

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 BA * Pilates Fusion <i>Kristin Pujanauskis</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 <b>Joan Ferraro</b>	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>	6:30-7:20 TR * Precision Run® <b>Bryce Wood</b>	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 <b>Felix Ferreira Emily Comerford</b>	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>	7:00-8:00 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	9:00-9:45 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>	7:15-8:00 CS * Beats Ride <b>Chantel Taylor</b>	9:30-10:15 CS * Beats Ride <b>Zach Williams</b>	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>	7:45-8:30 BA * Barefoot Sculpt <b>Melinda Porto</b>	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 * Precision Run® <i>Shaun Anthony</i>	8:30-9:15 MS * Best Butt Ever <i>Cindya Davis</i>	7:45-8:30 MS * Rounds: Boxing <b>CJ Reyes</b>	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>	8:45-9:30 BA * True Barre <i>Alexis Campbell</i>	9:00-9:45 BA * Pilates Fusion <i>Kat Steers</i>	9:15-10:00 MS * Core6 <i>Gaby Moreno</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 <b>James Ervin</b>	10:30-11:30 YS * Vinyasa Yoga <i>Johan Montijano</i>	9:00-9:45 MS * Rounds: Pro <i>CJ Reyes</i>	9:30-10:15 MS * Athletic Conditioning <i>Shaun Anthony</i>	10:15-11:00 BA * True Barre <i>Emily Naim</i>		
11:00-11:45 MS * Best Stretch Ever <i>Diane LaVon</i>	10:00-10:45 BA * Pilates at the Barre <i>Lucas Blankenhorn</i>	10:00-10:45 BA * Pilates at the Barre <i>Lucas Blankenhorn</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Serena Tom</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>
12:00-1:00 YS * Vinyasa Yoga <i>Mary Horne</i>	12:15-1:00 BA * Pilates Fusion <i>Kat Steers</i>	10:15-10:45 MS * Best Butt Ever <i>Jeff Robinson</i>	12:15-1:05 BA * Pilates Rise <i>Genevieve Gordon</i>	12:15-1:15 PG * Playground Experience - PGX <i>Zach Schanne Shanice Reyes</i>	12:15-1:15 YS * Vinyasa Yoga <i>Lori Brungard</i>	1:00-1:45 MS * Best Stretch Ever <i>Monique Alhaddad</i>
12:15-1:00 BA * Barefoot Sculpt <b>Allie Taylor Mannle</b>	1:30-2:30 YS * Restorative Yoga <i>Mary Aranas</i>	10:45-11:15 MS * Upper Body Pump <i>Jeff Robinson</i>	1:30-2:30 YS * Yin Yoga <i>Jane Johnsen</i>	PG * Pilates Mat <b>Adele Carlson</b>	12:30-1:15 BA * Rounds: Boxing <i>Alexei Kuznietsov</i>	2:00-3:00 YS * Power Vinyasa (Heated) <i>Serena Tom</i>
4:00-4:45 BA * Pilates Mat <b>Rosie Fiedelman</b>	4:30-5:15 BA * True Barre <i>Rachel Bonet</i>	12:00-1:00 YS * Power Vinyasa (Heated) <i>Esco Wilson</i>	4:30-5:15 BA * Pilates Mat <i>Alex Dill</i>	12:30-1:15 BA * Pilates Mat <b>Adele Carlson</b>	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>
5:15-6:15 YS * Power Vinyasa (Heated) <i>Serena Tom</i>	5:15-6:05 MS * Stronger <b>Shanice Reyes</b>	12:15-1:00 BA * True Barre <i>Erin Monteleone</i>	5:15-6:00 MS * Core6 <i>Emily Comerford</i>	4:30-5:30 YS * Yin Yoga Meditation (Heated) <i>Jessica Metz</i>	PG * True Barre <i>Claire Crause</i>	4:15-5:00 BA * True Barre <b>Maureen Duke</b>
5:30-6:20 BA * True Barre <i>James Ervin</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Randi Cerini</i>	5:15-6:15 YS * Yin Yoga Meditation <i>Emily Naim</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Jane Johnsen</i>	5:00-5:45 BA * Pilates Fusion <i>Laeticia Emmanuel</i>	2:00-3:00 YS * Slow Flow Yoga (Heated) <i>Kristina Erikson</i>	5:00-6:00 YS * Weekend Wind Down Yoga <i>Donna Davidge</i>
5:45-6:30 MS * MetCon Monday <i>Brian Ahn</i>	5:45-6:30 BA * Pilates Mat <i>Erin Ginn</i>	5:30-6:15 BA * True Barre <i>Lindsey Miller</i>	5:45-6:30 BA * Pilates at the Barre <i>Kevin VerEecke</i>	6:00-6:45 MS * Body Sculpt <i>Vanita Iyer</i>	2:30-3:15 BA * Pilates Mat <i>Adele Carlson</i>	5:30-6:15 BA * Pilates Fusion <b>Maureen Duke</b>
6:00-6:45 CS * Beats Ride <b>Brian Robinson</b>	6:30-7:15 MS * Cardio Sculpt <i>Melissa Birnbaum</i>	6:00-6:50 MS * Core6 <i>Dario Torres</i>	6:00-6:45 CS * Anthem Ride <i>Jon Gluckner</i>	6:15-7:00 BA * True Barre <i>Toni Fuller</i>		
7:00-8:00 YS * Vinyasa Yoga <i>Serena Tom</i>	6:45-7:30 CS * Beats Ride <i>Shweky</i>	6:15-7:00 CS * Beats Ride <b>Chantel Taylor</b>	6:30-7:30 PG * Playground Experience - PGX <i>Emily Comerford Zach Schanne</i>	6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Andrea Borrero</i>	4:00-5:00 YS * Restorative Yoga <i>Anubha Elaine Boudouris</i>	
7:15-8:05 MS * Stronger <i>Brian Ahn</i>	7:00-7:50 BA * True Barre <i>James Ervin</i>	7:00-8:00 YS * Vinyasa Yoga <i>Andrea Borrero</i>	6:45-7:45 MS * Studio Dance: Jazz <i>Aria Terango</i>			
7:30-8:15 BA * True Barre <i>Emily Naim</i>	7:30-8:30 PG * Playground Experience - PGX <b>Dario Torres Shanice Reyes</b>	7:15-8:05 MS * Ropes and Rowers <i>Dario Torres</i>	7:00-7:50 BA * True Barre <i>Kevin VerEecke</i>			
	7:30-8:45 YS * Vinyasa Yoga (Heated) <i>Evan Perry</i>	7:30-8:15 BA * True Barre <b>Andrea Salazar Martinez</b>	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

**FRI** 05:30 AM 08:00 PM

**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 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**

**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.

**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.