

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Beats Ride CS * Michael Keeney	6:30-7:15 MetCon3 MS * Coco Cohen	6:30-7:20 Precision Run® TR * Amanda Katz	6:30-7:15 Athletic Conditioning MS * LR Davidson	6:45-7:30 Tabata Max MS * Lisa Raphael	8:00-8:45 Beats Ride CS * Alex Breaux	8:30-9:15 Athletic Conditioning MS * Kyle O'Brien
7:15-8:00 Stronger MS * Michael Keeney	6:45-7:30 Beats Ride CS * Taj Harris	6:45-7:30 Cardio Sculpt MS * Molly Mook	8:00-8:45 Stronger MS * Shaun Anthony	7:00-7:45 Swim: Pro (L2) PD * Hilary Hebrank	8:15-9:05 360 Strength MS * Alexei Kuznietsov	8:45-9:45 Gentle Yoga YS * Rhana Harris
9:00-9:45 Rounds: Boxing BR * Ahmad Simmons	7:15-8:00 True Barre BA * Kevin VerEecke	7:15-8:15 Vinyasa Yoga YS * Lindsay Carson	8:45-9:35 Precision Walk: Elevate TR *	7:15-8:15 Vinyasa Yoga YS * Whitney Chapman	8:30-9:45 Ashtanga Yoga YS * Evan Perry	9:00-10:00 Endurance Ride 60 CS *
9:45-10:15 True Barre BA * Kat Steers	8:00-8:45 Best Butt Ever MS * Andrew Slane	7:30-8:15 Beats Ride CS * Amanda Katz	9:00-10:00 Cardio Sculpt MS * Peyton Bryant	9:00-10:00 Vinyasa Yoga YS * Robert Nguyen	8:45-9:45 True Barre BA * Claire Cause	9:15-10:15 Swim: Pro PD * Torello Cabrol
9:30-10:30 Studio Dance: Calvinography MS * Calvin Wiley	9:00-9:50 ViPR Sculpt Stephen Bel Davies	9:00-10:00 True Barre BA * Pamela Newkirk	9:15-10:15 Iyengar Yoga YS * Kavi Patel	9:30-10:15 Beats Ride CS * Candace Peterson	9:30-10:15 MetCon3 MS * Maddie Myers	10:00-10:45 Pilates Mat BA * Caroline Strong
9:45-10:45 Vinyasa Yoga YS * Emma Poole	9:15-10:15 Vinyasa Yoga Jade Alexis	9:30-10:15 MetCon3 MS * Amanda Katz	9:45-10:30 Pilates Fusion BA * Terrence Carey	9:45-10:35 Rhythmic Sculpt MS * Kelsey Stalter	10:00-10:45 Athletic Stretch BA *	10:15-11:00 Impact! MS * Ilaria Montagnani
10:00-10:45 Beats Ride CS * Kristin Kenney	9:30-10:20 Precision Ride Coco Cohen	9:45-10:35 Hydro Athlete PD *	10:00-10:45 Beats Ride CS * LR Davidson	10:45-11:30 Pilates Mat BA *	10:30-11:30 Cardio Sculpt MS * Peyton Bryant	10:30-11:45 Vinyasa Yoga (L2) YS * Mariko Hirakawa
10:45-11:30 Cardio Sculpt MS * Calvin Wiley	10:00-10:50 Pilates Fusion Sarah Marchetti Gleim	10:00-11:15 Ashtanga Yoga (L2) YS * Evan Perry	10:15-11:15 Hydro Sculpt PD *	11:00-11:50 Atletica MS *	10:45-12:00 Vinyasa Yoga YS * Suzanne Taylor	10:45-11:35 Precision Walk: Elevate TR *
11:00-11:45 Pilates Mat BA * Erin Ginn	10:15-11:15 Hydro Sculpt Torello Cabrol	10:15-11:00 Rounds: Boxing BR *	10:30-11:15 Pure Strength MS *	11:00-11:45 Anthem Ride CS *	11:00-11:45 Anthem Ride Michael Keeney	
11:15-12:00 Swim: Skills + Drills (L2) PD *	10:30-11:15 Limited Series: Stronger Women MS *	10:45-11:30 Cardio Sculpt Calvin Wiley	10:45-11:45 Vinyasa Yoga YS *	12:00-12:45 Impact! MS *	11:15-12:15 Pilates Mat Terrence Carey	11:15-12:05 Atletica MS *
12:15-1:15 Vinyasa Yoga YS * Kristin Kenney	10:45-11:45 Iyengar Yoga Cheryl Malter	12:00-1:00 Vinyasa Yoga YS *	12:30-1:15 ViPR Sculpt Stephen Bel Davies	12:15-1:05 Precision Run® TR *	11:30-12:20 Pilates at the Barre BA *	11:30-12:20 Pilates at the Barre Sarah Marchetti Gleim
