

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 CS * Beats Ride <i>Michael Keeney</i>	6:30-7:15 MS * MetCon3 <i>Coco Cohen</i>	6:30-7:20 TR * Precision Run® <i>Amanda Katz</i>	6:30-7:15 MS * Athletic Conditioning <i>LR Davidson</i>	6:45-7:30 MS * Tabata Max <i>Lisa Raphael</i>	8:00-8:45 CS * Beats Ride Alex Breaux	8:30-9:15 MS * Athletic Conditioning <i>Kyle O'Brien</i>
7:15-8:00 MS * Stronger <i>Michael Keeney</i>	6:45-7:30 CS * Beats Ride <i>Taj Harris</i>	6:45-7:30 MS * Cardio Sculpt <i>Molly Mook</i>	8:00-8:45 MS * Stronger <i>Shaun Anthony</i>	7:00-7:45 PD * Swim: Pro (L2) <i>Hilary Hebrank</i>	8:15-9:05 MS * 360 Strength Alexei Kuznietsov	8:45-9:45 YS * Gentle Yoga <i>Rhana Harris</i>
9:00-9:45 BR * Rounds: Boxing <i>Ahmad Simmons</i>	7:15-8:00 BA * True Barre <i>Kevin VerEecke</i>	7:30-8:15 CS * Beats Ride <i>Amanda Katz</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	7:15-8:15 YS * Vinyasa Yoga <i>Whitney Chapman</i>	8:30-9:45 YS * Ashtanga Yoga <i>Evan Perry</i>	9:15-10:15 PD * Swim: Pro <i>Torello Cabrol</i>
9:15-10:15 BA * True Barre <i>Kat Steers</i>	8:00-8:45 MS * Best Butt Ever <i>Andrew Slane</i>	9:00-10:00 BA * True Barre <i>Pamela Newkirk</i>	9:00-10:00 MS * Cardio Sculpt <i>Peyton Bryant</i>	9:00-10:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>	8:45-9:45 BA * True Barre Claire Crause	9:30-10:20 CS * Precision Ride <i>Avery Washington</i>
9:30-10:30 MS * Studio Dance: Calvinography <i>Calvin Wiley</i>	9:00-9:50 MS * ViPR Sculpt <i>Stephen Bel Davies</i>	9:30-10:15 MS * MetCon3 <i>Amanda Katz</i>	9:15-10:15 YS * Iyengar Yoga <i>Kavi Patel</i>	9:30-10:15 CS * Beats Ride <i>Candace Peterson</i>	9:30-10:15 MS * MetCon3 Maddie Myers	10:00-10:45 BA * Pilates Mat <i>Caroline Strong</i>
9:45-10:45 YS * Vinyasa Yoga <i>Emma Poole</i>	9:15-10:15 YS * Vinyasa Yoga <i>Jade Alexis</i>	9:45-10:35 PD * Hydro Athlete <i>Coco Cohen</i>	9:45-10:30 BA * Pilates Fusion <i>Terrence Carey</i>	9:45-10:35 MS * Rhythmic Sculpt <i>Kelsey Stalter</i>	10:00-10:45 BA * Athletic Stretch <i>Claudia Brown</i>	10:15-11:00 MS * Impact! <i>Ilaria Montagnani</i>
10:00-10:45 CS * Beats Ride <i>Kristin Kenney</i>	9:30-10:15 CS * Precision Ride <i>Coco Cohen</i>	10:00-11:15 YS * Ashtanga Yoga (L2) <i>Evan Perry</i>	10:00-10:45 CS * Beats Ride <i>LR Davidson</i>	10:45-11:30 BA * Pilates Mat <i>Caroline Strong</i>	10:30-11:30 MS * Cardio Sculpt <i>Peyton Bryant</i>	10:30-11:45 YS * Vinyasa Yoga (L2) <i>Mariko Hirakawa</i>
10:45-11:30 MS * Cardio Sculpt <i>Calvin Wiley</i>	10:00-11:00 BA * True Barre <i>Rosie Fiedelman</i>	10:15-11:00 BR * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	10:15-11:15 PD * Hydro Sculpt <i>Peyton Bryant</i>	11:00-11:50 MS * Atletica <i>Ilaria Montagnani</i>	10:45-12:00 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	10:45-11:35 TR * Precision Walk: Elevate <i>Candace Peterson</i>
11:00-11:45 BA * Pilates Mat <i>Erin Ginn</i>	10:15-11:15 PD * Hydro Sculpt <i>Torello Cabrol</i>	10:45-11:30 MS * Cardio Sculpt <i>Calvin Wiley</i>	10:30-11:15 MS * Pure Strength <i>Coco Cohen</i>	11:00-11:45 CS * Anthem Ride <i>Michael Keeney</i>	11:00-11:45 CS * Anthem Ride <i>Michael Keeney</i>	
