

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 BA * Pilates Fusion <i>Kristin Pujanauski</i>	6:30-7:15 MS * MetCon3 <i>Rob Lavecchia</i>	6:30-7:15 BA * True Barre <i>Mel Gallo</i>	6:30-7:15 MS * MetCon3 <i>Delida Torres</i>	6:30-7:15 BA * Pilates Fusion <i>Kylie Treacy</i>	8:00-8:45 CS * Beats Ride <i>Nowani Ratray</i>	9:00-9:45 MS * Body Sculpt <i>Jeff Robinson</i>
6:45-7:35 TR * Precision Run® <i>Chelsea Amengual</i>	7:15-8:00 BA * Pilates at the Barre <i>Mia Wenger</i>	6:30-7:20 MS * Stronger <i>Carolann Valentino</i>	6:45-7:30 CS * Beats Ride <i>Angela Rice</i>	6:30-7:15 MS * Leg Day <i>Diane LaVon</i>	8:30-9:15 BA * True Barre <i>Lindsey Miller</i>	9:15-10:15 CS * Beats Ride 60 <i>D Gunnz</i>
7:00-8:00 PG * Playground Experience - PGX <i>Felix Ferreira Emily Comerford</i>	7:15-8:00 CS * Beats Ride <i>Zach Williams</i>	7:00-8:00 YS * Vinyasa Yoga <i>Lauren Harris</i>	7:15-8:00 BA * True Barre <i>Cindya Davis</i>	6:45-7:35 TR * Precision Run® <i>Bryce Wood</i>	9:00-9:50 MS * Stacked <i>Abbey Hunt</i>	9:45-10:30 BA * True Barre <i>Nikki Rosenbloom</i>
7:30-8:15 MS * Athletic Conditioning <i>Diego Guevara</i>	7:15-7:30 MS * Best Abs Ever <i>Rob Lavecchia</i>	7:15-8:00 CS * Beats Ride <i>Chayanne Joel</i>	7:30-8:15 MS * Body Sculpt <i>Joan Ferraro</i>	7:00-8:00 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	9:30-10:15 CS * Beats Ride <i>Zach Williams</i>	9:45-10:00 MS * Best Abs Ever <i>Jeff Robinson</i>
7:45-8:35 BA * True Barre <i>Mel Gallo</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Izzy VanHall</i>	7:35-8:20 MS * Cardio Sculpt <i>Mel Gallo</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Lipe</i>	7:15-8:00 CS * Beats Ride <i>Chantel Taylor</i>	10:00-11:15 YS * Vinyasa Yoga <i>Esco Wilson</i>	10:00-11:00 YS * Slow Flow Yoga <i>Shelley McPherson</i>
8:00-9:00 YS * Vinyasa Yoga <i>Annette Vetere</i>	9:00-9:45 BA * True Barre <i>Mia Wenger</i>	7:45-8:35 TR * Pilates at the Barre <i>Shaun Anthony</i>	8:30-9:15 MS * Best Butt Ever <i>Cindya Davis</i>	7:45-8:30 BA * Barefoot Sculpt <i>Melinda Porto</i>	10:15-11:00 BA * Pilates Fusion <i>Kayla Prestel</i>	10:15-11:05 MS * MetCon3 <i>Jeff Robinson</i>
9:15-10:00 MS * The Cut <i>Eddie Carrington</i>	9:30-10:20 MS * Stronger <i>Carolann Valentino</i>	9:00-9:45 MS * Rounds: Pro <i>CJ Reyes</i>	9:00-9:45 BA * Pilates Fusion <i>Kat Steers</i>	7:45-8:30 MS * Rounds: Boxing <i>CJ Reyes</i>	10:30-11:15 MS * Cardio Sculpt <i>Melissa Birnbaum</i>	11:00-11:45 BA * True Barre <i>James Ervin</i>
10:15-11:00 BA * True Barre <i>James Ervin</i>	10:30-11:30 YS * Vinyasa Yoga <i>Johan Montijano</i>	10:00-10:45 BA * Pilates at the Barre <i>Lucas Blankenhorn</i>	9:30-10:15 MS * Athletic Conditioning <i>Shaun Anthony</i>	9:15-10:00 MS * Core6 <i>Gaby Moreno</i>		
11:00-11:45 MS * Best Stretch Ever <i>Diane LaVon</i>	12:15-1:00 BA * Pilates Fusion <i>Kat Steers</i>	10:15-10:45 MS * Best Butt Ever <i>Jeff Robinson</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Serena Tom</i>	10:15-11:00 BA * True Barre <i>Emily Naim</i>		
12:00-1:00 YS * Vinyasa Yoga <i>Mary Horne</i>	1:30-2:30 YS * Restorative Yoga <i>Mary Aranas</i>	12:00-1:00 YS * Power Vinyasa (Heated) <i>Esco Wilson</i>	12:15-1:05 BA * Pilates Rise <i>Genevieve Gordon</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristin Bilella</i>	11:15-12:00 CS * Beats Ride <i>D Gunnz</i>	11:45-12:45 YS * Vinyasa Yoga <i>Dylan Evans</i>
12:15-1:00 BA * Barefoot Sculpt <i>Allie Taylor Mannle</i>	4:30-5:15 BA * True Barre <i>Rachel Bonet</i>	12:15-1:00 BA * Pilates Fusion <i>Erin Monteleone</i>	1:30-2:30 YS * Yin Yoga <i>Jane Johnsen</i>	12:15-1:15 PG * Playground Experience - PGX <i>Zach Schanne Shanice Reyes</i>	11:30-12:20 BA * True Barre <i>James Ervin</i>	12:00-12:45 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i>
