

# EQUINOX

## BOND STREET

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
 \* Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MetCon Monday MS * <i>Molly Day</i>	6:00-6:45 True Barre YS * <i>Angela Joy</i>	6:15-7:00 Pilates Rise YS * <i>Lipe</i>	6:00-6:45 Vinyasa Yoga (Heated) Caitlyn Casson	6:45-7:30 Body Sculpt JD Martin	8:15-9:00 Pilates Mat YS * <i>Caroline Strong</i>	8:45-9:45 Vinyasa Yoga YS * <i>Johan Montijano</i>
7:15-8:15 Vinyasa Yoga (Heated) YS * <i>Matt D'Amico</i>	6:30-7:15 Ropes and Rowers MS * <i>TomJohn Mershon</i>	6:45-7:30 Stronger Esteban Deleon	6:30-7:15 Cardio Sculpt Robert Burke	7:00-8:00 Vinyasa Yoga (Heated) Alexa Kerner	8:45-9:45 Zen Combat MS * <i>Violet Zaki</i>	9:30-10:15 Cardio Sculpt Elgin McCargo
7:45-8:35 Precision Run® TR * <i>Amy Amato</i>	6:45-7:30 Beats Ride CS * <i>Meghan Cox</i>	7:00-7:45 Beats Ride CS *	6:45-7:30 Beats Ride Sami Haehler	7:45-8:30 Stronger MS *	9:15-10:00 Barefoot Sculpt YS *	10:00-11:00 Power Vinyasa YS * <i>Kristina Erikson</i>
8:00-8:45 Cardio Sculpt MS * <i>Molly Day</i>	7:00-7:45 Pilates Mat YS * <i>Caroline Strong</i>	7:15-8:15 Vinyasa Yoga Jena Maenius	7:00-7:45 True Barre (Heated) Cameron Norsworthy	7:45-8:35 Precision Run® TR *	9:30-10:15 Barefoot Sculpt CS *	10:30-11:15 Beats Ride CS * <i>Meghan Cox</i>
8:30-9:15 Pilates Fusion YS * <i>Elise Shim</i>	7:15-8:05 Precision Run® TR * <i>Lindsay Carson</i>	7:45-8:35 Precision Run® TR *	7:15-8:05 Precision Run + Strength	8:15-9:00 Barefoot Sculpt Ney Melo	11:15-12:00 Precision Run® TR *	11:15-12:00 Pilates Fusion YS * <i>Elgin McCargo</i>
9:00-9:45 Cardio Dance: 305 Dance MS * <i>LaDarius Lee</i>	7:30-8:15 Superset Athlete TomJohn Mershon	8:00-8:45 Body Sculpt Bonnie Flannery	7:30-8:15 MetCon3 Michael Taylor	8:30-9:15 Beats Ride Mario Martinez	10:00-10:45 Athletic Conditioning Violet Zaki	11:45-12:30 Ropes and Rowers MS * <i>Meghan Cox</i>
9:30-10:15 Pilates at the Barre YS * <i>Sarah Marchetti Gleim</i>	8:00-8:45 Pilates Rise (Heated) Colleen Wright	8:30-9:15 Barefoot Sculpt Shelby Finnie	8:00-8:45 Pilates Fusion Cameron Norsworthy	9:00-9:45 Athletic Conditioning Eddie Carrington	10:15-11:15 Vinyasa Yoga (Heated) YS * <i>Jamison Goodnight</i>	12:00-12:50 Precision Run® TR * <i>Anne Berhe</i>
10:30-11:15 Barefoot Sculpt YS * <i>Alexis Campbell</i>	8:30-9:15 Body Sculpt Zuta Gilchrist	9:00-9:50 Core6 Bonnie Flannery	8:30-9:20 Stronger Bransen Gates	9:15-10:15 Power Vinyasa (Heated)	11:00-12:00 Inner Warrior Dennis Teston	12:15-1:00 True Barre YS * <i>Elgin McCargo</i>