	10:30-11:15 Limited Series: Stronger Women <i>Miriam Shestack</i>	12:15-1:00 MS * Body Sculpt <i>Sabrina Cohen</i>	10:45-11:45 YS * Vinyasa Yoga <i>Mindy Frenkel</i>	12:00-12:45 MS * Impact! <i>Ilaria Montagnani</i>		11:15-12:05 MS * Atletica <i>Ilaria Montagnani</i>
11:15-12:00 PD * Swim: Skills + Drills (L2) <i>Ester Kim</i>	10:45-11:45 YS * Iyengar Yoga <i>Cheryl Malter</i>	12:30-1:15 BA * Pilates Fusion <i>Ron Tal</i>	12:30-1:15 MS * ViPR Sculpt <i>Stephen Bel Davies</i>	12:15-1:05 TR * Precision Run® <i>Andrew Slane</i>	11:15-12:15 BA * Pilates Mat <i>Terrence Carey</i>	11:30-12:20 BA * Pilates at the Barre <i>Sarah Marchetti Gleim</i>
12:15-1:15 YS * Vinyasa Yoga <i>Kristin Kenney</i>		12:45-1:45 YS * Vinyasa Yoga <i>Karen Kassover</i>	1:15-2:00 BA * Athletic Stretch <i>Claudia Brown</i>	12:30-1:30 YS * Power Vinyasa <i>Molly Elson</i>	11:30-12:15 PD * Hydro Sculpt <i>Lisa Raphael</i>	11:45-12:30 CS * Beats Ride <i>Nowani Rattray</i>
12:30-1:00 MS * Best Butt Ever <i>Monique Alhaddad</i>	12:15-1:00 MS * Athletic Conditioning <i>LR Davidson</i>	1:00-2:00 PD * Swim: Skills + Drills (L2) <i>Hilary Hebrank</i>			12:15-1:05 MS * Ropes and Rowers <i>Monique Alhaddad</i>	12:15-1:00 MS * Powerstrike! <i>Ilaria Montagnani</i>
1:00-1:30 MS * Upper Body Pump <i>Monique Alhaddad</i>	12:30-1:15 BA * Pilates Mat <i>Terrence Carey</i>		5:00-6:00 MS * Studio Dance: Calvinography <i>Calvin Wiley</i>	5:30-6:15 BA * Ballet by Equinox x ABT <i>Abbey Hunt</i>	12:45-1:35 BA * Pilates Fusion <i>Erica Robinson</i>	1:00-1:45 PD * Hydro Sculpt <i>Robin Mandel</i>
		5:30-6:45 YS * Yin Yoga Meditation <i>Suzanne Taylor</i>	5:15-6:15 PD * Swim: Pro (L2) <i>Hilary Hebrank</i>	5:45-6:35 PD * H2shO™ <i>Erwin Gonzalez</i>	1:30-2:15 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i>	1:30-2:15 MS * Stacked <i>Lisa Raphael</i>
4:00-5:00 YS * Vinyasa Yoga <i>Jade Alexis</i>	5:15-6:15 BA * Barre <i>Marina Colonna</i>	5:45-6:30 MS * Impact! <i>Paula Calabrese</i>	6:00-6:45 YS * Best Stretch Ever <i>Robert Nguyen</i>	5:45-6:30 YS * Sonic Meditation <i>Kelly Raspberry</i>	3:00-3:45 PD * Swim: Basics (L1) <i>Ester Kim</i>	2:15-2:30 MS * Best Abs Ever <i>Lisa Raphael</i>
5:15-6:05 TR * Precision Run® <i>Corky Corkum</i>	5:30-6:15 MS * Cardio Sculpt <i>Johnnie P</i>	6:00-7:00 BA * Pilates Mat <i>Whitney Chapman</i>	6:15-7:05 BA * True Barre <i>Genieve Gordon</i>	6:15-7:00 BR * Rounds: Boxing <i>Ahmad Simmons</i>		
5:30-6:15 MS * Pure Strength <i>Coco Cohen</i>	5:45-6:30 CS * Beats Ride <i>Candace Peterson</i>	6:30-7:15 CS * Anthem Ride <i>Kidd Solomon</i>	6:30-7:20 MS * TRX Max Circuit <i>Brennan Caldwell</i>	6:30-7:00 MS * Best Butt Ever <i>Abbey Hunt</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Kelly Raspberry</i>	5:00-6:15 YS * Iyengar Yoga <i>Kavi Patel</i>
5:45-6:35 PD * H2shO™ <i>Erwin Gonzalez</i>	6:00-7:00 YS * Vinyasa Yoga Jamie Bonelli	6:45-7:35 MS * Atletica <i>Paula Calabrese</i>	6:45-7:35 TR * Precision Run® <i>Avery Washington</i>	7:00-7:30 MS * Best Abs Ever <i>Abbey Hunt</i>		
