

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 MS * Athletic Conditioning <i>Natasha Ross</i>	6:30-7:15 YS * Vinyasa Yoga <i>Evan Perry</i>	7:00-7:45 CS * Beats Ride <i>Ney Melo</i>	6:30-7:15 YS * Pilates Fusion <i>Jennifer Tarentino</i>	7:00-7:45 CS * Beats Ride <i>Lisa Bosalavage</i>	8:45-9:45 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	9:00-9:45 MS * MetCon3 <i>Lisa Bosalavage</i>
7:30-8:30 YS * Vinyasa Yoga <i>Kevin Lamb</i>	7:00-7:45 MS * MetCon3 <i>Isabelle Luongo</i>	7:15-8:05 MS * Stronger <i>Bryna Carracino</i>	7:00-7:45 MS * Stacked <i>Devin Symone</i>	7:30-8:15 True Barre: Off the Barre <i>Alyssa Sarnoff</i>	9:00-9:45 MS * MetCon3 <i>Joey Ledonio</i>	9:15-10:00 True Barre: Off the Barre <i>Bella Merritt</i>
8:15-9:00 MS * Body Sculpt <i>Sara Deberry</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Kristin Condon</i>	9:00-9:45 YS * Pilates Mat <i>Caroline Strong</i>	7:30-8:20 YS * Amplified Vinyasa <i>Rika Henry</i>	YS * Atletica <i>Marie Jasmin</i>	9:45-10:30 TR * Precision Run® <i>Sara Hogrefe</i>	YS * 10:00-10:45 Beats Ride <i>Lisa Bosalavage</i>
9:00-9:45 YS * True Barre: Bala Bangle <i>Kevin VerEecke</i>	8:15-9:05 MS * Stronger <i>Isabelle Luongo</i>	12:00-1:00 YS * Vinyasa Yoga <i>Victoria Gibbs</i>	8:15-8:45 MS * Best Butt Ever <i>Devin Symone</i>	8:00-8:45 MS * Atletica <i>Marie Jasmin</i>	10:00-10:45 YS * Pilates Fusion <i>Bret Yamanaka</i>	CS * 10:00-10:45 Rhythmic Sculpt <i>Marissa Myers</i>
	8:45-9:30 YS * Silhouette <i>Alexis Sweeney</i>	12:30-1:15 MS * Rhythmic Sculpt <i>Robert Burke</i>	8:45-9:15 MS * Upper Body Pump <i>Devin Symone</i>	8:45-9:45 YS * Vinyasa Yoga <i>Damien Alexander</i>	10:15-11:00 MS * Athletic Conditioning <i>Genieve Gordon</i>	10:45-11:45 YS * Vinyasa Yoga <i>Ruah Bhay</i>
	9:15-9:45 MS * Best Butt Ever <i>Joey Ledonio</i>		8:45-9:30 YS * True Barre: Off the Barre <i>Angela Joy</i>	12:15-1:05 TR * Precision Run® <i>Jacob Reynolds</i>	10:45-11:35 CS * Precision Ride <i>Sara Hogrefe</i>	
	9:45-10:15 MS * Upper Body Pump <i>Joey Ledonio</i>	4:30-5:15 YS * Power Vinyasa <i>Andrey Block</i>		12:15-1:00 YS * True Barre: Bala Bangle <i>Genieve Gordon</i>		11:15-12:00 MS * Best Butt Ever <i>Jenna Matroni</i>
	12:00-12:45 YS * Pilates Mat <i>Claire Danese</i>	5:30-6:15 MS * Body Sculpt <i>Genieve Gordon</i>	12:00-12:45 YS * Pilates Fusion <i>Cindy Davis</i>	1:15-2:15 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	11:30-12:20 YS * Pilates Rise <i>Genieve Gordon</i>	12:00-12:45 YS * Pilates Mat <i>Caroline Strong</i>
	12:30-1:20 MS * Stronger <i>Joey Ledonio</i>	5:45-6:30 TR * Precision Run® <i>Avery Washington</i>	12:30-1:15 MS * MetCon3 <i>Robert Burke</i>		12:00-12:50 MS * Limited Series: Stronger Women <i>Devin Symone</i>	12:30-1:20 MS * Circuit Training <i>Jenna Matroni</i>
	1:15-2:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	5:45-6:45 YS * Vinyasa Yoga <i>Julie Dohrman</i>	1:00-2:00 YS * Vinyasa Yoga <i>Ruah Bhay</i>	4:00-4:50 MS * Stronger <i>Dario Torres</i>	12:45-1:45 YS * Power Vinyasa <i>Victoria Gibbs</i>	1:15-2:15 YS * Vinyasa Yoga <i>Evan Perry</i>
		6:30-7:15 MS * Stacked <i>Scott Gervais</i>	4:15-5:15 YS * Slow Flow Yoga <i>Kevin Bigger</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	2:15-3:15 YS * Weekend Wind Down Yoga <i>Kevin Bigger</i>	3:00-3:45 YS * True Barre: Off the Barre <i>Angela Joy</i>
		6:45-7:45 CS * Endurance Ride 60 <i>Avery Washington</i>	5:30-6:15 YS * Pilates Fusion <i>Jennifer Benesch</i>	6:30-7:15 YS * Sonic Meditation <i>Kristin Condon</i>		4:00-5:00 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i>
		7:00-7:45 YS * Pilates Mat <i>Jennifer Tarentino</i>	5:45-6:35 MS * Stronger <i>Natasha Ross</i>			
		8:00-9:00 YS * Yin Yoga <i>Frank Camacho</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</i>			
			6:30-7:30 YS * Vinyasa Yoga <i>Erica Chen</i>			
			6:45-7:35 MS * Studio Dance: Hip Hop <i>Rob Coglitore</i>			

EQUINOX

BROOKLYN HEIGHTS

194 Joralemon Street
BROOKLYN NY 11201
EQUINOX.COM
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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

felix.ferreira@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

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.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



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

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.

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.



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.

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

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.

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: 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.

True Barre: Off the Barre This off-the-barre sculpt class uses light weights and props 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.

Silhouette Silhouette by Alexis Sweeney offers a contemporary take on a low impact, high-intensity Pilates Fusion class to deep house beats that boost muscular endurance, balance, stamina, strength, and flexibility. Seamless moves and creative sequences provide a distinct challenge leaving you eager for more.



Dance

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.



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

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

Limited Series: Stronger Women Introducing 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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.