

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:15-8:00 YS *	Pilates Fusion (Heated) <i>Erin Ginn</i>	7:00-7:30 MS *	Best Butt Ever <i>LR Davidson</i>	6:45-7:30 CS *	Beats Ride <i>D Gunnz</i>	7:00-7:45 MS *	True Barre: Off the Barre <i>Carly Grossman</i>	7:00-8:00 YS *	Vinyasa Yoga (Heated) <i>Robert Nguyen</i>
12:15-1:15 YS *	Sculpted Yoga™ <i>Dorian Shorts</i>	7:15-8:00 YS *	Power Vinyasa (Heated) <i>Alyssa Sarnoff</i>	7:00-7:45 MS *	Barefoot Sculpt <i>Rachel Marchica</i>	7:15-8:00 YS *	Power Vinyasa (Heated) <i>Emily Naim</i>	12:15-1:00 YS *	Pilates Fusion <i>Abby Hogue</i>
12:30-1:15 MS *	Tabata Max <i>TomJohn Mershon</i>	7:30-8:00 MS *	Upper Body Pump <i>LR Davidson</i>	7:15-8:00 YS *	Power Vinyasa (Heated) <i>Dylan Evans</i>	12:15-1:15 YS *	Power Vinyasa (Heated) <i>Serena Tom</i>	12:30-1:15 MS *	MetCon3 <i>KaRa Dizon</i>
4:15-5:15 YS *	Power Vinyasa (Heated) <i>Kyle Adam</i>	12:15-1:00 YS *	True Barre: Off the Barre (Heated) <i>Emily Naim</i>	12:15-1:00 YS *	Pilates Mat (Heated) <i>Bret Yamanaka</i>	12:30-1:15 MS *	Pure Strength <i>Alyssa Cerrachio</i>	4:00-4:45 YS *	True Barre: Off the Barre (Heated) <i>Jess Strohmyer</i>
5:15-6:00 MS *	MetCon Monday <i>Alyssa Cerrachio</i>	12:30-1:15 MS *	Stronger <i>Kevin Scott</i>	12:30-1:15 MS *	Body Sculpt <i>Cathy Munzer</i>	5:15-6:00 YS *	True Barre: Off the Barre (Heated) <i>Richel Ruiz</i>	5:15-6:15 YS *	Vinyasa Yoga (Heated) <i>Jill Weinstein</i>
5:30-6:15 YS *	Barefoot Sculpt (Heated) <i>Melinda Porto</i>	5:15-6:05 YS *	Pilates Rise (Heated) <i>Rachel King</i>	4:15-5:00 YS *	Pilates Fusion (Heated) <i>Miriam Shestack</i>	5:30-6:15 MS *	Rhythmic Sculpt <i>JP Prishwalko</i>		
6:15-7:00 CS *	Beats Ride <i>D Gunnz</i>	5:30-6:20 MS *	Limited Series: Stronger Women <i>Isabelle Luongo</i>	5:30-6:15 MS *	MetCon3 <i>Adena Ershow</i>	6:30-7:30 YS *	Vinyasa Yoga (Heated) <i>Kyle Adam</i>		
6:15-7:00 MS *	Body Sculpt <i>Carolann Valentino</i>	6:00-6:45 CS *	Beats Ride <i>Michaela McGowan</i>	5:30-6:30 YS *	Power Vinyasa (Heated) <i>James McCracken</i>				
6:30-7:30 YS *	Vinyasa Yoga (Heated) <i>Juan Gamboa</i>	6:15-7:05 TR *	Precision Run® <i>Christina Lee</i>	6:45-7:30 YS *	True Barre: Off the Barre (Heated) <i>Jess Strohmyer</i>				
		6:30-7:15 MS *	Best Butt Ever <i>Isabelle Luongo</i>						
		6:30-7:30 YS *	Power Vinyasa (Heated) <i>Taq Campbell</i>						

EQUINOX

EAST 53RD STREET

10 East 53rd Street
NEW YORK NY 10022
EQUINOX.COM
@EQUINOX

MON-THU 05:30 AM 09:00 PM

FRI 05:30 AM 07:00 PM

GROUP FITNESS MANAGER

cooper.chou@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.



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.

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.



HIIT

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.

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

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.



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, 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.

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.