

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS * Body Sculpt <i>Marissa Myers</i>	6:30-7:15 YS * Pilates Fusion (Heated) <i>Alison Mathis</i>	6:30-7:15 YS * Pilates Mat <i>Elyse Cowles</i>	6:30-7:15 YS * Pilates Rise (Heated) <i>Alison Mathis</i>	6:45-7:30 MS * Stronger <i>Dyan Tsumis</i>	9:00-9:45 BR * Rounds: Bags and Mitts Ronnie Love	10:00-11:00 YS * Vinyasa Yoga <i>Kira McCarthy</i>
7:15-8:00 YS * Pilates Mat (Heated) <i>Khaleah London</i>	6:45-7:35 TR * Precision Run® <i>John Cianca</i>	7:00-7:45 MS * Body Sculpt <i>Sara Deberry</i>	6:45-7:30 MS * Tabata Max <i>Amy Amato</i>	7:45-8:45 YS * Sculpted Yoga™ (Heated) <i>Dyan Tsumis</i>	9:00-9:45 YS * Amplified Vinyasa (L2) (Heated) <i>Rika Henry</i>	10:30-11:15 MS * Body Sculpt <i>Melissa Chisholm</i>
8:15-9:05 TR * Precision Walk: Elevate <i>Khaleah London</i>	7:15-8:00 BR * Rounds: Bags and Mitts <i>Khalead Zeidan</i>	7:30-8:15 YS * True Barre <i>Kyla Lloyd</i>	7:30-8:15 YS * Power Vinyasa (Heated) <i>Jena Maenius</i>	11:45-12:15 TR * Precision Run 30 <i>John Cianca</i>	9:15-10:05 TR * Precision Run® <i>Khaleah London</i>	11:30-12:15 CS * Beats Ride <i>Michaela McGowan</i>
12:00-12:45 MS * Body Sculpt Betty Kasper	7:30-8:15 YS * Barefoot Sculpt (Heated) <i>Alison Mathis</i>	8:00-8:45 MS * Stronger Women <i>Sara Deberry</i>	7:45-8:35 MS * Body Sculpt <i>Sammy Tuchman</i>	12:15-1:00 YS * Pilates Fusion (Heated) <i>Bret Yamanaka</i>	9:30-10:15 MS * Best Butt Ever <i>Meghan Cox</i>	11:45-12:30 BR * Rounds: Bags and Mitts <i>Khalead Zeidan</i>
12:15-1:00 YS * True Barre <i>Kevin VerEecke</i>	7:45-8:30 MS * Tabata Max <i>John Cianca</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>	12:00-12:45 YS * Pilates Mat (Heated) <i>Bret Yamanaka</i>	12:15-1:00 MS * Whipped! <i>John Cianca</i>	10:00-10:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>	12:00-12:45 MS * Core6 <i>Melissa Chisholm</i>
4:30-5:15 YS * Pilates Mat (Heated) <i>Beth Bardin</i>	12:00-12:45 YS * Vinyasa Yoga <i>Ruah Bhay</i>	12:30-1:15 MS * Body Sculpt <i>Melissa Chisholm</i>	12:15-1:00 MS * Stronger <i>Sara Deberry</i>	4:15-5:15 YS * Vinyasa Yoga (Heated) <i>Kumiko Buckman</i>	10:15-11:00 YS * True Barre <i>Khaleah London</i>	3:30-4:15 YS * Pilates Fusion <i>Elgin McCargo</i>
5:15-6:00 MS * Cardio Sculpt <i>Cindy Davis</i>	12:15-1:00 MS * Stronger <i>Esteban Deleon</i>	4:30-5:15 YS * True Barre <i>Paige Bodnar</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Cindy Davis</i>	5:00-5:45 MS * Body Sculpt <i>Kyla Lloyd</i>	10:30-11:15 MS * Rhythmic Sculpt <i>Marissa Myers</i>	5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Amy Norton</i>
5:30-6:15 YS * Best Stretch Ever (Heated) <i>Rika Henry</i>	4:30-5:15 YS * Barefoot Sculpt <i>Alison O'Connor</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mardi Sykes</i>	5:15-6:00 MS * Core6 <i>KaRa Dizon</i>	5:30-6:15 MS * Sonic Meditation <i>Kumiko Buckman</i>	11:30-12:15 CS * Beats Ride <i>Ney Melo</i>	
5:45-6:30 CS * Beats Ride <i>Betty Kasper</i>	5:30-6:20 YS * Pilates Rise <i>Sammy Tuchman</i>	5:45-6:30 MS * Best Butt Ever <i>Devin Symone</i>	5:30-6:15 CS * Beats Ride Michael MacNeal	6:00-6:45 MS * True Barre: Bala Bangle <i>Kyla Lloyd</i>	11:45-12:45 YS * Vinyasa Yoga <i>Johan Montijano</i>	
6:00-6:30 TR * Precision Run 30 <i>Ney Melo</i>	5:45-6:30 MS * MetCon3 <i>Meghan Cox</i>	6:00-6:45 CS * Beats Ride <i>Michaela McGowan</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Kira McCarthy</i>		12:00-12:50 MS * 360 Strength <i>Marissa Myers</i>	
6:30-7:15 MS * MetCon Monday <i>John Cianca</i>	6:00-6:45 CS * Beats Ride <i>Ney Melo</i>	6:30-7:15 BR * Rounds: Boxing <i>Ahmad Simmons</i>	6:00-7:00 CL * Precision Run Club (Outdoor) <i>John Cianca</i>		3:00-3:45 YS * Barefoot Sculpt (Heated) Jamison Goodnight	
6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Jill Green</i>	6:15-7:00 BR * Rounds: Boxing <i>Marshall Brockley</i>	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Rose Firouzbakht</i>	6:15-7:00 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>			
	6:45-7:30 MS * Core6 <i>Melissa Chisholm</i>	7:00-7:45 MS * Circuit Training <i>Grace Cerda</i>	7:00-7:45 YS * Barefoot Sculpt Liz Wexler			
	6:45-7:45 YS * Amplified Vinyasa (L2) (Heated) <i>Rika Henry</i>					

EQUINOX

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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

CL Club Lobby

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.



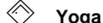
Running

Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. 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 Club Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

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

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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, light-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.

Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all. An Equinox exclusive.