

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * Tabata Max <i>Molly Day</i>	6:00-6:45 YS * True Barre <i>Angela Joy</i>	6:15-7:00 YS * Pilates Rise <i>Lipe</i>	6:00-6:45 YS * Vinyasa Yoga (Heated) <i>Caitlyn Casson</i>	6:45-7:30 MS * Body Sculpt <i>JD Martin</i>	8:15-9:00 YS * Pilates Mat <i>Caroline Strong</i>	8:45-9:45 YS * Vinyasa Yoga (Heated) <i>Alexa Kerner</i>
7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	6:30-7:15 MS * Ropes and Rowers <i>TomJohn Mershon</i>	6:45-7:30 MS * Kickbox Burn <i>Akin</i>	6:30-7:15 MS * Rhythmic Sculpt <i>Robert Burke</i>	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Alexa Kerner</i>	8:45-9:45 MS * Zen Combat <i>Violet Zaki</i>	9:30-10:15 MS * Cardio Sculpt <i>Elgin McCargo</i>
7:30-8:15 CS * Anthem Ride <i>Michelle Koenigsknecht</i>	6:45-7:30 CS * <b>Beats Ride</b> <i>Colleen Wright</i>	7:00-7:45 CS * Beats Ride <i>Gater</i>	6:45-7:30 CS * Beats Ride <i>Molly Mook</i>	7:45-8:35 TR * Precision Run® <i>Eddie Carrington</i>	9:15-10:00 YS * Barefoot Sculpt (Heated) <i>Alyssa Sarnoff</i>	10:00-11:00 YS * Power Vinyasa <i>Kristina Erikson</i>
7:45-8:35 TR * Precision Run® <i>Amy Amato</i>	7:00-7:45 YS * Pilates Mat <i>Caroline Strong</i>	7:15-8:15 YS * Vinyasa Yoga <i>Jena Maenius</i>	7:00-7:45 YS * True Barre (Heated) <i>Cameron Norsworthy</i>	8:00-8:45 MS * Stronger <i>Peyton Royal</i>	9:30-10:15 CS * Beats Ride <i>Nadia Zaki</i>	10:30-11:15 CS * <b>Beats Ride</b> <i>Moses Alcidi</i>
8:00-8:45 MS * Cardio Sculpt <i>Molly Day</i>	7:15-8:05 TR * Precision Run® <i>Lindsay Carson</i>	7:45-8:35 TR * Precision Run® <i>Jess Bieda</i>	7:15-8:05 TR * Precision Run + Strength <i>Ney Melo</i>	8:15-9:00 YS * Barefoot Sculpt (Heated) <i>Makena Diehl</i>	9:45-10:35 TR * Precision Run® <i>Daxton Bloomquist</i>	11:15-12:00 YS * Pilates Fusion <i>Elgin McCargo</i>
8:30-9:15 YS * Pilates Fusion <i>Rachel King</i>	7:30-8:15 MS * Superset Athlete <i>TomJohn Mershon</i>	8:00-8:45 MS * Body Sculpt <i>Bonnie Flannery</i>	7:30-8:15 MS * Tabata Max <i>Isabelle Luongo</i>	8:30-9:15 CS * Beats Ride <i>Mario Martinez</i>	10:00-10:45 MS * Athletic Conditioning <i>Violet Zaki</i>	11:45-12:30 MS * <b>Ropes and Rowers</b> <i>Dario Torres</i>
9:30-10:15 YS * Pilates at the Barre <i>Sarah Marchetti Gleim</i>	8:00-8:45 YS * Pilates Rise (Heated) <i>Colleen Wright</i>	8:30-9:15 YS * Barefoot Sculpt <i>Alisha Wickersing</i>	8:00-8:45 YS * Pilates Fusion <i>Cameron Norsworthy</i>	9:00-9:45 MS * Athletic Conditioning <i>Eddie Carrington</i>	10:15-11:15 YS * Vinyasa Yoga (Heated) <i>Jamison Goodnight</i>	12:00-12:50 TR * Precision Run® <i>Anne Berhe</i>
10:30-11:15 YS * Barefoot Sculpt <i>Dyan Tsumis</i>	8:30-9:15 MS * Body Sculpt <i>Zuta Gilchrist</i>	9:00-9:45 MS * Best Stretch Ever <i>Jamison Goodnight</i>	8:30-9:20 MS * Stronger <i>Bransen Gates</i>	9:15-10:15 MS * Power Vinyasa (Heated) <i>Erica Chen</i>	11:00-12:00 MS * Inner Warrior <i>Nadia Zaki</i>	12:15-1:00 YS * True Barre <i>Elgin McCargo</i>
