

EQUINOX

EAST 92ND STREET

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
6:30-7:15 Pilates Fusion BA * Kristin Pujanauski	6:30-7:15 MetCon3 MS * Rob Lavecchia	6:30-7:15 True Barre BA * Mel Gallo	6:30-7:15 MetCon3 MS * Delida Torres	6:30-7:15 Core6 MS * Gaby Moreno	8:00-8:45 Beats Ride CS * Nowani Rattray	8:30-9:15 Pilates Fusion BA * Lucas Blankenhorn
6:45-7:35 Precision Run® TR * Chelsea Amengual	7:15-8:00 Pilates at the Barre BA * Mia Wenger	6:30-7:20 Stronger MS * Carolann Valentino	6:45-7:30 Beats Ride CS * Angela Rice	6:30-7:20 Precision Run® TR * Isabelle Luongo	8:30-9:15 True Barre BA * Lindsey Miller	9:00-9:45 Body Sculpt MS * Jeff Robinson
7:00-8:00 Playground Experience PG * Felix Ferreira Jevone Watt	7:15-8:00 Beats Ride Zach Williams	7:00-8:00 Vinyasa Yoga YS * Lauren Harris	7:15-8:00 True Barre BA * Cindy Davis	7:00-8:00 Vinyasa Yoga YS * Margaret Schwarz	9:00-9:45 Stacked MS * Abbey Hunt	9:15-10:15 Beats Ride 60 CS * D Gunnz
7:30-8:15 Athletic Conditioning MS * Diego Guevara	7:15-7:30 Best Abs Ever MS * Rob Lavecchia	7:15-8:00 Beats Ride CS * Chayanne Joel	7:30-8:30 Cardio Sculpt MS * Mel Gallo	7:15-8:00 Beats Ride CS * Brandon Green	9:30-10:15 Beats Ride CS * Brandon Green	9:45-10:30 True Barre Nikki Rosenbloom
7:45-8:35 True Barre BA * Mel Gallo	7:30-8:30 Vinyasa Yoga (Heated) YS * Izzy VanHall	7:35-8:20 Precision Run® MS * Diego Guevara	7:30-8:30 Vinyasa Yoga (Heated) Lipe	7:30-8:00 Best Butt Ever MS * Isabelle Luongo	10:00-11:15 Vinyasa Yoga YS * Esco Wilson	9:45-10:00 Best Abs Ever Jeff Robinson
8:00-9:00 Vinyasa Yoga YS * Annette Vetere	9:00-9:45 True Barre BA * Mia Wenger	8:45-9:30 True Barre Alexis Campbell	8:30-9:15 Best Butt Ever MS * Shaun Anthony	7:45-8:30 True Barre BA * Cindy Davis	10:15-11:00 Pilates Fusion BA * Melinda Porto	10:00-11:00 Slow Flow Yoga YS * Shelley McPherson
9:15-10:00 The Cut MS * Eddie Carrington	10:30-11:30 Vinyasa Yoga YS * Johan Montijoano	9:00-9:45 Rounds: Pro MS * Christian Reyes	9:30-10:15 Athletic Conditioning MS * Shaun Anthony	8:00-8:30 Upper Body Pump MS * Isabelle Luongo	10:30-11:15 Cardio Sculpt MS * Melissa Birnbaum	10:15-11:05 MetCon3 MS * Jeff Robinson
10:30-11:15 True Barre BA * James Ervin		10:00-10:45 Pilates at the Barre Lucas Blankenhorn	10:30-11:30 Vinyasa Yoga (Heated) BA * Serena Tom	9:15-10:00 Pilates Fusion Kat Steers	11:00-11:45 True Barre BA * Emily Naim	11:00-11:45 True Barre James Ervin
11:00-11:45 Best Stretch Ever MS * Diane LaVon	12:15-1:00 Pilates Fusion BA * Kat Steers	10:45-11:15 Restorative Yoga MS * Mary Aranas	12:15-1:05 Pilates Rise BA * Genieve Gordon	12:00-1:00 Vinyasa Yoga YS * Kristin Bilella	11:15-12:00 Beats Ride CS * D Gunnz	
12:00-1:00 Vinyasa Yoga YS * Mary Horne	4:30-5:15 True Barre BA * Rachel Bonet	12:00-1:00 Power Vinyasa (Heated) MS * Esco Wilson	1:30-2:30 Yin Yoga YS * Jane Johnsen	12:15-1:15 Playground Experience PG *	11:30-12:30 True Barre BA * James Ervin	11:45-12:45 Vinyasa Yoga YS * Dylan Evans
