

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday Allison Rowland	7:45-8:30 MS * Body Sculpt Monique Dash	6:30-7:15 MS * Athletic Conditioning Keenen Johns-Harris	7:00-8:00 YS * Vinyasa Yoga Evan Perry	7:15-8:00 YS * True Barre: Bala Bangle Kevin VerEecke	9:00-9:45 MS * Cardio Dance: Zumba® Jose Ozuna	8:45-9:45 YS * Iyengar Yoga Kavi Patel
9:00-9:45 YS * Pilates Mat Erin Ginn	8:45-9:30 YS * True Barre: Off the Barre Alison O'Connor	7:00-7:45 CS * Beats Ride Michaela McGowan	7:45-8:30 MS * Body Sculpt Carolann Valentino	9:00-10:00 YS * Vinyasa Yoga Sage Hall	9:45-10:30 CS * Beats Ride Danielle Wettan	9:30-10:15 CS * Beats Ride Zach Williams
9:30-10:15 MS * Cardio Sculpt Stephanie Levinson	9:00-9:45 PD * Hydro Sculpt Erwin Gonzalez	9:00-10:00 YS * Slow Flow Yoga Kristina Erikson	8:45-9:35 YS * Pilates Rise Karen Hyland Monteith	9:30-10:15 MS * Cardio Sculpt Jeff Robinson	9:45-10:30 PD * Aqua Sport Edmee Cherdieu	9:30-10:20 MS * Cardio Sculpt Monique Dash
9:45-10:30 CS * Beats Ride Matt Stevenson	9:15-10:00 MS * Cardio Sculpt Vanita Iyer	9:30-10:15 MS * MetCon3 Shaun Anthony	9:00-9:45 PD * Hydro Sculpt Erwin Gonzalez	9:45-10:30 CS * Anthem Ride Matt Stevenson	9:45-10:30 YS * Pilates Mat Team Equinox	10:30-11:30 YS * Vinyasa Yoga Lauren Solomon
10:45-11:45 YS * Vinyasa Yoga Josh Mathew-Meier	9:30-10:15 CS * Beats Ride Avery Washington	9:45-10:30 CS * Beats Ride Betty Kasper	9:15-10:00 MS * Rhythmic Sculpt Stephanie Levinson	10:15-11:05 YS * Pilates Rise Genieve Gordon	10:45-11:30 MS * Stacked Danielle Wettan	11:00-11:45 MS * Cardio Dance Anastasiia Gavriukhova
12:30-1:15 MS * MetCon3 Alyssa Cerrachio	10:30-11:30 YS * Vinyasa Yoga Margaret Schwarz	10:45-11:30 YS * Pilates Mat Caroline Strong	9:30-10:15 CS * Beats Ride Danielle Wettan	12:15-1:15 YS * Vinyasa Yoga Kyle Adam	11:00-11:45 YS * True Barre: Off the Barre Carolina Rivera	11:30-12:15 BR * Rounds: Boxing Delida Torres
5:30-6:15 YS * Pilates Mat Caroline Strong	5:30-6:15 YS * True Barre: Off the Barre Paige Bodnar	12:15-1:15 YS * Vinyasa Yoga Dorian Shorts	10:30-11:15 YS * True Barre: Off the Barre Genieve Gordon	12:30-1:15 BR * Rounds: Boxing Jermaine Bailey	12:30-1:30 YS * Vinyasa Yoga Taj Harris	12:00-12:45 YS * True Barre: Off the Barre Kevin VerEecke
6:00-6:45 BR * Rounds: Boxing Jermaine Bailey	5:45-6:30 MS * Athletic Conditioning Eddie Carrington	12:30-1:15 MS * Core6 Genieve Gordon	5:45-6:35 MS * Stronger Robert Burke	5:15-6:00 MS * MetCon3 Sarah Esser	1:45-2:45 YS * Weekend Wind Down Yoga Taj Harris	1:00-1:50 MS * Stronger Shanice Reyes
6:30-7:20 MS * Stronger Diego Guevara	6:30-7:15 CS * Beats Ride Kerry Aissa	5:30-6:15 YS * Pilates Mat Laeticia Emmanuel	5:45-6:45 YS * Vinyasa Yoga Donald Johnston	5:30-6:30 YS * Vinyasa Yoga Lauren Harris	3:00-3:45 BR * Rounds: Boxing Champ Parris	2:30-3:15 YS * Sonic Meditation Donald Johnston
7:00-8:00 YS * Vinyasa Yoga Lauren Harris	6:45-7:30 MS * Cardio Dance: Zumba® Monique Alhaddad	6:00-6:45 BR * Rounds: Boxing Christian Reyes	6:45-7:30 MS * Core6 Robert Burke			
7:35-8:20 MS * Best Stretch Ever Monique Alhaddad	7:00-8:00 YS * Vinyasa Yoga Sage Hall	6:00-6:30 MS * Best Butt Ever Miriam Shestack	7:00-7:45 YS * Sonic Meditation Donald Johnston		4:00-5:15 YS * Ashtanga Yoga Evan Perry	4:00-4:45 YS * Pilates Fusion Alex Dill
	7:45-8:30 MS * Best Stretch Ever Monique Alhaddad	6:30-7:00 MS * Quick HIIT Miriam Shestack				
		6:45-7:30 YS * True Barre: Off the Barre Tegan H				

# EQUINOX

## EAST 61ST STREET

330 E 61st St

NEW YORK NY 10065

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

**Kids**

**WED-SUN** 09:00 AM 01:00 PM

**GROUP FITNESS MANAGER**

monique.dash@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

**STUDIO KEY**

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**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.



## 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.

**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.

**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.



## 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.

**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

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



## 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.



## Swim

**Aqua Sport** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power. Swim cap required.

**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.



## 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.

**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.



## Strength

**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.

**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.