

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:50 MS *	Stronger <i>Adena Ershow</i>	6:45-7:30 MS *	Athletic Conditioning <i>Ary Nunez</i>	7:00-7:45 MS *	Core6 <i>Kelsey Stalter</i>	6:45-7:30 MS *	Stronger <i>Kevin Scott</i>	7:15-8:00 MS *	<b>MetCon3</b> <b>Jessica Sanzone</b>
7:15-8:00 YS *	True Barre: Off the Barre <i>Pavee Kwun</i>	7:00-7:50 TR *	Precision Run® <i>Evan Wood</i>	7:15-8:00 CS *	<b>Beats Ride</b> <b>Alex Joy Pucci</b>	7:15-8:00 YS *	True Barre: Off the Barre <i>Angela Joy</i>	7:15-8:05 YS *	Pilates Rise <i>Pam Nahal</i>
8:00-9:00 MS *	Rounds: Boxing <i>Champ Parris</i>	7:15-8:00 YS *	Pilates Fusion <i>Rachel Genise</i>	7:15-8:00 YS *	Sculpted Yoga™ <i>Emily Fawcett</i>	7:45-8:35 TR *	Precision Run® <i>Kevin Scott</i>	12:15-1:00 YS *	True Barre: Bala Bangle <i>Zach Williams</i>
12:15-1:00 YS *	True Barre: Cardio <i>Robert Burke</i>	12:00-1:00 YS *	Vinyasa Yoga <i>Mary Horne</i>	8:15-9:00 YS *	True Barre: Bala Bangle <i>Kelsey Stalter</i>	12:00-12:50 YS *	Pilates Rise <i>Julia Atkin</i>	12:30-1:15 MS *	Atletica <i>Paula Calabrese</i>
12:30-1:15 MS *	Atletica <i>Ilaria Montagnani</i>	12:15-1:00 MS *	MetCon3 <i>Tracy Gordon</i>	12:15-1:00 YS *	True Barre: Off the Barre <i>Sarah Esser</i>	12:15-1:00 MS *	Superset Athlete <i>Tom/John Mershon</i>	1:30-2:15 MS *	Impact! <i>Paula Calabrese</i>
1:30-2:15 MS *	Impact! <i>Ilaria Montagnani</i>	12:30-1:15 CS *	Beats Ride <i>Ev Autio</i>	12:30-1:15 MS *	Stronger <i>Carolann Valentino</i>	12:30-1:20 CS *	Precision Ride <i>Amanda Katz</i>	4:00-4:45 YS *	True Barre: Off the Barre <i>Kevin VerEecke</i>
4:30-5:15 YS *	Pilates Fusion <i>Jessica Chin</i>	4:30-5:15 YS *	True Barre: Off the Barre <i>Maureen Duke</i>	4:30-5:15 YS *	Pilates Fusion <i>Lipe</i>	5:15-5:45 MS *	Upper Body Pump <i>Bryce Vaewsorn</i>	5:15-6:05 MS *	Stronger <i>Shanice Reyes</i>
5:30-6:20 MS *	Circuit Training <i>Tom/John Mershon</i>	5:30-6:15 YS *	Pilates Mat <i>Caroline Strong</i>	5:30-6:20 MS *	Athletic Conditioning <i>Amanda Butler</i>	5:30-6:15 YS *	True Barre: Cardio <i>Melinda Porto</i>	5:30-6:30 YS *	Vinyasa Yoga <i>Dorian Shorts</i>
5:45-6:30 CS *	Beats Ride <i>Erin Ay</i>	5:45-6:30 MS *	Body Sculpt <i>Calvin Wiley</i>	5:45-6:30 CS *	Beats Ride <i>Brian Robinson</i>	5:45-6:15 MS *	Best Abs Ever <i>Bryce Vaewsorn</i>		
5:45-6:45 YS *	Power Vinyasa <i>Britney Shine</i>	6:15-7:00 CS *	Beats Ride <i>Michaela McGowan</i>	5:45-6:45 YS *	Sculpted Yoga™ <i>Dorian Shorts</i>	6:15-7:00 CS *	Beats Ride <i>D Gunnz</i>		
6:15-7:05 TR *	Precision Run® <i>Kevin Scott</i>	6:30-7:30 YS *	Power Vinyasa <i>Melinda Abbott</i>	6:15-7:05 TR *	Precision Run® <i>Eddie Carrington</i>	6:30-7:30 YS *	Yin Yoga Meditation <i>Juan Gamboa</i>		
6:45-7:30 MS *	Core6 <i>Alyssa Cerrachio</i>	6:45-7:45 MS *	Cardio Dance: Calvinography <i>Calvin Wiley</i>	6:45-7:35 MS *	Stronger <i>Kyle White</i>				
7:00-7:45 YS *	True Barre: Off the Barre <i>Britney Shine</i>			7:00-7:45 YS *	True Barre: Bala Bangle <i>Claire Crause</i>				

# EQUINOX

## ROCKEFELLER CENTER

45 Rockefeller Plaza  
NEW YORK NY 10111  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 10:00 PM  
**FRI** 05:30 AM 08:00 PM

## GROUP FITNESS MANAGER

cooper.chou@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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## **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.

## **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.

**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.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## **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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**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.

**Superset Athlete** This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

## **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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

## **Dance**

**Cardio Dance: Calvinography** Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

## **Boxing**

**Impact!** Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## **Sculpt**

**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.

## **Strength**

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.