

# EQUINOX

## BROOKFIELD PLACE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time

\* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 Pilates Mat (Heated) YS * <i>Khaleah London</i>	6:30-7:15 Pilates Fusion (Heated) YS * <i>Alison Mathis</i>	7:00-7:45 Body Sculpt MS * <i>Sara Deberry</i>	6:30-7:15 True Barre (Heated) YS * <i>Sammy Tuchman</i>	6:45-7:30 Stronger MS * <i>Dyan Tsiumis</i>	9:00-9:45 Amplified Vinyasa (L2) YS * <i>Rika Henry</i>	10:00-11:00 Vinyasa Yoga YS * <i>Kira McCarthy</i>
8:15-9:05 Precision Walk: Elevate TR * <i>Khaleah London</i>	6:45-7:35 Precision Run® TR * <i>John Cianca</i>	7:15-8:00 True Barre YS * <i>Kyla Lloyd</i>	6:45-7:35 Precision Run® TR * <i>Amy Amato</i>	7:45-8:45 Sculpted Yoga™ (Heated) YS * <i>Dyan Tsiumis</i>	9:15-10:05 Precision Run® TR * <i>Khaleah London</i>	10:30-11:15 Body Sculpt MS * <i>Melissa Chisholm</i>
9:30-10:15 Body Sculpt MS * <i>Marissa Myers</i>	7:00-7:45 Beats Ride CS * <i>Ney Melo</i>	8:00-8:45 Stronger MS * <i>Sara Deberry</i>	7:00-7:45 Beats Ride CS * <i>Alejandra Acosta</i>	9:15-10:00 Pilates Mat YS * <i>Emily Snouffer</i>	9:30-10:15 Best Butt Ever MS * <i>Meghan Cox</i>	
12:00-12:45 Core6 MS * <i>Gaby Moreno</i>	7:15-8:00 Rounds: Bags and Mitts BR * <i>Khaled Zeidan</i>	8:15-9:05 Pilates Rise YS * <i>Alison Mathis</i>	7:30-8:15 Power Vinyasa (Heated) YS * <i>Jena Maenius</i>	11:45-12:15 Precision Run 30 TR * <i>John Cianca</i>	10:00-10:45 Rounds: Boxing BR * <i>Ahmad Simmons</i>	11:30-12:15 Beats Ride CS * <i>Michaela McGowan</i>
12:15-1:00 True Barre YS * <i>Kevin VerEecke</i>	7:30-8:15 True Barre (Heated) YS * <i>Melinda Porto</i>	12:15-1:00 Tabata Max YS * <i>John Cianca</i>	7:45-8:35 Body Sculpt MS * <i>Sammy Tuchman</i>	12:15-1:00 Pilates Fusion (Heated) YS * <i>Bret Yamanaka</i>	10:15-11:00 True Barre YS * <i>Khaleah London</i>	11:45-12:30 Rounds: Bags and Mitts BR * <i>Khaled Zeidan</i>
4:30-5:15 Pilates Mat (Heated) YS * <i>Beth Bardin</i>	12:00-12:45 Vinyasa Yoga YS * <i>Ruah Bhay</i>	12:30-1:15 Body Sculpt MS * <i>Melissa Chisholm</i>	12:00-12:45 Pilates Mat (Heated) YS * <i>Bret Yamanaka</i>	12:30-1:20 Whipped! MS * <i>John Cianca</i>	10:30-11:15 Rhythmic Sculpt MS * <i>Marissa Myers</i>	12:00-12:45 Core6 MS * <i>Melissa Chisholm</i>
5:15-6:00 Cardio Sculpt MS * <i>Cindya Davis</i>	12:15-1:00 Stronger MS * <i>Esteban Deleon</i>	5:30-6:30 Vinyasa Yoga YS * <i>Mardi Sykes</i>	12:15-1:00 Stronger MS * <i>Sara Deberry</i>	4:15-5:15 Vinyasa Yoga (Heated) YS * <i>Kumiko Buckman</i>	11:30-12:15 Beats Ride CS * <i>Rachel Monteleone</i>	3:30-4:15 Pilates Fusion YS * <i>Elgin McCargo</i>
5:30-6:15 Best Stretch Ever (Heated) YS * <i>Rika Henry</i>	4:30-5:15 Barefoot Sculpt YS * <i>Alison O'Connor</i>	5:45-6:30 Best Butt Ever MS * <i>Devin Symone</i>	4:30-5:15 Pilates Fusion (Heated) YS * <i>Cindya Davis</i>	5:00-5:45 Body Sculpt MS * <i>Kyla Lloyd</i>	11:45-12:45 Vinyasa Yoga YS * <i>Johan Montjano</i>	5:00-6:00 Vinyasa Yoga (Heated) YS * <i>Amy Norton</i>
5:45-6:30 Beats Ride CS * <i>Betty Kasper</i>	5:30-6:20 Pilates Rise YS * <i>Sammy Tuchman</i>	6:00-6:45 Beats Ride CS * <i>Michaela McGowan</i>	5:15-6:00 Core6 MS * <i>KaRa Dizon</i>	5:30-6:15 Sonic Meditation YS * <i>Kumiko Buckman</i>	12:00-12:50 360 Strength MS * <i>Marissa Myers</i>	
6:00-6:30 Precision Run 30 TR * <i>Ney Melo</i>	5:45-6:30 MetCon3 MS * <i>Meghan Cox</i>	6:30-7:15 Rounds: Boxing BR * <i>Ahmad Simmons</i>	5:30-6:15 Beats Ride CS * <i>Betty Kasper</i>	6:00-6:45 True Barre: Bala Bangle MS * <i>Kyla Lloyd</i>	4:00-4:45 Barefoot Sculpt (Heated) YS * <i>Lucas Blankenhor</i>	
6:30-7:15 MetCon Monday MS * <i>John Cianca</i>	6:00-6:45 Beats Ride CS * <i>Ney Melo</i>	6:45-7:45 Vinyasa Yoga (Heated) YS * <i>Rose Firouzbakht</i>	5:45-6:45 Vinyasa Yoga (Heated) YS * <i>Kira McCarthy</i>			
6:45-7:45 Vinyasa Yoga (Heated) YS * <i>Jill Green</i>	6:15-7:00 Rounds: Boxing BR * <i>Marshall Brockley</i>	7:00-7:45 360 Strength MS * <i>Devin Symone</i>	6:15-7:00 Rounds: Boxing BR * <i>Alexei Kuznetsov</i>			
	6:45-7:45 Amplified Vinyasa (L2) (Heated) YS * <i>Rika Henry</i>		7:00-7:45 Pilates Mat YS * <i>Liz Wexler</i>			
	7:00-7:45 Core6 MS * <i>Joey Ledonio</i>					

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# E Q U I N O X

## BROOKFIELD PLACE

225 Liberty Street

NEW YORK NY 10281

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

Kids

FRI-SUN 08:00 AM 02:00 PM

## GROUP FITNESS MANAGER

ney.melo@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

### STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

### 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.

### ❖ Running

**Precision Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siih. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**Precision Run®** An interval-based, treadmill running workout created by running expert, David Siih. 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.

**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.

**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** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**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.

### ❖ 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

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**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.

### ❖ 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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

### ❖ 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 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.