12:15-1:00 YS * Pilates Fusion (Heated) <i>Kayla Prestel</i>	9:00-10:00 YS * Power Vinyasa (Heated) <i>Lindsay Carson</i>	9:30-10:15 YS * Pilates Mat <i>Shawn Kobetz</i>	9:00-10:00 YS * Power Vinyasa <i>Stephanie Schwartz</i>	10:30-11:15 YS * Pilates at the Barre <i>Kyla Lloyd</i>	11:15-12:00 CS * Beats Ride <i>Betty Kasper</i>	1:00-1:50 MS * Stronger <i>Dario Torres</i>
12:30-1:15 MS * Athletic Conditioning <i>Violet Zaki</i>	10:30-11:15 YS * Pilates Fusion (Heated) <i>Rachel Genise</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jessie Wren</i>	10:30-11:20 YS * Pilates Rise <i>Rachel King</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mary Home</i>	11:30-12:45 YS * Power Vinyasa (L2) (Heated) <i>Lindsay Carson</i>	1:15-2:05 YS * Pilates Rise <i>Kylie Treacy</i>
1:15-2:15 YS * Power Vinyasa (Heated) <i>Lindsay Carson</i>	12:00-12:45 YS * Amplified Vinyasa (Heated) <i>Rika Henry</i>	12:00-12:45 YS * True Barre: Bala Bangle <i>Brian Slaman</i>	12:00-12:45 YS * Pilates Mat <i>Christopher Howard</i>	12:30-1:20 MS * Body Sculpt <i>Paige Bodnar</i>	12:15-1:00 MS * Body Sculpt <i>Alyssa Sarnoff</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>
2:30-3:30 YS * Vinyasa Yoga (Heated) <i>Emma Poole</i>	12:30-1:20 MS * Tabata Max <i>Or Artzi</i>	12:30-1:20 MS * Best Butt Ever <i>Esteban Deleon</i>	12:30-1:30 MS * Inner Warrior <i>Nadia Zaki</i>	1:30-2:30 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i>	1:00-2:00 YS * Slow Flow Yoga (Heated) <i>Ali Cramer</i>	5:30-6:30 YS * Weekend Wind Down Yoga <i>Anubha Elaine Boudouris</i>
4:00-4:45 MS * Pilates at the Barre <i>Andy Santana</i>	1:15-2:00 YS * Pilates at the Barre <i>Elgin McCargo</i>	1:15-2:15 YS * Vinyasa Yoga <i>Erica Chen</i>	1:15-2:00 YS * Pilates at the Barre <i>Colleen Wright</i>	2:45-3:30 YS * Pilates Mat <i>Erin Giordano</i>	1:15-2:00 MS * Stronger <i>Jaclyn Michelle</i>	
4:15-5:00 MS * MetCon3 <i>Daxton Bloomquist</i>	2:30-3:15 YS * Pilates Fusion (Heated) <i>Andy Santana</i>	2:30-3:15 YS * Pilates at the Barre <i>Kyla Lloyd</i>	2:30-3:15 YS * Pilates Fusion (Heated) <i>Colleen Wright</i>	4:00-4:45 YS * Pilates Fusion <i>Erin Ginn</i>	2:15-3:05 MS * Cardio Dance <i>LaDarius Lee</i>	
5:15-6:00 MS * Cardio Sculpt <i>Adam B</i>	4:00-5:00 YS * Power Vinyasa (Heated) <i>Nadia Zaki</i>	4:00-5:00 YS * Vinyasa Yoga <i>Emma Poole</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Ali Cramer</i>	4:15-5:00 MS * Cardio Sculpt <i>Antonio Hudson</i>	2:30-3:15 YS * Pilates Mat (Heated) <i>Khaleah London</i>	
5:30-6:15 YS * Power Vinyasa <i>Lindsay Carson</i>	5:15-5:45 MS * ABsession <i>Violet Zaki</i>	4:15-5:00 MS * Cardio Sculpt <i>Molly Day</i>	4:15-5:00 MS * Best Stretch Ever <i>Robert Nguyen</i>	5:15-6:00 MS * Tabata Max <i>Antonio Hudson</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kumiko Buckman</i>	
5:45-6:35 TR * Precision Run® <i>Khaleah London</i>	5:30-6:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	5:15-6:00 MS * Cardio Sculpt <i>Molly Day</i>	5:15-6:00 MS * Stronger <i>Dario Torres</i>	5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Kira McCarthy</i>		
