pesante</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>	4:30-5:15 MS * True Barre: Off the Barre <i>Monica Colino</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ali Cramer</i>	12:30-1:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	12:15-1:15 YS * Power Vinyasa <i>Bee Bosnak</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 Kyla Lloyd	5:30-6:15 MS * Stronger <i>Isabelle Luongo</i>	6:15-7:00 MS * Stronger Kyle White	2:15-3:00 MS * Pilates Mat Tarryn Brands	12:30-1:15 MS * True Barre: Off the Barre <i>Zach Eisenberg</i>	
5:45-6:35 TR * Precision Walk: Elevate Candace Peterson	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 Rosie Fiedelman	4:30-5:15 MS * Barefoot Sculpt <i>Isabelle Luongo</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 Lisa Landphair	6:00-6:45 CS * Beats Ride <i>Michael MacNeal</i>		5:15-6:00 CS * Beats Ride <i>Frank Louis</i>	4:00-4:45 MS * Pilates Mat Gillian Popino	
6:15-7:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	7:15-8:05 MS * True Barre: Off the Barre Minga Prather	6:30-7:15 MS * Pilates Fusion <i>Erica Robinson</i>		5:30-6:15 MS * Body Sculpt <i>Isabelle Luongo</i>		
6:30-7:15 MS * Cardio Sculpt <i>Bubba Caruso</i>		7:15-8:15 YS * Vinyasa Yoga <i>Jessie Wren</i>		5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i>		

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MON-THU 05:30 AM 10:00 PM

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.



HIIT

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.



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.



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

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.