

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-8:00 YS *	Vinyasa Yoga <i>Robert Nguyen</i>	7:00-8:00 YS *	Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	6:00-6:45 YS *	Barefoot Sculpt (Heated) <i>Diane LaVon</i>	6:45-7:30 MS *	Stronger <i>Bonnie Flannery</i>	7:00-7:50 YS *	Pilates Rise (Heated) <i>Richel Ruiz</i>
7:45-8:30 MS *	Cardio Sculpt <i>Jeff Robinson</i>	7:15-8:00 CS *	Beats Ride <i>Michaela McGowan</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>	7:30-8:15 MS *	Best Butt Ever <i>KaRa Dizon</i>
8:15-9:00 YS *	Pilates Fusion <i>Samantha Paulik</i>	7:45-8:30 MS *	MetCon3 <i>Wyatt Slone</i>	7:15-8:15 YS *	Pilates Mat (Heated) <i>Khaleah London</i>	7:45-8:30 MS *	Body Sculpt <i>Bonnie Flannery</i>	8:15-8:30 MS *	Best Abs Ever <i>KaRa Dizon</i>
12:15-1:15 YS *	Vinyasa Yoga <i>Elitza Dempsey</i>	8:15-9:05 YS *	Pilates Rise (Heated) <i>Alex Ware</i>	7:45-8:30 MS *	Stacked <i>Kevin Scott</i>	8:00-8:45 CS *	Precision Ride <i>Amanda Katz</i>	12:15-1:15 YS *	Vinyasa Yoga (L2) <i>Jamie Bonelli</i>
12:30-1:15 MS *	Stacked <i>Kevin Scott</i>	12:30-1:15 MS *	Stronger <i>TomJohn Mershon</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>	12:30-1:15 MS *	Superset Athlete <i>TomJohn Mershon</i>
4:00-5:00 YS *	Amplified Vinyasa (L2) (Heated) <i>Rika Henry</i>	12:30-1:30 YS *	Vinyasa Yoga (Heated) <i>Stephanie Schwartz</i>	12:15-1:00 YS *	Power Vinyasa (L2) <i>Lindsay Carson</i>	12:30-1:20 MS *	Ropes and Rowers <i>Dario Torres</i>	1:45-2:30 YS *	True Barre: Off the Barre (Heated) <i>Meaghan McLeod</i>
5:30-6:15 MS *	MetCon Monday <i>Bonnie Flannery</i>	4:15-5:00 YS *	True Barre: Off the Barre <i>Kimberly Dawn Neumann</i>	12:30-1:15 MS *	MetCon3 <i>Shaun Anthony</i>	12:30-1:30 YS *	Vinyasa Yoga (Heated) <i>Mary Horne</i>	4:00-4:45 MS *	Body Sculpt <i>Nicky Venditti</i>
5:30-6:30 YS *	Vinyasa Yoga <i>Jena Maenius</i>	5:15-6:00 MS *	Superset Athlete <i>TomJohn Mershon</i>	1:30-2:15 YS *	True Barre: Off the Barre <i>Connie Sousek</i>	4:00-5:00 YS *	Power Vinyasa <i>Lindsay Carson</i>	4:00-5:00 YS *	Vinyasa Yoga <i>Jamison Goodnight</i>
5:45-6:35 TR *	Precision Run® <i>Khaled Zeidan</i>	5:30-6:15 YS *	Pilates Mat <i>Bret Yamanaka</i>	4:00-4:45 YS *	Pilates Mat (Heated) <i>Bret Yamanaka</i>	5:15-6:00 MS *	MetCon3 <i>Michael Taylor</i>	5:15-6:00 MS *	Whipped! <i>Alexander</i>
6:30-7:15 MS *	Body Sculpt <i>Bonnie Flannery</i>	6:15-7:00 CS *	Beats Ride <i>TomJohn Mershon</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>	5:30-6:15 YS *	Pilates Mat <i>Khaleah London</i>
7:00-7:45 YS *	Pilates Mat <i>Caroline Strong</i>	6:30-7:00 MS *	Upper Body Pump <i>Kyle White</i>	5:30-6:20 MS *	Stronger <i>Maddie Myers</i>	6:15-7:00 CS *	Anthem Ride <i>Nowani Rattray</i>		
		6:45-7:35 YS *	Vinyasa Yoga <i>Matt D'Amico</i>	6:30-7:15 MS *	Best Butt Ever <i>Tracy Gordon</i>	6:30-7:30 MS *	Studio Dance: Contemporary <i>Shayne Staley</i>		
		7:00-7:30 MS *	Best Abs Ever <i>Kyle White</i>	7:00-7:45 YS *	Pilates Fusion <i>Mia Wenger</i>	6:30-7:30 YS *	Sculpted Yoga™ <i>Michael J. Clark</i>		

# EQUINOX

## BRYANT PARK

129 West 41st Street

NEW YORK NY 10036

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 09:00 PM

**FRI** 05:30 AM 07:00 PM

## GROUP FITNESS MANAGER

jessica.davis@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

**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.



## 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

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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.



## 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.



## 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

**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.