

EQUNOX

BROOKLYN HEIGHTS

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
7:15-8:00 Athletic Conditioning MS * Natasha Ross	7:00-7:45 MetCon3 MS * Isabelle Luongo	7:00-7:45 Beats Ride CS * Ney Melo	6:30-7:15 True Barre: Off the Barre YS * Team Equinox	7:00-7:45 Beats Ride CS * Lisa Bosalavage	8:45-9:45 Vinyasa Yoga YS * Jacob Reynolds	9:00-9:45 MetCon3 MS * Lisa Bosalavage
7:30-8:30 Vinyasa Yoga YS * Kevin Lamb	7:30-8:30 Sculpted Yoga™ YS * Kristin Condon	7:15-8:05 Stronger MS * Bryna Carracino	7:30-8:45 Stacked MS * Devin Symone	7:30-8:15 True Barre: Off the Barre YS * Alyssa Sarnoff	9:00-9:45 MetCon3 MS * Joey Ledonio	9:15-10:00 True Barre: Off the Barre YS * Bella Merritt
8:15-9:00 Body Sculpt MS * Sara Deberry	8:00-8:45 Core6 Isabelle Luongo	7:30-8:30 Vinyasa Yoga YS * Rose Firouzbakht	7:30-8:20 Power Vinyasa YS * Rika Henry	8:00-8:45 Atletica MS * Marie Jasmin	9:45-10:30 Precision Run® TR * Sara Hogrefe	10:00-10:45 Beats Ride CS * Lisa Bosalavage
9:00-9:45 True Barre: Bala Bangle YS * Kevin VerEcke	8:45-9:30 Pilates Fusion YS * Aurora Vaughan	9:00-9:45 Pilates Mat YS * Caroline Strong	8:00-8:30 Best Butt Ever MS * Devin Symone	8:45-9:45 Vinyasa Yoga YS * Damien Alexander	10:00-10:45 Pilates Fusion YS * Bret Yamanaka	10:00-10:45 Rhythmic Sculpt MS * Marissa Myers
12:00-12:45 Pilates Mat YS * Claire Danese	9:15-10:00 MS * Marie Jasmin	12:00-1:00 Vinyasa Yoga YS * Victoria Gibbs	8:30-9:00 Upper Body Pump MS * Devin Symone	12:15-1:05 Precision Run® TR * Jacob Reynolds	10:15-11:00 Precision Ride YS * Sara Hogrefe	10:45-11:45 Vinyasa Yoga YS * Ruah Bhay
12:30-1:15 Core6 MS * Joey Ledonio	12:00-12:45 Barefoot Sculpt YS * Mandy Corcione	12:30-1:15 Rhythmic Sculpt MS * Robert Burke	8:45-9:30 True Barre: Off the Barre YS * Angela Joy	12:15-1:00 True Barre: Bala Bangle YS * Genieve Gordon	11:30-12:20 Pilates Rise YS * Genieve Gordon	11:15-12:00 Best Butt Ever MS * Jenna Matroni
1:15-2:15 Vinyasa Yoga YS * Kevin Bigger	12:30-1:15 Stacked MS * Daxton Bloomquist	4:30-5:15 Power Vinyasa YS * Andrey Block	12:00-12:45 Pilates Fusion YS * Cindy Davis	1:15-2:15 Vinyasa Yoga YS * Jacob Reynolds	12:00-12:50 Limited Series: Stronger Women MS * Devin Symone	12:00-12:45 Pilates Mat YS * Caroline Strong
4:30-5:15 True Barre: Off the Barre YS * Katherine Menna	1:15-2:15 Best Stretch Ever MS * Ev Autio	5:30-6:15 Core6 MS * Genieve Gordon	12:30-1:15 Core6 MS * Robert Burke	4:00-4:50 Stronger MS * Dario Torres	12:30-1:20 Circuit Training MS * Devin Symone	12:30-1:20 Circuit Training MS * Jenna Matroni
5:30-6:15 Pilates Fusion YS * Katherine Menna	5:30-6:15 Atletica MS * Nora Bisharat	5:45-6:30 Precision Run® YS * Avery Washington	1:00-2:00 Vinyasa Yoga YS * Ruah Bhay	5:15-6:15 Sculpted Yoga™ YS * Kristin Condon	1:15-2:15 Power Vinyasa YS * Victoria Gibbs	1:15-2:15 Vinyasa Yoga YS * Evan Perry
5:45-6:30 Whipped! MS * Scott Gervais	5:45-6:30 True Barre: Off the Barre YS * Jennifer Benesch	6:30-7:15 Stacked MS * Scott Gervais	4:15-5:15 Slow Flow Yoga YS * Kevin Bigger	6:30-7:15 Sonic Meditation YS * Kristin Condon	1:30-2:15 Rounds: Boxing MS * Champ Parris	3:00-3:45 True Barre: Off the Barre YS * Kevin Bigger
5:45-6:30 Precision Run® TR * Sara Hogrefe	6:00-6:45 Beats Ride CS * Sara Hogrefe	6:45-7:45 Beats Ride 60 CS * Avery Washington	5:30-6:15 Pilates Fusion YS * Jennifer Benesch	2:15-3:15 Weekend Wind Down Yoga YS * Kevin Bigger	2:15-3:15 Vinyasa Yoga YS * Alyssa Sarnoff	4:00-5:00 Vinyasa Yoga YS * Alyssa Sarnoff
6:45-7:35 Precision Ride CS * Sara Hogrefe	6:00-6:45 Beats Ride CS * Avery Washington	7:00-7:45 Pilates Mat YS * Jennifer Tarentino	5:45-6:35 Stronger MS * Natasha Ross			
6:45-7:30 MetCon Monday MS * Natasha Ross	6:30-7:20 Precision Run® TR * Nora Bisharat	8:00-9:00 Yin Yoga YS * Franklin Camacho	6:00-6:45 Beats Ride CS * Chris Vernon			
7:00-8:00 Vinyasa Yoga YS * Julie Dohrman	6:45-7:30 Pure Strength MS * Natasha Ross	7:00-8:00 Vinyasa Yoga YS * Jessie Wren	6:30-7:30 Vinyasa Yoga YS * Rose Firouzbakht			
	7:00-8:00 Vinyasa Yoga YS * Julie Dohrman		6:45-7:35 Studio Dance: The Choro Collective MS * Rob Cogliore			

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

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.

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.

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

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.

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.

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.

Dance

Studio Dance: The Choreo Collective Join pro dancer Rob Cogliore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweater, and more confident. Feel like you're dancing on tour — no experience required, just good vibes and pure joy.

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.

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

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.

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.