EQUINOX

BROOKFIELD PLACE

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

7:00-7:45 MS *	**Body Sculpt** ***Melissa Chisholm***
7:15-8:00 YS *	Pilates Mat (Heated) *Khaleah London*
8:00-8:45 MS *	**Stronger** ***Melissa Chisholm***
8:15-9:05 TR *	Precision Walk: Elevate *Khaleah London*
12:00-12:45 MS *	Body Sculpt *Betty Kasper*
12:15-1:00 YS *	Pilates at the Barre *Sammy Tuchman*
4:30-5:15 YS *	Pilates Mat (Heated) *Beth Bardin*
5:15-6:00 MS *	Cardio Sculpt *Cindya Davis*
5:30-6:15 YS *	Best Stretch Ever (Heated) *Rika Henry*
6:00-6:50 TR *	Precision Run + Strength *Ney Melo*
6:15-7:00 CS *	Beats Ride *Betty Kasper*
6:30-7:15 MS *	MetCon Monday *John Cianca*
6:45-7:45 YS *	Vinyasa Yoga (Heated) *Jill Green*

TUESDAY

6:30-7:15 YS *	Pilates Fusion (Heated) *Alison Mathis*
6:45-7:35 TR *	Precision Run® *John Cianca*
7:00-7:45 MS *	Best Butt Ever *Avery Royal*
7:15-8:00 BR *	Rounds: Bags and Mitts *Khaled Zeidan*
7:30-8:15 YS *	Barefoot Sculpt (Heated) *Alison Mathis*
8:00-8:45 MS *	Tabata Max *John Cianca*
12:00-12:45 YS *	Vinyasa Yoga *Ruah Bhay*
12:15-1:00 MS *	Stronger *Esteban Deleon*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Alison O'Connor*
5:30-6:15 MS *	Leg Day *Bella Preneta*
5:45-6:30 YS *	Pilates Rise *Sammy Tuchman*
6:15-7:00 BR *	Rounds: Boxing *Marshall Brockley*
6:15-7:00 CS *	Beats Ride *Ney Melo*
6:30-7:15 MS *	Stacked *Meghan Cox*
6:45-7:30 YS *	Amplified Vinyasa (L2) (Heated) *Rika Henry*

WEDNESDAY

6:30-7:15 YS *	Pilates Mat *Elyse Cowles*
7:00-7:45 MS *	Body Sculpt *Sara Deberry*
7:30-8:15 YS *	True Barre *Kyla Lloyd*
8:00-8:45 MS *	Stronger Women *Sara Deberry*
12:15-1:00 YS *	True Barre: Bala Bangle *Lucas Blankenhorn*
12:30-1:15 MS *	Body Sculpt *Marissa Myers*
4:30-5:15 YS *	True Barre *Paige Bodnar*
5:30-6:15 MS *	Best Butt Ever *Or Artzi*
5:45-6:45 YS *	Vinyasa Yoga *Mardi Sykes*
6:00-6:45 BR *	Rounds: Boxing *Ahmad Simmons*
6:15-7:00 CS *	Beats Ride *Michaela McGowan*
6:30-7:15 MS *	**MetCon3** ***Betty Kasper***
7:00-7:30 TR *	Precision Run 30 *Ahmad Simmons*
7:00-7:45 YS *	**Best Stretch Ever (Heated)** ***Jamison Goodnight***

THURSDAY

6:30-7:15 YS *	Pilates Rise (Heated) *Alison Mathis*
7:00-7:45 MS *	MetCon3 *Or Artzi*
7:15-8:00 BR *	Rounds: Bags and Mitts *Ahmad Simmons*
7:30-8:15 YS *	Power Vinyasa (Heated) *Jena Maenius*
8:00-8:45 MS *	Body Sculpt *Sammy Tuchman*
12:15-1:00 MS *	Stronger *Sara Deberry*
12:15-1:00 YS *	Power Vinyasa *Rose Firouzbakht*
4:15-5:00 CS *	Beats Ride *Roxana Viesca*
4:30-5:15 YS *	Pilates at the Barre *Cindya Davis*
5:30-6:30 YS *	Vinyasa Yoga *Kira McCarthy*
5:45-6:30 MS *	**Body Sculpt** ***Sara Deberry***
6:00-6:50 TR *	Precision Run® *John Cianca*
6:15-7:00 BR *	Rounds: Boxing *Ronnie Love*
6:45-7:30 YS *	**Pilates Fusion** ***Emily Snouffer***

FRIDAY

6:45-7:30 MS *	Body Sculpt *Dyan Tsiumis*
7:45-8:35 YS *	Sculpted Yoga™ (Heated) *Dyan Tsiumis*
11:45-12:15 TR *	Precision Run 30 *John Cianca*
12:15-1:00 YS *	Pilates Fusion (Heated) *Emily Snouffer*
12:30-1:20 MS *	Whipped! *John Cianca*
4:30-5:30 YS *	**Power Vinyasa (Heated)** ***Rika Henry***
5:00-5:45 MS *	Body Sculpt *Kyla Lloyd*
6:00-6:45 MS *	True Barre: Bala Bangle *Kyla Lloyd*
6:00-7:00 YS *	**Yin Yoga + Sound Meditation** ***Kumiko Buckman***

SATURDAY

9:00-9:45 YS *	**Power Vinyasa (Heated)** ***Aaron Cane***
9:15-10:05 TR *	Precision Run® *Khaleah London*
9:30-10:15 MS *	Leg Day *Marissa Myers*
10:00-10:45 BR *	Rounds: Boxing *Ahmad Simmons*
10:15-11:00 YS *	True Barre *Khaleah London*
10:30-11:15 MS *	Rhythmic Sculpt *Marissa Myers*
10:45-11:30 CS *	**Beats Ride** ***Erin Ay***
11:15-12:00 YS *	Barefoot Sculpt: The Ring *Elyse Cowles*
12:00-12:50 MS *	Circuit Training *Avery Royal*
12:15-1:15 YS *	Vinyasa Yoga *Johan Montijano*
5:00-6:00 YS *	**Vinyasa Yoga (Heated)** ***Amy Norton***

SUNDAY

9:30-10:30 YS *	Vinyasa Yoga *Kira McCarthy*
10:30-11:15 MS *	Body Sculpt *Melissa Chisholm*
10:45-11:30 YS *	True Barre *Kyla Owen*
11:30-12:00 MS *	**Core6 Express** ***Melissa Chisholm***
11:45-12:30 BR *	Rounds: Bags and Mitts *Khaled Zeidan*
12:15-12:45 TR *	**Precision Run 30** ***Melissa Chisholm***
3:00-3:45 CS *	Beats Ride *Chris Vernon*
3:30-4:15 YS *	Pilates Fusion *Elgin McCargo*
5:00-6:00 YS *	Vinyasa Yoga (Heated) *Jamison Goodnight*
6:15-7:00 YS *	Sound Meditation *Jamison Goodnight*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

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 08:00 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.

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.
Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

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.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Strength

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.
Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
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® 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.

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 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.