5:15-6:15 Power Vinyasa (Heated) YS * Serena Tom	5:15-6:05 Stronger MS * Emily Comerford	12:15-1:00 True Barre BA * Randi Cerini	4:30-5:15 Pilates Mat BA * Alex Dill	4:30-5:30 Yin Yoga Meditation (Heated) YS * Jessica Metz	12:15-1:15 Vinyasa Yoga YS * Lori Brungard	12:00-12:45 Cardio Dance: Zumba® MS * Monique Alhaddad
5:30-6:20 True Barre BA * James Ervin	5:30-6:30 Sculpted Yoga™ YS * Randi Cerini	5:45-6:30 Pilates Mat BA * Erin Ginn	5:15-6:00 Rounds: Pro MS * Christian Reyes	5:00-5:45 Pilates Fusion BA * Laeticia Emmanuel	12:30-1:15 Rounds: Boxing MS * Alexei Kuznietsov	1:00-1:45 Best Stretch Ever Monique Alhaddad
5:45-6:30 MetCon Monday MS * Brian Ahn	6:30-7:15 Cardio Sculpt MS * Melissa Birnbaum	5:45-6:30 Yin Yoga Meditation YS * Emily Naim	5:30-6:30 Vinyasa Yoga (Heated) YS * Jane Johnsen	5:15-6:05 Precision Run® TR * Shweky	1:00-2:00 Playground Experience PG *	2:00-3:00 Power Vinyasa (Heated) YS * Serena Tom
6:00-6:45 Beats Ride CS * Brandon Green	6:45-7:30 Beats Ride MS * Melissa Birnbaum	6:00-6:45 True Barre BA * Lindsey Miller	6:00-6:45 Beats Ride CS * Chantel Taylor	2:00-3:00 Slow Flow Yoga (Heated) YS * Kristina Erikson	1:15-2:00 True Barre BA * Claire Cause	4:00-4:45 Anthem Ride Jon Gluckner
7:00-8:00 Vinyasa Yoga YS * Serena Tom	7:00-7:50 True Barre BA * James Ervin	6:00-6:45 Beats Ride CS * Core6	6:30-7:30 Playground Experience PG *	2:30-3:15 Pilates Mat BA * Adele Carlson	4:15-5:00 True Barre BA * Rosy Gentle	4:15-5:00 Barre Rosy Gentle
7:15-8:05 Stronger MS * Brian Ahn	7:30-8:30 Playground Experience - PGX Emily Comerford Dario Torres	7:00-8:00 Beats Ride BA * Dario Torres	6:00-6:45 Anthem Ride BA * Jon Gluckner	6:00-6:45 Body Sculpt MS * Vanita Iyer	5:00-6:00 Weekend Wind Down Yoga	5:00-6:00 Weekend Wind Down Yoga
7:30-8:15 True Barre BA * Emily Naim	7:30-8:45 Vinyasa Yoga (Heated) YS *	7:00-8:00 Vinyasa Yoga YS * Andrea Borrero	6:45-7:45 Studio Dance: Jazz MS * Aria Terango	6:15-7:00 True Barre BA * Toni Fuller	YS * Donna Davidge	5:30-6:15 Pilates Fusion BA * Jennifer Tarentino
		7:15-8:05 Ropes and Rowers Dario Torres	7:00-8:00 Barre Andrea Salazar Martinez	6:15-7:15 Vinyasa Yoga (Heated) YS * Andrea Borrero	4:00-5:00 Restorative Yoga YS * Arubha Elaine Boudouris	
		7:30-8:15 BA *	7:30-8:30 Power Vinyasa YS * Caitlyn Casson			

VISIT 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

EAST 92ND STREET

203 East 92nd Street

NEW YORK NY 10128

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

james.ervin@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. Lie it all on the floor.

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.

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.

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.

Barre

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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

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.