6:00-6:45 CS * Beats Ride <i>Andres Quintero</i>	5:45-6:35 TR * Precision Run® <i>Lauren Anthony</i>	5:30-6:15 YS * Pilates Fusion <i>Elgin McCargo</i>	5:15-6:05 TR * Precision Run® <i>Corky Corkum</i>	5:30-6:20 TR * Power Vinyasa <i>Karla Beltchenko</i>		
6:30-7:15 MS * Athletic Conditioning <i>David Robert</i>	6:00-7:00 MS * Zen Combat <i>Violet Zaki</i>	5:45-6:35 TR * Precision Run® <i>Lindsay Carson</i>	5:30-6:45 YS * Power Vinyasa <i>Karla Beltchenko</i>	5:45-6:30 CS * Beats Ride <i>Jenny Sun</i>		
6:45-7:30 YS * True Barre <i>Khaleah London</i>	6:15-7:00 CS * Beats Ride <i>Betty Kasper</i>	6:15-7:00 MS * Kickbox Burn <i>Akin</i>	6:15-7:00 MS * Body Sculpt <i>Emma Vielbig</i>	6:30-7:15 YS * Yin Yoga (Heated) <i>Kira McCarthy</i>		
7:30-8:15 MS * Best Butt Ever <i>David Robert</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	6:30-7:15 CS * Beats Ride <i>Cara Leggio</i>	7:00-7:45 YS * Pilates Fusion <i>Ash Kaya</i>			
8:00-9:00 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:15-8:00 MS * Stronger <i>Lauren Anthony</i>	6:45-7:45 YS * Power Vinyasa (Heated) <i>Victoria Gibbs</i>				
	7:45-8:30 YS * Pilates Fusion <i>Bret Yamanaka</i>	7:45-8:30 MS * Body Sculpt <i>Elgin McCargo</i>				
		8:00-9:00 YS * Slow Flow Yoga (Heated) <i>Johan Montijano</i>				

# EQUINOX

## BOND STREET

0 Bond Street

NEW YORK NY 10012

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

lindsay.carson@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

**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.



## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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

**Amplified Vinyasa** Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower 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.

**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.

**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.

**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** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**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.



## 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.



## Boxing

**Inner Warrior** Find the Warrior within through strength in knowledge of body and mind. Nadia Zaki leads a practice that requires a commitment from your mind and body. It is a fusion of styles inspired from multiple martial art forms and yoga practices, all of which are brought to you in a pure fitness format.

**Kickbox Burn** Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

**Zen Combat** Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.



## 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.



## Sculpt

**ABsession** A highly efficient core workout developed by celebrity fitness trainer, Violet Zaki where crunches are just the beginning. Develop leaner abs, a stronger back, and better posture and balance through stabilizing exercises.

**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.

**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.