

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * True Barre: Bala Bangle <i>Lipe</i>	6:30-7:15 YS * Pilates Fusion <i>Cameron Norsworthy</i>	6:15-7:00 YS * True Barre: Off the Barre <i>Kelsey Whallon</i>	6:30-7:15 YS * Pilates Fusion <i>Becca Wood</i>	6:15-7:00 YS * Barefoot Sculpt <i>Becca Wood</i>	8:15-9:00 YS * Pilates Fusion <i>Bret Yamanaka</i>	8:45-9:30 YS * Barefoot Sculpt <i>Lipe</i>
6:30-7:20 MS * Stronger <i>Carolann Valentino</i>	6:45-7:30 MS * Tabata Max <i>Amy Amato</i>	6:30-7:15 MS * Body Sculpt <i>Dyan Tsiumis</i>	6:45-7:30 MS * Tabata Max <i>Molly Day</i>	7:15-8:15 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	8:45-9:30 CS * Anthem Ride <i>LR Davidson</i>	9:45-10:30 YS * True Barre: Bala Bangle <i>Emily Naim</i>
7:15-8:00 YS * Pilates Mat <i>Jake Thereault</i>	7:30-8:20 TR * Precision Run® <i>Ally Raisian</i>	7:15-8:00 YS * Pilates Mat <i>Samantha Paulik</i>	7:30-8:20 TR * Precision Run® <i>Anastasiia Gavriukhova</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Amy Amato</i>	9:00-9:50 MS * Stronger <i>Michelle Sim</i>	10:00-10:45 TR * Precision Walk: Elevate <i>Amy Amato</i>
7:30-8:20 TR * Precision Run® <i>Evan Wood</i>	7:30-8:15 YS * True Barre: Bala Bangle <i>Cameron Norsworthy</i>	7:30-8:20 TR * Precision Run® <i>Amy Amato</i>	7:30-8:20 YS * True Barre: Off the Barre <i>Andy Santana</i>	7:45-8:30 MS * MetCon3 <i>John Cianca</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jill Weinstein</i>	10:15-11:00 MS * Best Butt Ever <i>Lindsey Delbello</i>
7:45-8:30 MS * MetCon Monday <i>Carolann Valentino</i>	8:00-8:45 MS * Cardio Sculpt <i>Sarah Cucuzzella</i>	7:45-8:30 MS * Stronger <i>Dyan Tsiumis</i>	8:00-8:45 MS * Cardio Sculpt <i>Molly Day</i>	8:00-8:45 CS * Beats Ride <b>Siercia O'Brien</b>	10:00-10:50 CS * Beats Ride <i>Jon Gluckner</i>	10:30-11:30 CS * Beats Ride 60 <i>Frank Louis</i>
8:45-9:30 YS * True Barre: Off the Barre <i>Cindy Davis</i>	8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i>	8:45-9:30 YS * True Barre: Bala Bangle <i>Claire Crause</i>	8:45-9:45 YS * Sculpted Yoga™ <i>Andy Santana</i>	8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i>	10:15-11:00 MS * Body Sculpt <i>Michelle Sim</i>	10:45-11:45 YS * Power Vinyasa <i>Babette Godefroy</i>
9:00-9:45 MS * Body Sculpt <i>Alex Ware</i>	9:15-10:00 MS * Stronger <i>Sarah Cucuzzella</i>	9:00-9:45 MS * Rhythmic Sculpt <i>Nicky Venditti</i>	9:15-10:00 MS * Body Sculpt <i>Isabelle Luongo</i>	9:00-9:50 MS * Stronger <i>Renée Pesante</i>	10:30-11:20 TR * Precision Run® <i>LR Davidson</i>	11:30-12:15 MS * Body Sculpt <i>Lindsey Delbello</i>
9:45-10:00 MS * Best Abs Ever <i>Alex Ware</i>	10:15-11:00 YS * Best Stretch Ever <i>Sarah Cucuzzella</i>	9:15-10:05 CS * Beats Ride <i>Jaimie Austin</i>	10:15-11:00 YS * Pilates Fusion <i>Jose Rivera Jr.</i>	10:45-11:30 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	11:15-12:00 YS * Pilates Fusion <i>Jill Weinstein</i>	12:00-12:45 YS * Pilates Fusion <i>Gabe Villanueva</i>
10:30-11:20 YS * Pilates Rise <i>Alex Ware</i>	11:15-12:15 YS * Vinyasa Yoga <i>Kristin Bilella</i>	10:30-11:15 YS * Pilates Mat <i>Ron Tal</i>	11:15-12:15 YS * Slow Flow Yoga <i>Kevin Bigger</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mardi Sykes</i>	11:30-12:00 MS * Best Butt Ever <i>LR Davidson</i>	1:00-1:50 YS * Pilates Rise <i>Dara Adler</i>
