

EQUNOX

PRINTING HOUSE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time

* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Pilates Mat YS * Becca Wood	6:30-7:15 Pilates Fusion YS * Cameron Norsworthy	6:15-7:00 Barefoot Sculpt YS * Kelsey Whallon	6:30-7:20 Pilates Rise YS * Becca Wood	6:30-7:15 Body Sculpt MS * Kyla Owen	8:15-9:00 Pilates Fusion YS * Ash Kaya	8:45-9:30 Barefoot Sculpt YS * Lipe
6:30-7:15 True Barre: Bala Bangle MS * Lipe	6:45-7:30 Tabata Max MS * Amy Amato	6:30-7:15 Stronger MS * Dyan Tsiumis	6:45-7:30 Cardio Sculpt MS * Molly Day	7:15-8:15 Sunrise Vinyasa Yoga YS * Josh Mathew-Meier	9:00-9:45 Stronger MS * LR Davidson	9:45-10:30 True Barre: Bala Bangle MS * Emily Nairn
7:15-8:15 Sunrise Vinyasa Yoga YS * Evan Perry	7:15-8:05 Precision Run® TR * Ally Raisian	7:15-8:00 Pilates Mat YS * Samantha Paulik	7:15-8:05 Precision Run® TR * Isabelle Luongo	7:30-8:15 MetCon3 MS * John Cianca	9:45-10:45 Vinyasa Yoga YS * Robert Nguyen	10:00-10:50 Precision Walk: Elevate TR *
7:30-8:15 Core6 MS * Carollann Valentino	7:30-8:15 Barefoot Sculpt YS * Ana Boiangiu	7:30-8:15 Body Sculpt MS * Dyan Tsiumis	7:30-8:15 Pilates Fusion YS * Bianca Crystal	7:30-8:20 Precision Walk: Elevate TR *	10:00-10:50 Beats Ride CS * LR Davidson	10:15-11:15 Power Vinyasa YS * Katelyn Thelemaque
7:30-8:20 Precision Run® TR * Evan Wood	7:45-8:30 True Barre: Bala Bangle Cameron Norsworthy	7:30-8:20 Precision Run® TR * Amy Amato	7:45-8:30 True Barre: Off the MS *	8:00-8:45 Beats Ride CS *	10:15-11:00 Body Sculpt MS * Siercia O'Brien	10:30-11:30 Beats Ride 60 CS *
9:00-9:45 Body Sculpt MS * Alex Ware	8:45-9:30 Pilates Mat YS * Caroline Strong	8:30-9:15 True Barre: Bala Bangle MS *	8:45-9:30 Barefoot Sculpt YS *	8:45-9:30 Pilates Mat MS *	10:30-11:20 Precision Run® TR *	11:00-11:50 MetCon3 MS *
9:30-10:20 Precision Walk: Elevate TR *	9:15-10:00 Stronger MS *	9:15-10:05 Beats Ride CS *	9:00-9:50 Stronger MS *	9:00-9:50 Stronger MS *	11:00-11:45 Pilates Fusion YS *	11:45-12:30 Pilates Fusion YS *
9:45-10:00 Best Abs Ever MS *	10:15-11:00 Best Stretch Ever MS *	10:15-11:00 Body Sculpt MS *	10:15-11:15 Slow Flow Yoga YS *	10:30-11:15 Barefoot Sculpt Paige Bodnar	12:30-12:15 Core6 MS *	12:00-12:45 Best Stretch Ever MS *
10:30-11:20 Pilates Rise YS *	10:30-11:15 Pilates Mat YS *	10:30-11:15 Ron Tal	12:15-1:15 True Barre: Bala Bangle YS *	12:30-1:15 True Barre: Off the MS *	12:30-1:15 Vinyasa Yoga Mardi Sykes	1:00-1:50 Pilates Rise YS *
12:15-1:15 Power Vinyasa YS *	1:30-2:20 Pilates Rise YS *	12:15-1:00 Barefoot Sculpt YS *	1:30-2:15 Pilates Fusion YS *	1:30-2:15 Sonic Meditation YS *	1:30-2:00 Power Vinyasa YS *	1:15-2:00 Athletic Conditioning Smita Nalluri
12:30-1:15 True Barre: Bala Bangle MS *	4:15-5:00 Barefoot Sculpt YS *	12:30-1:15 Core6 MS *	3:00-3:45 Pilates Fusion Nicky Venditti	3:00-3:45 Pilates Fusion YS *	2:30-3:30 Stronger Sara Deberry	2:30-3:30 Slow Flow Yoga Mindy Bacharach
4:00-4:45 Pilates Fusion YS *	5:00-5:45 Athletic Conditioning MS *	4:00-5:00 Vinyasa Yoga Or Artzi	4:15-5:15 Pilates Mat YS *	4:00-4:45 Barefoot Sculpt Isabelle Luongo	2:45-3:30 Pilates Mat YS *	4:00-5:15 Weekend Wind Down Yoga YS *
4:30-5:15 Stronger MS *	5:30-6:30 Vinyasa Yoga YS *	4:15-5:00 True Barre: Bala Bangle Zach Eisenberg	5:00-5:45 Core6 MS *	5:15-6:00 Beats Ride Frank Louis	3:45-4:45 Yin Yoga + Sound Meditation YS *	
5:15-6:00 Pilates Mat YS *	6:00-6:45 Precision Run® Or Artzi	6:00-6:45 Body Sculpt Kyla Lloyd	5:15-6:00 Barefoot Sculpt Monica Collino	5:30-6:15 Body Sculpt Ali Cramer	Yin Yoga + Sound Meditation Jamison Goodnight	
5:30-6:15 MetCon Monday MS *	6:30-7:15 Beats Ride YS *	5:30-6:15 Stronger Isabelle Luongo	6:00-6:50 MS *	5:30-6:15 Body Sculpt Kyle White		
6:00-6:45 Beats Ride CS *	6:30-7:15 Beats Ride CS *	6:00-6:45 Beats Ride Megan Colford	6:45-7:35 Pilates Rise YS *	5:45-6:45 Vinyasa Yoga Isabelle Luongo		
6:15-7:05 Sculpted Yoga™ YS *	7:00-7:45 True Barre: Off the Barre MS *	6:15-7:00 Pilates Fusion Erica Robinson	7:00-7:45 Pilates Fusion Minga Prather	6:45-7:35 Vinyasa Yoga Johan Montijano		
6:30-7:15 Cardio Sculpt MS *	7:15-8:15 Slow Flow Yoga MS *	6:30-7:15 Rhythmic Sculpt LaDarius Lee	6:15-7:00 MS *	6:15-7:00 MS *		
7:15-8:15 Yin Yoga + Sound Meditation YS *		7:15-8:15 Vinyasa Yoga Lisa Landphair	7:15-8:15 YS *	7:15-8:15 Jessie Wren		

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

E Q U I N O X

PRINTING HOUSE

421 Hudson St.
NEW YORK NY 10014
EQUINOX.COM
@EQUINOX

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
jose.rivera01@equinox.com

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.