

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * MetCon Monday <i>Elsa Saatela</i>	6:45-7:30 MS * Pilates Mat <i>Jennifer Tarentino</i>	6:45-7:15 MS * Quick HIT <i>Lisa Bosalavage</i>	6:45-7:30 MS * Body Sculpt <i>Nyree Brown</i>	7:30-8:15 MS * Barefoot Sculpt <i>Ary Nunez</i>	9:00-9:45 MS * Pilates Fusion <i>Team Equinox</i>	9:30-10:00 MS * Best Butt Ever <i>DeVonte McCray</i>
8:30-9:15 CS * Beats Ride <i>Betty Kasper</i>	8:00-9:00 MS * Vinyasa Yoga <i>Mardi Sykes</i>	7:15-7:30 MS * Upper Body Pump <i>Lisa Bosalavage</i>	7:30-7:45 MS * Best Abs Ever <i>Nyree Brown</i>	8:30-9:15 CS * Beats Ride <i>Leah Clark</i>	10:00-10:45 MS * TRX Max Circuit <i>Brennan Caldwell</i>	10:00-10:15 MS * Upper Body Pump <i>DeVonte McCray</i>
8:30-9:15 MS * Pilates Mat <i>Claire Danese</i>	9:15-10:00 MS * True Barre: Off the Barre <i>Pavee Kwun</i>	7:30-7:45 MS * Best Abs Ever <i>Lisa Bosalavage</i>	8:00-8:45 MS * Slow Flow Yoga <i>Nyree Brown</i>	8:30-9:15 MS * Power Vinyasa <i>Johan Montijano</i>	10:15-11:00 CS * Beats Ride <i>Sarah Madaus</i>	10:15-10:30 MS * Best Abs Ever <i>DeVonte McCray</i>
9:30-10:30 MS * Sculpted Yoga™ <i>Kumiko Buckman</i>		8:00-8:45 MS * Pilates Rise <i>Madison Houck</i>	9:15-10:00 MS * Pilates Mat <i>Itsy Rachatasumrit</i>	9:30-10:15 MS * Stacked <i>Jan Erik Navoa</i>	11:00-11:45 MS * Stacked <i>Brennan Caldwell</i>	10:45-11:30 CS * <b>Beats Ride</b> <b>Esteban Deleon</b>
	12:30-1:15 MS * Pilates Rise <i>Team Equinox</i>	8:15-9:00 CS * Beats Ride <i>Ney Melo</i>				10:45-11:45 MS * Power Vinyasa <i>Evan Perry</i>
12:15-1:00 MS * Tabata Max <i>Jan Erik Navoa</i>		9:00-9:45 MS * Vinyasa Yoga <i>Madison Houck</i>	12:30-1:15 MS * Pilates Fusion <i>Richel Ruiz</i>	12:15-12:45 MS * Best Butt Ever <i>Devin Symone</i>	12:00-1:00 MS * Power Vinyasa <i>Katey Lewis</i>	
1:00-1:15 MS * Best Abs Ever <i>Jan Erik Navoa</i>	4:30-5:15 MS * Body Sculpt <i>Ary Nunez</i>			12:45-1:00 MS * Upper Body Pump <i>Devin Symone</i>	1:15-2:00 MS * Pilates Mat <i>Genieve Gordon</i>	12:00-12:50 MS * <b>Stronger</b> <b>Esteban Deleon</b>
	5:30-6:15 MS * Rounds: Bags and Mitts <i>Alexei Kuznietsov</i>	12:15-1:00 MS * Barefoot Sculpt <i>Katherine Menna</i>	5:30-6:15 MS * Slow Flow Yoga <i>Jessica Metz</i>	1:00-1:15 MS * Best Abs Ever <i>Devin Symone</i>	2:15-3:05 MS * Stronger <i>Joey Ledonio</i>	2:00-2:45 MS * Pilates Rise <i>Mary Dana Abbott</i>
4:30-5:15 MS * Power Vinyasa <i>Andrey Block</i>	6:00-6:50 TR * Precision Run® <i>Jan Erik Navoa</i>		6:00-6:45 CS * Beats Ride <i>Sarah Madaus</i>		3:05-3:20 MS * Best Abs Ever <i>Joey Ledonio</i>	3:00-3:45 MS * MetCon3 <i>Alexei Kuznietsov</i>
5:30-6:15 MS * True Barre: Off the Barre <i>Zach Eisenberg</i>	6:30-7:15 MS * Vinyasa Yoga <i>Johan Montijano</i>	4:30-5:15 MS * True Barre: Off the Barre <i>Meaghan McLeod</i>	6:30-7:15 MS * Pilates Fusion <i>Katherine Menna</i>	4:30-5:15 MS * Pilates Fusion <i>Ellie De Waal</i>	3:30-4:30 MS * Weekend Wind Down Yoga <i>Erica Chen</i>	
6:15-7:00 CS * Beats Ride <i>Lisa Bosalavage</i>	7:30-8:15 MS * Pilates Fusion <i>Kylie Treacy</i>	5:30-6:20 MS * Vinyasa Yoga <i>Mikee Richardson</i>	7:30-8:15 MS * MetCon3 <i>DeVonte McCray</i>	5:30-6:15 MS * Stacked <i>Dario Torres</i>		4:00-5:00 MS * Vinyasa Yoga <i>Mikee Richardson</i>
6:30-7:15 MS * MetCon Monday <i>Jan Erik Navoa</i>		6:15-7:00 CS * Beats Ride <i>Jan Erik Navoa</i>		6:30-7:30 MS * Power Vinyasa <i>Evan Perry</i>		
7:30-8:15 MS * Vinyasa Yoga <i>Victoria Gibbs</i>		6:30-7:15 MS * TRX Max Circuit <b>Philippe Bowgen</b>				
		7:30-8:20 MS * Stronger <b>Philippe Bowgen</b>				

# EQUINOX

## DUMBO

117 Front Street

BROOKLYN NY 11201

EQUINOX.COM

@EQUINOX

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

**FRI** 05:30 AM 09:00 PM

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

## GROUP FITNESS MANAGER

janerik.navoa@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main 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.

**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

**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.

**TRX Max Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

**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.



## Boxing

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



## 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.



## Strength

**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.

**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.