EQUINOX

EAST 61ST STREET

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:30-7:15 MS *	MetCon Monday *Allison Rowland*
9:00-9:45 YS *	Pilates Mat *Team Equinox*
9:30-10:15 MS *	Cardio Sculpt *Stephanie Levinson*
9:45-10:30 CS *	Beats Ride *Matt Stevenson*
10:45-11:45 YS *	Vinyasa Yoga *Josh Mathew-Meier*
12:30-1:15 MS *	Leg Day *Alyssa Cerrachio*
5:30-6:15 YS *	Pilates Mat *Caroline Strong*
6:00-6:45 BR *	Rounds: Boxing *Jermaine Bailey*
6:30-7:15 CS *	Beats Ride *Amy Chiu*
6:30-7:20 MS *	Stronger *Diego Guevara*
7:00-8:00 YS *	Vinyasa Yoga *Lauren Harris*

TUESDAY

7:00-7:45 CS *	Beats Ride *Serena DiLiberto*
7:45-8:30 MS *	Body Sculpt *Monique Dash*
8:45-9:30 YS *	True Barre: Off the Barre *Alison O'Connor*
9:00-9:45 PD *	H2shO™ *Erwin Gonzalez*
9:30-10:15 CS *	Beats Ride *Avery Washington*
10:30-11:30 YS *	Vinyasa Yoga *Margaret Schwarz*
5:30-6:15 YS *	Barefoot Sculpt: The Ring *Paige Bodnar*
5:45-6:30 MS *	Athletic Conditioning *Eddie Carrington*
6:30-7:15 CS *	Beats Ride *Kerry Aissa*
6:45-7:30 MS *	Cardio Dance: Zumba® *Monique Alhaddad*
7:00-8:00 YS *	Vinyasa Yoga *Sage Hall*
7:45-8:30 MS *	Best Stretch Ever *Monique Alhaddad*

WEDNESDAY

6:30-7:15 MS *	Athletic Conditioning *Vincent Ruiz*
9:30-10:15 MS *	MetCon3 *Shaun Anthony*
9:45-10:30 CS *	Beats Ride *Jon Gluckner*
10:45-11:30 YS *	Pilates Mat *Caroline Strong*
12:15-1:15 YS *	Vinyasa Yoga *Dorian Shorts*
12:30-1:15 MS *	Stacked *Genieve Gordon*
5:30-6:15 YS *	Pilates Mat *Laeticia Emmanuel*
5:45-6:30 MS *	Ropes and Rowers *Alyssa Cerrachio*
6:00-6:45 BR *	Rounds: Boxing *CJ Reyes*
6:30-7:15 CS *	Beats Ride *Serena DiLiberto*
6:45-7:30 MS *	Leg Day *Alyssa Cerrachio*
6:45-7:30 YS *	True Barre: Off the Barre *Tegan H*

THURSDAY

7:00-8:00 YS *	Vinyasa Yoga *Evan Perry*
7:45-8:30 MS *	Body Sculpt *Carolann Valentino*
8:45-9:30 YS *	Pilates Mat *Adele Carlson*
9:00-9:45 PD *	Hydro Sculpt *Erwin Gonzalez*
9:30-10:15 CS *	Beats Ride *Danielle Wettan*
10:30-11:15 YS *	Barefoot Sculpt: The Ring *Genieve Gordon*
5:45-6:45 YS *	Vinyasa Yoga *Donald Johnston*
6:00-6:50 MS *	Stronger *Robert Burke*
6:30-7:15 PD *	**Hydro Sculpt** ***Edmee Cherdieu***
7:00-7:45 MS *	MetCon3 *Robert Burke*
7:00-7:45 YS *	Sonic Meditation *Donald Johnston*

FRIDAY

7:15-8:00 YS *	True Barre: Bala Bangle *Kevin VerEecke*
9:00-10:00 YS *	Vinyasa Yoga *Sage Hall*
9:30-10:15 MS *	Cardio Sculpt *Jeff Robinson*
9:45-10:30 CS *	Anthem Ride *Matt Stevenson*
10:15-11:05 YS *	Pilates Rise *Genieve Gordon*
12:15-1:15 YS *	Vinyasa Yoga *Kyle Adam*
12:30-1:15 BR *	Rounds: Boxing *CJ Reyes*
5:15-6:00 MS *	Athletic Conditioning *Avery Royal*
5:30-6:30 YS *	Vinyasa Yoga *Lauren Harris*

SATURDAY

9:00-9:45 MS *	Cardio Dance: Zumba® *Jose Ozuna*
9:45-10:30 CS *	Beats Ride *Danielle Wettan*
9:45-10:30 PD *	Hydro Sculpt *Edmee Cherdieu*
10:00-10:45 YS *	Pilates Fusion *Lindsay B. Davis*
10:45-11:30 MS *	Stacked *Danielle Wettan*
11:00-11:45 YS *	True Barre: Off the Barre *Carolina Rivera*
12:30-1:30 YS *	Vinyasa Yoga *Taj Harris*
1:45-2:45 YS *	Weekend Wind Down Yoga *Taj Harris*
3:15-4:00 BR *	Rounds: Boxing *Champ Parris*
4:00-5:15 YS *	Ashtanga Yoga *Evan Perry*

SUNDAY

9:00-10:00 YS *	Iyengar Yoga *Kavi Patel*
9:30-10:15 CS *	Beats Ride *Jon Gluckner*
9:30-10:20 MS *	Cardio Sculpt *Monique Dash*
10:30-11:30 YS *	Vinyasa Yoga *Lauren Solomon*
10:45-11:30 MS *	Cardio Dance *Anastasiia Gavriukhova*
12:00-12:45 YS *	True Barre: Off the Barre *Kevin VerEecke*
1:00-1:50 MS *	Stronger *Shanice Reyes*
4:00-4:45 YS *	Pilates Fusion *Alex Dill*

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

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.

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.

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.

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 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.

Sculpt

Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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.
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.

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.

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.

Strength

Leg Day Don’t skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.