

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:00 MS* Athletic Conditioning <i>Natasha Ross</i>	7:00-7:45 MS* Stronger <i>Isabelle Luongo</i>	7:00-7:45 CS* Beats Ride <i>Ney Melo</i>	7:00-7:45 MS* Stacked <i>Devin Symone</i>	7:00-7:45 CS* Beats Ride <i>Lisa Bosalavage</i>	8:30-9:15 MS* 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>	7:30-8:30 YS* Sculpted Yoga™ <i>Kristin Condon</i>	7:00-7:45 MS* Atletica <i>Marie Jasmin</i>	7:30-8:20 YS* Power Vinyasa <i>Rika Henry</i>	7:15-8:00 MS* True Barre: Off the Barre <i>Alyssa Sarnoff</i>	9:00-9:45 MS* MetCon3 <i>Joey Ledonio</i>	9:15-10:00 YS* True Barre: Off the Barre <i>Bella Merritt</i>
8:15-9:00 MS* Body Sculpt <i>Sara Deberry</i>	8:15-9:00 MS* Body Sculpt <i>Isabelle Luongo</i>	7:30-8:30 YS* Vinyasa Yoga <i>Rose Firouzbakht</i>	8:15-9:00 MS* Best Butt Ever <i>Devin Symone</i>	8:15-9:00 MS* Atletica <i>Marie Jasmin</i>	9:45-10:30 TR* Precision Run® <i>Sara Hogrefe</i>	10:00-10:45 CS* Beats Ride <i>Lisa Bosalavage</i>
9:00-9:45 YS* True Barre: Bala Bangle <i>Kevin VerEecke</i>	8:45-9:30 YS* Pilates Fusion <i>Aurora Vaughan</i>	8:00-8:45 MS* Best Butt Ever <i>Bryna Carracino</i>	9:15-10:00 MS* True Barre: Off the Barre <i>Angela Joy</i>	8:45-9:45 YS* Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:45 YS* Pilates Fusion <i>Bret Yamanaka</i>	10:00-10:45 MS* Rhythmic Sculpt <i>Marissa Myers</i>
12:00-12:45 YS* Pilates Mat <i>Claire Danese</i>	9:15-10:00 MS* Atletica <i>Marie Jasmin</i>	9:00-9:45 MS* Pilates Mat <i>Caroline Strong</i>	12:00-12:45 MS* Pilates Fusion <i>Cindy Davis</i>	12:15-1:00 MS* True Barre: Bala Bangle <i>Genieve Gordon</i>	10:15-11:00 MS* Athletic Conditioning <i>Genieve Gordon</i>	11:00-11:45 MS* Vinyasa Yoga <i>Ruah Bhay</i>
12:30-1:15 MS* Core6 <i>Joey Ledonio</i>	11:30-12:15 MS* Barefoot Sculpt <i>Kristin Condon</i>	11:30-12:15 MS* Vinyasa Yoga <i>Victoria Gibbs</i>	12:30-1:15 MS* Body Sculpt <i>Butchie Gamble</i>	12:15-1:05 TR* Precision Run® <i>Jacob Reynolds</i>	10:45-11:35 CS* Precision Ride <i>Sara Hogrefe</i>	11:15-12:00 MS* Best Butt Ever <i>Jenna Matroni</i>
1:15-2:15 YS* Vinyasa Yoga <i>Kevin Bigger</i>	12:30-1:15 MS* Stronger <i>Devin Symone</i>	12:30-1:15 MS* Rhythmic Sculpt <i>Robert Burke</i>	1:00-2:00 MS* Vinyasa Yoga <i>Ruah Bhay</i>	1:15-2:15 MS* Vinyasa Yoga <i>Jacob Reynolds</i>	11:15-12:00 MS* Pilates Rise <i>Genieve Gordon</i>	12:00-12:45 MS* Pilates Mat <i>Caroline Strong</i>
4:30-5:15 YS* True Barre: Off the Barre <i>Katherine Menna</i>	1:30-2:30 MS* Vinyasa Yoga <i>Kristin Bilella</i>	4:30-5:15 MS* Power Vinyasa <i>Andrey Block</i>	4:15-5:15 MS* Slow Flow Yoga <i>Kevin Bigger</i>	4:00-4:50 MS* Stronger <i>Dario Torres</i>	12:15-1:00 MS* Stronger Women <i>Devin Symone</i>	1:00-1:45 MS* Circuit Training <i>Jenna Matroni</i>