6:00-6:50 BA * Pilates at the Barre <i>Kevin VerEecke</i>	6:30-7:30 BA * Athletic Stretch <i>Johnnie P</i>	7:15-8:15 YS * Vinyasa Yoga <i>Lipe</i>	7:00-8:00 YS * Sculpted Yoga™ James Donegan			
6:15-7:05 BR * Rounds: Boxing <i>Alexei Kuznietsov</i>	6:45-7:35 MS * 360 Strength Jacques Delaugere		7:15-8:05 BA * Pilates Fusion <i>Genieve Gordon</i>			
6:30-7:15 MS * MetCon Monday <i>Tracy Gordon</i>	7:00-8:00 PD * Swim: Pro (L2) <i>Mary Grace Costello</i>					
6:45-7:30 CS * Beats Ride <i>Brian Robinson</i>	7:30-8:15 YS * Sonic Meditation <i>Kyle Adam</i>					
7:00-8:15 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	7:45-8:30 MS * Stronger <i>Jacques Delaugere</i>					
7:15-8:00 BA * Pilates Mat <i>Gabe Villanueva</i>						
7:30-8:20 MS * Studio Dance: Hip Hop <i>Rob Coglitore</i>						

EQUINOX

SPORTS CLUB NEW YORK

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NEW YORK NY 10023

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MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 07:00 AM 09:00 PM

GROUP FITNESS MANAGER

coco.cohen@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

BR Boxing Studio

PD Pool Deck

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.

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.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.



Yoga

Ashtanga Yoga Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

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.

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 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.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.



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 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

Ballet by Equinox x ABT Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Studio Dance: Calvinography Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

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.



Boxing

Impact! Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria 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.



Swim

H2shO™ H2shO™, created by Erwin González, integrates traditional movements of aqua fitness with the performance elements of musical theater. Minimal impact on your joints. Maximal impact on your wellbeing. Swim cap required.

Hydro Athlete An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.



Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

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.

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.

VIPIR Sculpt A moderate intensity, rhythmic workout, exclusively utilizing the VIPIR in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.



Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, VIPIR, and dynamic full-body exercises. An Equinox exclusive.

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 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.

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.