

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * True Barre: Bala Bangle <i>Lipe</i>	6:30-7:15 MS * <b>Pilates Fusion Cameron Norsworthy</b>	6:30-7:15 MS * Stronger <i>Dyan Tsiumis</i>	6:30-7:15 MS * <b>Pilates Rise Becca Wood</b>	6:30-7:15 MS * Body Sculpt <i>Kyla Owen</i>	8:15-9:00 MS * <b>Pilates Fusion Ash Kaya</b>	8:45-9:30 MS * <b>Barefoot Sculpt Lipe</b>
7:00-7:45 CS * <b>Beats Ride Siercia O'Brien</b>	7:15-8:05 TR * Precision Run® <i>Ally Raisian</i>	7:00-7:45 CS * <b>Beats Ride Ary Nunez</b>	7:15-8:05 TR * <b>Precision Run® Jess Bieda</b>	7:00-7:45 CS * <b>Beats Ride Siercia O'Brien</b>	8:45-9:30 CS * <b>Beats Ride Erin Ay</b>	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 * <b>True Barre: Off the Barre Cameron Norsworthy</b>	7:15-8:05 TR * <b>Precision Run® Amy Amato</b>	7:30-8:15 MS * True Barre: Off the Barre <i>Andy Santana</i>	7:15-8:15 YS * Sunrise Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:15-10:00 MS * <b>Stronger LR Davidson</b>	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 * <b>Pilates Mat Caroline Strong</b>	7:30-8:15 MS * Body Sculpt <i>Dyan Tsiumis</i>	8:30-9:15 MS * <b>Pilates Mat Team Equinox</b>	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 * <b>MetCon Monday Carolann Valentino</b>	9:30-10:20 MS * <b>Stronger Sarah Cucuzzella</b>	8:30-9:15 MS * True Barre: Bala Bangle <i>Claire Crause</i>	9:30-10:15 MS * <b>Body Sculpt Isabelle Luongo</b>	7:45-8:30 MS * <b>MetCon3 John Cianca</b>	10:00-10:50 TR * <b>Precision Run® Gerard Thelemaque</b>	10:30-11:30 CS * Beats Ride 60 <i>Frank Louis</i>
8:45-9:30 MS * <b>Body Sculpt Alex Ware</b>	10:30-11:15 MS * <b>Best Stretch Ever Sarah Cucuzzella</b>	9:15-10:05 CS * Beats Ride <i>Jaimie Austin</i>	10:30-11:30 YS * <b>Slow Flow Yoga Kevin Bigger</b>	8:45-9:30 MS * <b>Pilates Mat Caroline Strong</b>	10:15-11:00 MS * Body Sculpt <i>Michelle Sim</i>	11:00-11:45 MS * <b>MetCon3 Smita Nalluri</b>
10:15-11:05 MS * <b>Pilates Rise Alex Ware</b>	12:30-1:15 MS * <b>Pilates Fusion Genieve Gordon</b>	10:30-11:15 MS * <b>Pilates Mat Ron Tal</b>	12:30-1:20 MS * True Barre: Bala Bangle <i>Paige Bodnar</i>	9:15-10:05 CS * <b>Beats Ride Renee Pesante</b>	10:30-11:15 CS * <b>Beats Ride LR Davidson</b>	12:00-12:45 MS * Best Stretch Ever <i>Ev Autio</i>
12:15-1:00 MS * <b>True Barre: Bala Bangle Jose Rivera Jr.</b>	4:00-4:45 MS * <b>Barefoot Sculpt Kyla Lloyd</b>	12:15-1:00 MS * <b>Body Sculpt Jose Rivera Jr.</b>	4:00-4:45 MS * True Barre: Off the Barre <i>Rosie Fiedelman</i>	10:15-11:00 MS * <b>Stronger Renee Pesante</b>	11:15-12:00 MS * <b>Pilates Fusion Jill Weinstein</b>	1:00-1:50 MS * <b>Pilates Rise Dara Adler</b>
4:30-5:15 MS * Stronger <i>Michelle Sim</i>	5:00-5:45 MS * <b>Pilates Fusion Jose Rivera Jr.</b>	4:30-5:15 MS * <b>True Barre: Off the Barre Monica Colino</b>	5:00-5:45 MS * <b>Body Sculpt Gerard Thelemaque</b>	12:30-1:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	12:15-1:15 YS * Power Vinyasa <i>Bee Bosnak</i>	2:30-3:30 YS * Slow Flow Yoga <i>Mindy Bacharach</i>
5:30-6:15 MS * <b>True Barre: Off the Barre Jose Rivera Jr.</b>	5:30-6:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	5:30-6:15 MS * Stronger <i>Isabelle Luongo</i>	5:30-6:30 YS * Vinyasa Yoga <i>Alli Cramer</i>	4:30-5:15 MS * <b>Barefoot Sculpt Isabelle Luongo</b>	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>
5:45-6:35 TR * <b>Precision Run® Candace Peterson</b>	6:00-6:45 MS * Body Sculpt <i>Kyla Lloyd</i>	5:45-6:35 TR * <b>Precision Run® Ally Raisian</b>	6:00-6:45 MS * Stronger <i>Kyle White</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>	6:30-7:15 CS * Beats Ride <i>Megan Colford</i>	6:00-6:45 CS * Beats Ride <i>Michael MacNeal</i>	7:00-7:50 MS * <b>Pilates Rise Rosie Fiedelman</b>	5:30-6:15 MS * Body Sculpt <i>Isabelle Luongo</i>	2:30-3:15 MS * <b>Pilates Mat Jose Rivera Jr.</b>	
6:15-7:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	7:00-7:45 MS * True Barre: Off the Barre <i>Minga Prather</i>	6:30-7:15 MS * <b>Pilates Fusion Erica Robinson</b>		5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i>	3:45-4:45 YS * <b>Slow Flow Yoga Jamison Goodnight</b>	
6:30-7:15 MS * <b>Cardio Sculpt Bubba Caruso</b>	7:15-8:15 YS * Slow Flow Yoga <i>Lisa Landphair</i>	7:15-8:15 YS * Vinyasa Yoga <i>Jessie Wren</i>				

# EQUINOX

## PRINTING HOUSE

421 Hudson St.

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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

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.



## 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.