5:30-6:15 YS* Pilates Fusion <i>Katherine Menna</i>	4:15-5:00 MS* Best Stretch Ever <i>Ev Autio</i>	5:30-6:15 MS* Body Sculpt <i>Genieve Gordon</i>	5:30-6:15 MS* Pilates Fusion <i>Jennifer Benesch</i>	5:15-6:15 MS* Sculpted Yoga™ <i>Kristin Condon</i>	12:45-1:45 YS* Power Vinyasa <i>Victoria Gibbs</i>	2:00-2:45 MS* Vinyasa Yoga <i>Evan Perry</i>
5:45-6:30 MS* Powerstrike! <i>Nora Bisharat</i>	5:30-6:15 MS* Atletica <i>Nora Bisharat</i>	5:45-6:30 CS* Beats Ride <i>Avery Washington</i>	5:45-6:35 MS* Stronger <i>Natasha Ross</i>	6:30-7:15 MS* Sonic Meditation <i>Kristin Condon</i>	1:30-2:15 MS* Rounds: Boxing <i>Champ Parris</i>	3:00-3:45 MS* True Barre: Off the Barre <i>Alyssa Sarnoff</i>
5:45-6:30 TR* Precision Run® <i>Sara Hogrefe</i>	5:45-6:30 YS* True Barre: Off the Barre <i>Jennifer Benesch</i>	5:45-6:45 YS* Vinyasa Yoga <i>Julie Dohrman</i>	6:00-6:45 CS* Beats Ride <i>Lisa Bosalavage</i>	6:00-6:45 CS* Beats Ride <i>Lisa Bosalavage</i>	2:30-3:20 MS* Weekend Wind Down Yoga <i>Kevin Bigger</i>	4:00-5:00 MS* Vinyasa Yoga <i>Alyssa Sarnoff</i>
6:45-7:35 CS* Precision Ride <i>Sara Hogrefe</i>	6:00-6:45 CS* Beats Ride <i>Avery Washington</i>	6:30-7:15 MS* Rounds: Boxing <i>Champ Parris</i>	6:30-7:15 MS* Studio Dance: The Choreo Collective <i>Rob Coglitore</i>	6:30-7:15 MS* Sonic Meditation <i>Kristin Condon</i>	4:00-5:00 MS* Yin Yoga <i>Rose Firouzbakht</i>	
6:45-7:30 MS* MetCon Monday <i>Natasha Ross</i>	6:30-7:15 MS* Pure Strength <i>Natasha Ross</i>	6:45-7:30 TR* Precision Run® <i>Avery Washington</i>	7:30-8:30 MS* Vinyasa Yoga <i>Erica Chen</i>			
7:00-8:00 YS* Vinyasa Yoga <i>Julie Dohrman</i>	6:30-7:20 TR* Precision Run® <i>Nora Bisharat</i>	7:30-8:15 MS* Pilates Mat <i>Jen Tarentino</i>				
	7:30-8:30 MS* Vinyasa Yoga <i>Jessie Wren</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

## 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.

**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, 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.

**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: 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 Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweatier, and more confident. Feel like you're dancing on tour — no experience required, just good vibes and pure joy.



## Boxing

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Iaria Montagnani. Punch and kick to improve speed, balance and coordination.

**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, light-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, Iaria 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.

**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.

**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. An Equinox exclusive.