12:15-1:15 YS * Vinyasa Yoga <i>Rose Firouzbakht</i>	12:30-1:15 YS * Pilates Fusion <i>Genieve Gordon</i>	12:15-1:00 YS * Barefoot Sculpt <i>Dyan Tsiumis</i>	12:30-1:20 YS * True Barre: Bala Bangle <i>Paige Bodnar</i>	2:00-2:45 YS * True Barre: Off the Barre <i>Jill Weinstein</i>	12:00-12:30 MS * Best Abs Ever <i>LR Davidson</i>	2:30-3:30 YS * Slow Flow Yoga <i>Mindy Bacharach</i>
2:00-2:45 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	2:00-2:45 YS * True Barre: Bala Bangle <i>Jose Rivera Jr.</i>	12:30-1:20 MS * Stronger <i>Lauren Anthony</i>	2:00-2:45 YS * Pilates Fusion <i>Dara Adler</i>	3:00-3:45 YS * Pilates Fusion <i>Bret Yamanaka</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Zach Eisenberg</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Mindy Bacharach</i>
4:00-4:45 YS * Pilates Fusion <i>Sammy Tuchman</i>	4:15-5:00 YS * Barefoot Sculpt <i>Kyla Lloyd</i>	4:00-4:45 YS * True Barre: Bala Bangle <i>Zach Eisenberg</i>	4:15-5:00 YS * Pilates Fusion <i>Colleen Wright</i>	4:00-4:45 YS * Barefoot Sculpt <i>Isabelle Luongo</i>	1:00-1:50 MS * Stronger <i>Sara Deberry</i>	
5:15-6:00 YS * True Barre: Off the Barre <i>Meaghan McLeod</i>	5:30-6:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	5:15-6:00 YS * Barefoot Sculpt <i>Alisha Wickering</i>	5:30-6:30 YS * Vinyasa Yoga <i>Ali Cramer</i>	5:30-6:15 MS * Body Sculpt <i>Isabelle Luongo</i>	1:30-2:30 YS * Power Vinyasa <i>Bee Bosnak</i>	
5:30-6:15 MS * Tabata Max <i>Molly Day</i>	6:00-6:45 MS * Body Sculpt <i>Kyla Lloyd</i>	5:30-6:15 MS * Stronger <i>Isabelle Luongo</i>	6:00-6:50 MS * Stronger <i>Kyle White</i>	5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i>	2:45-3:30 YS * Pilates Mat <i>Richel Ruiz</i>	
5:45-6:30 TR * Precision Run® <i>Isabelle Luongo</i>	6:15-7:00 CS * Beats Ride <i>Megan Colford</i>	5:45-6:35 TR * Precision Run® <i>Ally Raisian</i>	6:45-7:30 YS * Barefoot Sculpt <i>Minga Prather</i>		3:45-4:30 YS * Slow Flow Yoga <b>Jamison Goodnight</b>	
6:00-6:45 CS * Anthem Ride <i>Jenny Sun</i>	6:45-7:30 YS * True Barre: Off the Barre <i>Minga Prather</i>	6:15-7:00 YS * Pilates Fusion <i>Alisha Wickering</i>				
6:15-7:05 YS * Sculpted Yoga™ <b>Kristin Condon</b>	7:45-8:45 YS * Slow Flow Yoga <i>Lisa Landphair</i>	6:45-7:30 MS * Rhythmic Sculpt <i>LaDarius Lee</i>				
6:45-7:30 MS * Cardio Sculpt <i>Molly Day</i>		7:15-8:15 YS * Vinyasa Yoga <i>Jessie Wren</i>				
7:15-8:30 YS * Yin Yoga + Sound Meditation <b>Kristin Condon</b>						

# EQUINOX

## PRINTING HOUSE

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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

jaimie.austin@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

**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 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.

**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

**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.



## 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.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. 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.