EQUINOX **EAST 53RD 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		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:15-8:00 YS *	Pilates Fusion (Heated) *Erin Ginn*	7:00-7:45 MS *	Stronger *LR Davidson*	7:00-7:45 MS *	Barefoot Sculpt: The Ring *Kyla Owen*	7:00-7:45 MS *	True Barre: Off the Barre *Andrea Salazar Martinez*	7:15-8:00 YS *	Vinyasa Yoga *Robert Nguyen*
12:15-1:00 YS *	Pilates Fusion *Bret Yamanaka*	7:15-8:00 YS *	Power Vinyasa (Heated) *Alyssa Sarnoff*	7:15-8:00 YS *	Vinyasa Yoga (Heated) *Dylan Evans*	7:15-8:00 YS *	Power Vinyasa (Heated) *Emily Naim*	12:15-1:00 YS *	Pilates Fusion *Abby Hogue*
12:30-1:15 MS *	Superset Athlete *TomJohn Mershon*	12:15-1:00 YS *	True Barre: Off the Barre (Heated) *Emily Naim*	12:15-1:00 YS *	Pilates Mat (Heated) *Bret Yamanaka*	12:15-1:15 YS *	Power Vinyasa (Heated) *Serena Tom*	12:30-1:15 MS *	MetCon3 *KaRa Dizon*
4:15-5:15 YS *	Power Vinyasa (Heated) *Kyle Adam*	12:30-1:15 MS *	Stronger *Kevin Scott*	12:30-1:15 CS *	Beats Ride *Michaela McGowan*	12:30-1:15 MS *	Pure Strength *Alyssa Cerrachio*	4:00-4:45 MS *	Barefoot Sculpt: The Ring *Robert Burke*
5:15-6:00 MS *	MetCon Monday *Alyssa Cerrachio*	4:45-5:15 MS *	Core6 Express *Isabelle Luongo*	4:15-5:00 YS *	Pilates Fusion (Heated) *Miriam Shestack*	5:15-6:00 YS *	Pilates Mat *Caitlyn Casson*	5:15-6:15 YS *	Vinyasa Yoga (Heated) *Jill Weinstein*
5:30-6:15 YS *	Barefoot Sculpt (Heated) *Melinda Porto*	5:15-6:05 YS *	Pilates Rise (Heated) *Kylie Treacy*	5:30-6:15 MS *	MetCon3 *Adena Ershow*	5:30-6:15 MS *	Stronger *JP Prishwalko*		
6:15-7:00 MS *	Body Sculpt *Carolann Valentino*	5:30-6:15 MS *	Stronger *Isabelle Luongo*	5:30-6:30 YS *	Power Vinyasa (Heated) *James McCracken*	6:30-7:30 YS *	Vinyasa Yoga (Heated) *Jacob Reynolds*		
6:30-7:15 CS *	Beats Ride *D Gunnz*	6:30-7:15 MS *	Leg Day *Isabelle Luongo*	6:30-7:15 MS *	True Barre: Bala Bangle *Jess Strohmyer*				
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Juan Gamboa*	6:30-7:30 YS *	Power Vinyasa (Heated) *Taq Campbell*	6:45-7:30 YS *	Pilates Fusion (Heated) *Jill Weinstein*				

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

EQUINOX

EAST 53RD STREET

10 East 53rd Street

NEW YORK NY 10022

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

GROUP FITNESS MANAGER

kevin.scott@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

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.

HIIT

Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.

Superset Athlete This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.

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.

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.

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.

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.