

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 YS *	True Barre: Bala Bangle (Heated) <i>Sarah Marchetti Gleim</i>	6:45-7:30 MS *	Barefoot Sculpt <i>Alexis Campbell</i>	6:45-7:35 TR *	Precision Run® <i>Kevin Scott</i>	7:00-8:00 YS *	Power Vinyasa (L2) (Heated) <i>Lindsay Carson</i>	7:15-8:00 YS *	Pilates Fusion (Heated) Shawn Kobetz
7:45-8:30 MS *	Cardio Sculpt <i>Jeff Robinson</i>	7:00-8:00 YS *	Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	7:15-8:15 YS *	Pilates Mat (Heated) <i>Khaleah London</i>	7:45-8:30 MS *	Body Sculpt Zuta Gilchrist	7:30-8:20 MS *	Stronger <i>KaRa Dizon</i>
8:15-9:00 YS *	Pilates Fusion (Heated) <i>Samantha Paulik</i>	7:15-8:00 CS *	Beats Ride <i>Michaela McGowan</i>	7:45-8:30 MS *	Stacked <i>Kevin Scott</i>	8:00-8:45 CS *	Precision Ride <i>Amanda Katz</i>	8:30-9:15 MS *	Best Stretch Ever Shawn Kobetz
12:15-1:15 YS *	Vinyasa Yoga <i>Elitza Dempsey</i>	7:45-8:30 MS *	MetCon3 <i>Wyatt Slone</i>	8:30-9:15 YS *	True Barre: Off the Barre (Heated) <i>Sarah Marchetti Gleim</i>	8:15-9:00 YS *	Pilates Fusion (Heated) <i>Brian Slaman</i>	12:15-1:15 YS *	Vinyasa Yoga (L2) <i>Jamie Bonelli</i>
12:30-1:15 MS *	Stacked <i>Kevin Scott</i>	8:15-9:05 YS *	Pilates Rise (Heated) <i>Alex Ware</i>	12:15-1:00 YS *	Power Vinyasa (L2) <i>Lindsay Carson</i>	12:15-1:15 YS *	Vinyasa Yoga (Heated) <i>Mary Horne</i>	12:30-1:15 MS *	Superset Athlete <i>TomJohn Mershon</i>
4:00-5:00 YS *	Amplified Vinyasa (L2) (Heated) <i>Rika Henry</i>	12:15-1:00 YS *	Pilates Fusion (Heated) Shawn Kobetz	12:30-1:15 MS *	Core6 <i>Joey Ledonio</i>	12:30-1:20 MS *	360 Strength <i>Dario Torres</i>	1:45-2:30 YS *	True Barre: Bala Bangle (Heated) Meaghan McLeod
5:30-6:15 MS *	MetCon Monday <i>Bonnie Flannery</i>	12:30-1:15 MS *	Stronger <i>TomJohn Mershon</i>	1:30-2:15 YS *	True Barre: Off the Barre (Heated) <i>Connie Sousek</i>	4:00-5:00 YS *	Power Vinyasa <i>Lindsay Carson</i>	4:00-4:45 MS *	Core6 <i>Wyatt Slone</i>
5:30-6:30 YS *	Vinyasa Yoga <i>Jena Maenius</i>	4:00-4:45 MS *	Best Stretch Ever Rika Henry	4:00-4:45 YS *	Pilates Mat (Heated) <i>Bret Yamanaka</i>	5:15-6:00 MS *	MetCon3 <i>Michael Taylor</i>	4:00-5:00 YS *	Vinyasa Yoga (Heated) Jamison Goodnight
5:45-6:35 TR *	Precision Run® <i>Khaled Zeidan</i>	4:15-5:00 YS *	True Barre: Off the Barre <i>Kimberly Dawn Neumann</i>	5:15-6:15 YS *	Vinyasa Yoga (Heated) <i>VR Colletti</i>	5:30-6:15 YS *	True Barre: Bala Bangle <i>Michael J. Clark</i>	5:15-6:05 MS *	360 Strength <i>Gerard Thelemaque</i>
6:30-7:15 MS *	Body Sculpt <i>Bonnie Flannery</i>	5:15-6:00 MS *	Superset Athlete <i>TomJohn Mershon</i>	5:30-6:20 MS *	Stronger <i>Maddie Myers</i>	6:15-7:00 CS *	Anthem Ride <i>Nowani Rattray</i>	5:30-6:15 YS *	Pilates Mat <i>Khaleah London</i>
7:00-7:45 YS *	Pilates Mat <i>Caroline Strong</i>	5:30-6:15 YS *	Pilates Mat <i>Bret Yamanaka</i>	5:45-6:35 TR *	Precision Walk: Elevate Shaun Anthony	6:30-7:20 MS *	Studio Dance: Contemporary <i>Shayne Staley</i>		
		6:15-7:00 CS *	Beats Ride <i>TomJohn Mershon</i>	6:30-7:15 MS *	Best Butt Ever <i>Tracy Gordon</i>	6:30-7:30 YS *	Sculpted Yoga™ <i>Michael J. Clark</i>		
		6:30-7:00 MS *	Upper Body Pump <i>Kyle White</i>	7:00-7:45 YS *	Pilates Fusion <i>Mia Wenger</i>				
		6:45-7:35 YS *	Vinyasa Yoga <i>Matt D'Amico</i>						
		7:00-7:30 MS *	Best Abs Ever <i>Kyle White</i>						

EQUINOX

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

GROUP FITNESS MANAGER

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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.

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.

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

Amplified Vinyasa Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

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.



HIIT

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.

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.

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.



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.



Dance

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.



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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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.

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.