EQUINOX **ROCKEFELLER CENTER**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

7:00-7:50 MS *	Stronger *Adena Ershow*
7:15-8:00 YS *	True Barre: Off the Barre *Pavee Kwun*
12:15-1:00 YS *	True Barre: Off the Barre *Robert Burke*
12:30-1:15 MS *	Atletica *Ilaria Montagnani*
1:30-2:15 MS *	Impact! *Ilaria Montagnani*
4:30-5:15 YS *	Pilates Fusion *Jessica Chin*
5:30-6:20 MS *	Circuit Training *TomJohn Mershon*
5:45-6:30 CS *	Beats Ride *Erin Ay*
5:45-6:45 YS *	Power Vinyasa *Melinda Abbott*
6:15-7:05 TR *	Precision Run® *Kevin Scott*
6:45-7:30 MS *	Leg Day *Alyssa Cerrachio*
7:00-7:45 YS *	True Barre: Off the Barre *Melinda Porto*

TUESDAY

6:45-7:30 MS *	Stacked *Smita Nalluri*
7:00-7:50 TR *	Precision Run® *Evan Wood*
7:15-8:00 YS *	Pilates Fusion *Rachel Genise*
7:45-8:45 MS *	Rounds: Boxing *Champ Parris*
12:00-1:00 YS *	Vinyasa Yoga *Mary Horne*
12:15-1:00 MS *	Athletic Conditioning *Tracy Gordon*
12:30-1:15 CS *	Beats Ride *Ev Autio*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Robert Burke*
5:30-6:15 YS *	Pilates Mat *Caroline Strong*
5:45-6:30 MS *	Body Sculpt *Calvin Wiley*
6:15-7:00 CS *	Beats Ride *Nowani Rattray*
6:30-7:30 YS *	Sculpted Yoga™ *Melinda Abbott*
6:45-7:45 MS *	Cardio Dance: Calvinography *Calvin Wiley*

WEDNESDAY

6:45-7:30 CS *	Beats Ride *D Gunnz*
7:00-7:45 MS *	Body Sculpt *Kelsey Stalter*
7:15-8:00 YS *	Sculpted Yoga™ *Emily Fawcett*
8:15-9:00 YS *	True Barre: Bala Bangle *Kelsey Stalter*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Sarah Esser*
12:30-1:15 MS *	Stronger *Carolann Valentino*
4:30-5:15 YS *	Pilates Fusion *Kyla Lloyd*
5:30-6:20 MS *	Athletic Conditioning *Amanda Butler*
5:45-6:45 YS *	Sculpted Yoga™ *Dorian Shorts*
6:15-7:05 TR *	Precision Run® *Eddie Carrington*
6:45-7:35 MS *	Stronger *Kyle White*
7:00-7:45 YS *	True Barre: Bala Bangle *Claire Crause*

THURSDAY

6:45-7:30 MS *	Stronger *Kevin Scott*
7:15-8:00 YS *	True Barre: Off the Barre *Angela Joy*
7:45-8:35 TR *	Precision Run® *Kevin Scott*
12:00-12:50 YS *	Pilates Rise *Julia Atkin*
12:15-1:00 MS *	Superset Athlete *TomJohn Mershon*
12:30-1:20 CS *	Precision Ride *Amanda Katz*
5:15-5:45 MS *	Upper Body Pump *Zach Schanne*
5:30-6:15 YS *	True Barre: Cardio *Melinda Porto*
5:45-6:15 MS *	Best Abs Ever *Zach Schanne*
6:15-7:00 CS *	Beats Ride *D Gunnz*
6:30-7:30 YS *	Yin Yoga Meditation *Juan Gamboa*

FRIDAY

7:15-8:00 YS *	Barefoot Sculpt: The Ring *Pam Nahal*
12:15-1:00 YS *	True Barre: Bala Bangle *Zach Williams*
12:30-1:15 MS *	Atletica *Sabrina Cohen*
1:30-2:15 MS *	Impact! *Sabrina Cohen*
4:00-4:45 YS *	True Barre: Off the Barre *Kevin VerEecke*
5:15-6:05 MS *	Stronger *Shanice Reyes*
5:30-6:30 YS *	Vinyasa Yoga *Dorian Shorts*

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

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

kevin.scott@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.

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.
Stacked Maximize your workout by “stacking” targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. 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.

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.

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.

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.
Leg Day Don’t skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.
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.

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.

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.

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!

Sculpt

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.