12:30-1:20 Core6 MS * Monique Alhaddad	12:15-1:00 Athletic Conditioning LR Davidson	12:15-1:00 Body Sculpt MS *	12:30-1:30 Power Vinyasa YS *	12:30-1:30 Power Vinyasa Molly Elson	11:30-12:15 Hydro Athlete MS *	11:45-12:30 Beats Ride Nowani Rattray
4:00-5:00 Vinyasa Yoga YS * Jade Alexis	12:30-1:15 Pilates Mat Terrence Carey	1:00-2:00 Swim: Skills + Drills (L2) Hilary Hebrank	5:15-6:15 Studio Dance: Calvinography MS *	5:30-6:15 Ballet by Equinox x ABT BA *	12:15-1:05 Ropes and Rowers MS *	12:15-1:00 Powerstrike! MS * Ilaria Montagnani
5:15-6:05 Precision Run® TR * Corky Corkum	5:15-6:15 Barre Marina Colonna	5:30-6:45 Yin Yoga Meditation Suzanne Taylor	5:45-6:30 Sonic Meditation Calvin Wiley	5:45-6:30 Studio Dance: Calvinography MS *	12:45-1:35 Pilates Fusion BA *	1:00-1:45 Hydro Sculpt PD *
5:30-6:15 Pure Strength MS * Coco Cohen	5:30-6:20 Studio Dance: Jazz MS *	5:45-6:30 Impact! MS *	6:00-6:50 H2shO™ Hilary Hebrank	6:00-6:50 Sonic Meditation Kelly Raspberry	1:30-2:15 Cardio Dance: Zumba® Monique Alhaddad	1:30-2:15 Stacked MS *
5:45-6:35 H2shO™ PD * Erwin Gonzalez	5:45-6:30 Beats Ride Candace Peterson	5:45-6:30 Beats Ride MS *	6:15-7:00 Beats Ride Avery Washington	6:15-7:00 Beats Ride MS *	3:00-3:45 Swim: Basics (L1) Ester Kim	2:15-2:30 Best Abs Ever MS *
6:00-6:50 Pilates at the Barre BA * Kevin VerEecke	6:00-7:00 Vinyasa Yoga YS *	6:00-7:00 Pilates Mat Whitney Chapman	6:30-7:00 Best Stretch Ever MS *	6:30-7:00 Best Butt Ever MS *	4:00-5:15 Weekend Wind Down YS *	5:00-6:15 Iyengar Yoga YS *
6:15-7:05 Rounds: Boxing BR * Alexei Kuznietsov	6:30-7:30 Athletic Stretch BA *	6:30-7:15 Anthem Ride MS *	6:30-7:20 Rounds: Boxing MS *	6:30-7:00 Best Stretch Ever MS *		
6:30-7:15 MetCon Monday MS * Tracy Gordon	6:45-7:35 360 Strength MS *	6:45-7:35 Athletica MS *	6:45-7:35 Core6 MS *	6:45-7:35 Precision Run® TR *		
6:45-7:30 Beats Ride CS * Brian Robinson	7:00-8:00 Swimb: Pro (L2) PD *	7:15-8:15 Vinyasa Yoga Lipe	7:00-8:00 Sculpted Yoga™ MS *	7:00-8:00 Sculpted Yoga™ MS *		
7:00-8:15 Vinyasa Yoga YS * Suzanne Taylor	7:30-8:15 Sonic Meditation YS *		7:15-8:05 Pilates Fusion Genieve Gordon	7:15-8:05 Pilates Fusion Genieve Gordon		
7:15-8:00 Pilates Mat BA * Gabe Villanueva	7:45-8:30 Stronger MS *					
7:30-8:20 Studio Dance: The Choreo Collective MS *						

# EQUINOX

## SPORTS CLUB NEW YORK

160 Columbus Ave

NEW YORK NY 10023

EQUINOX.COM

@EQUINOX

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.

**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.

**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.

**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.

**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.

**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: 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.

**Studio Dance: The Chore 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, sweatier, and more confident. Feel like you're dancing on tour — no experience required, just good vibes and pure joy.

## 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 yards continuously. 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.

**ViPR Sculpt** A moderate intensity, rhythmic workout, exclusively utilizing the ViPR 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, ViPR, 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.