

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 MS *	MetCon Monday <i>Adena Ershow</i>	6:45-7:30 MS *	Athletic Conditioning <i>Ary Nunez</i>	7:00-7:45 MS *	Cardio Sculpt <i>Kyla Owen</i>	6:45-7:30 MS *	Stronger <i>Kevin Scott</i>	7:00-7:50 YS *	Pilates Rise <i>Pam Nahal</i>
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 *	Beats Ride <i>Betty Kasper</i>	7:15-8:00 YS *	True Barre: Off the Barre <i>Angela Joy</i>	12:15-1:00 YS *	True Barre: Bala Bangle <i>Zach Williams</i>
8:00-9:00 MS *	Rounds: Boxing <i>Champ Parris</i>	7:15-8:00 YS *	Pilates Fusion <i>Rachel Genise</i>	7:15-8:15 YS *	Power Vinyasa <i>Juan Gamboa</i>	7:45-8:35 TR *	Precision Run® <i>Kevin Scott</i>	12:30-1:15 MS *	Atletica <i>Paula Calabrese</i>
12:15-1:00 YS *	True Barre: Cardio <i>Robert Burke</i>	12:00-1:00 YS *	Vinyasa Yoga <i>Mary Horne</i>	12:15-1:00 YS *	True Barre: Off the Barre <i>Sarah Esser</i>	12:00-12:50 YS *	Pilates Rise <i>Julia Atkin</i>	1:30-2:15 MS *	Impact! <i>Paula Calabrese</i>
12:30-1:15 MS *	Atletica <i>Ilaria Montagnani</i>	12:15-1:00 MS *	Tabata Max <i>Matt Ortel</i>	12:30-1:15 MS *	Stronger <i>Carolann Valentino</i>	12:15-1:00 MS *	Superset Athlete <i>TomJohn Mershon</i>	4:00-4:45 YS *	True Barre: Off the Barre <i>Kevin VerEecke</i>
1:30-2:15 MS *	Impact! <i>Ilaria Montagnani</i>	12:30-1:15 CS *	Beats Ride <i>Ev Autio</i>	4:30-5:15 YS *	Pilates Fusion <i>Lipe</i>	12:30-1:20 CS *	Precision Ride <i>Amanda Katz</i>	5:15-6:05 MS *	Stronger <i>Shanice Reyes</i>
4:30-5:15 YS *	Pilates Mat <i>Abby Hogue</i>	4:30-5:15 YS *	Barefoot Sculpt <i>Maureen Duke</i>	5:30-6:20 MS *	Athletic Conditioning <i>Amanda Butler</i>	5:15-5:45 MS *	Upper Body Pump <i>Bryce Vaewsorn</i>	5:30-6:30 YS *	Vinyasa Yoga <i>Dorian Shorts</i>
5:30-6:20 MS *	Circuit Training <i>TomJohn Mershon</i>	5:30-6:15 YS *	Pilates Mat <i>Caroline Strong</i>	5:45-6:45 YS *	Sculpted Yoga™ <i>Dorian Shorts</i>	5:30-6:15 YS *	True Barre: Cardio <i>Melinda Porto</i>		
5:45-6:45 YS *	Power Vinyasa <i>Britney Shine</i>	5:45-6:30 MS *	Body Sculpt <i>Calvin Wiley</i>	6:15-7:05 TR *	Precision Run® <i>Eddie Carrington</i>	5:45-6:15 MS *	Best Abs Ever <i>Bryce Vaewsorn</i>		
6:15-7:05 TR *	Precision Run® <i>Kevin Scott</i>	6:15-7:00 CS *	Beats Ride <i>Sam Wolf</i>	6:45-7:35 MS *	Stronger <i>Kyle White</i>	6:15-7:00 CS *	Beats Ride <i>D Gunnz</i>		
6:45-7:30 CS *	Beats Ride <i>Avery Washington</i>	6:30-7:30 YS *	Power Vinyasa <i>Melinda Abbott</i>	7:00-7:45 YS *	True Barre: Bala Bangle <i>Claire Crause</i>	6:30-7:30 YS *	Yin Yoga Meditation <i>Juan Gamboa</i>		
6:45-7:35 MS *	Rounds: Pro <i>Christian Reyes</i>	6:45-7:45 MS *	Cardio Dance: Calvinography <i>Calvin Wiley</i>						
7:00-7:45 YS *	True Barre: Off the Barre <i>Britney Shine</i>								

EQUINOX

ROCKEFELLER CENTER

45 Rockefeller Plaza

NEW YORK NY 10111

EQUINOX.COM

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MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 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.

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.

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.

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: 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.

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. 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

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.