4:00-4:45 BA * Pilates Mat <i>Rosie Fiedelman</i>	5:15-6:05 MS * Stronger <i>Shanice Reyes</i>	5:15-6:15 YS * Yin Yoga Meditation <i>Emily Naim</i>	4:30-5:15 BA * Pilates Mat <i>Alex Dill</i>	12:30-1:15 BA * Pilates Mat <i>Adele Carlson</i>	12:15-1:15 YS * Vinyasa Yoga <i>Lori Brungard</i>	1:00-1:45 MS * Best Stretch Ever <i>Monique Alhaddad</i>
5:15-6:15 YS * Power Vinyasa (Heated) <i>Serena Tom</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Randi Cerini</i>	5:30-6:15 BA * True Barre <i>Lindsey Miller</i>	5:15-6:00 MS * Core6 <i>Emily Comerford</i>	12:30-1:15 BA * Pilates Mat <i>Adele Carlson</i>	12:30-1:15 MS * Rounds: Boxing <i>Alexei Kuznietsov</i>	2:00-3:00 YS * Power Vinyasa (Heated) <i>Serena Tom</i>
5:30-6:20 BA * True Barre <i>James Ervin</i>	5:45-6:30 BA * Pilates Mat <i>Erin Ginn</i>	6:00-6:50 MS * Core6 <i>Dario Torres</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Jane Johnsen</i>	PG * Playground Experience - PGX <i>Emily Comerford Shanice Reyes</i>	1:00-2:00 PG * Playground Experience - PGX <i>Felix Ferreira Dario Torres</i>	4:00-4:45 CS * Anthem Ride <i>Jon Gluckner</i>
5:45-6:30 MS * MetCon Monday <i>Brian Ahn</i>	6:30-7:15 MS * Cardio Sculpt <i>Melissa Birnbaum</i>	6:15-7:00 CS * Beats Ride <i>Chantel Taylor</i>	5:45-6:30 BA * Pilates at the Barre <i>Kevin VerEecke</i>	4:30-5:30 YS * Yin Yoga Meditation (Heated) <i>Jessica Metz</i>	2:00-3:00 YS * Slow Flow Yoga (Heated) <i>Kristina Erikson</i>	4:15-5:00 BA * True Barre <i>Maureen Duke</i>
6:15-7:00 CS * Beats Ride <i>Brian Robinson</i>	7:00-7:50 BA * True Barre <i>James Ervin</i>	7:00-8:00 YS * Vinyasa Yoga <i>Andrea Borrero</i>	6:00-6:45 CS * Anthem Ride <i>Jon Gluckner</i>	5:00-5:45 BA * Pilates Fusion <i>Laetitia Emmanuel</i>	2:30-3:15 BA * Pilates Mat <i>Adele Carlson</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Tom Jermain</i>
7:00-8:00 YS * Vinyasa Yoga <i>Serena Tom</i>	7:30-8:30 PG * Playground Experience - PGX <i>Dario Torres Shanice Reyes</i>	7:15-8:00 MS * Leg Day <i>Dario Torres</i>	6:30-7:30 PG * Playground Experience - PGX <i>Emily Comerford Shanice Reyes</i>	6:00-6:45 MS * Body Sculpt <i>Vanita Iyer</i>	4:00-5:00 YS * Restorative Yoga <i>Anubha Elaine Boudouris</i>	5:30-6:15 BA * Pilates Fusion <i>Maureen Duke</i>
7:15-8:05 MS * Stronger <i>Brian Ahn</i>	7:30-8:45 YS * Vinyasa Yoga (Heated) <i>Evan Perry</i>	7:30-8:15 BA * True Barre <i>Andrea Salazar Martinez</i>	6:45-7:45 MS * Studio Dance: Jazz <i>Aria Terango</i>	6:15-7:00 BA * True Barre <i>Toni Fuller</i>		
7:30-8:15 BA * True Barre <i>Emily Naim</i>			7:00-7:50 BA * True Barre <i>Kevin VerEecke</i>	6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Andrea Borrero</i>		
			7:30-8:30 YS * Vinyasa Yoga <i>Caitlyn Casson</i>			

EQUINOX

EAST 92ND STREET

203 East 92nd Street
NEW YORK NY 10128
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 10:00 PM

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SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

james.erin@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PG The Playground

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.

Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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® 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

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

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.

Playground Experience - PGX Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.



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.



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.



Dance

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Studio Dance: Jazz A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.



Boxing

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.

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. 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.



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.

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.

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.