	9:00-10:00 Power Vinyasa (Heated) Lindsay Carson	9:30-10:15 Pilates Mat Shawn Kobetz	9:00-10:00 Power Vinyasa Stephanie Schwartz	10:30-11:15 Pilates at the Barre Kyla Lloyd	11:15-12:00 Beats Ride Betty Kasper	1:00-1:50 Stronger MS * <i>Dario Torres</i>
12:15-1:00 Pilates Fusion (Heated) Bianca Crystal	10:30-11:15 Pilates Fusion (Heated) Rachel Genise	10:45-11:45 Power Vinyasa Rose Firouzbakht	10:30-11:20 Pilates Rise Elgin McCargo		11:30-12:45 Power Vinyasa (L2) (Heated)	1:15-2:05 Pilates Rise YS * <i>Kylie Treacy</i>
12:30-1:15 Athletic Conditioning MS * <i>Violet Zaki</i>		12:00-12:45 True Barre: Bala Bangle Brian Slaman	12:00-12:45 Pilates Mat Colleen Wright	12:15-1:15 Vinyasa Yoga Mary Horne	12:15-1:00 Body Sculpt Paige Bodnar	4:00-5:00 Vinyasa Yoga (Heated) YS * <i>Kristin Bilella</i>
1:15-2:15 Power Vinyasa (Heated) YS * <i>Lindsay Carson</i>	12:00-12:45 Amplified Vinyasa (Heated) YS * <i>Rika Henry</i>	12:30-1:20 Best Butt Ever Esteban Deleon	12:30-1:20 MS *	12:30-1:20 MS *	1:00-2:00 Slow Flow Yoga (Heated)	5:30-6:30 Weekend Wind Down Yoga
2:30-3:30 Vinyasa Yoga (Heated) YS * <i>Emma Poole</i>	12:30-1:15 Body Sculpt Or Artzi	1:15-2:15 Power Vinyasa Nadia Zaki	1:15-2:00 Pilates at the Barre Colleen Wright	1:30-2:30 YS * <i>Alyssa Sarnoff</i>	YS * <i>Ali Cramer</i>	YS * <i>Anubha Elaine Boudouris</i>
	1:15-2:00 Pilates at the Barre Elgin McCargo	2:30-3:15 Pilates at the Barre Kyla Lloyd	2:30-3:15 Pilates Fusion (Heated)	2:45-3:30 Pilates Mat Erin Giordano	1:15-2:00 Stronger MS * <i>Jaclyn Michelle</i>	
4:00-4:45 Pilates Fusion YS * <i>Andy Santana</i>	2:30-3:15 Barefoot Sculpt (Heated)	4:00-5:00 Vinyasa Yoga Emma Poole	4:00-5:00 Vinyasa Yoga (Heated)	4:00-4:45 Pilates Fusion Erin Ginn	2:15-3:00 Cardio Dance: 305 Dance	
4:15-5:00 MetCon3 MS * <i>Daxton Bloomquist</i>	YS *	4:15-5:00 MS *	4:15-5:00 MS *	4:15-5:00 Cardio Sculpt Antonio Hudson	2:30-3:15 Pilates Mat (Heated)	
5:15-6:00 Cardio Sculpt MS * <i>Adam B</i>	4:00-5:00 Power Vinyasa (Heated)	4:15-5:00 Athletic Conditioning Shaun Anthony	4:15-5:00 Best Stretch Ever Molly Day	4:15-5:00 Tabata Max Antonio Hudson	4:00-5:00 Vinyasa Yoga (Heated)	
5:30-6:15 Power Vinyasa (Heated) YS * <i>Lindsay Carson</i>	YS * <i>Nadia Zaki</i>	5:15-6:00 MS *	5:15-6:00 MS *	5:15-6:00 MS *	YS * <i>Kumiko Buckman</i>	
5:45-6:35 Precision Run® TR * <i>Khaleah London</i>	4:15-5:00 Cardio Dance: 305 Dance	5:30-6:15 Pilates Fusion Elgin McCargo	5:15-6:00 Stronger Dario Torres	5:15-6:15 YS * <i>Kira McCarthy</i>		
6:00-6:45 Beats Ride CS * <i>Rachel Monteleone</i>	5:15-5:45 ABsession MS * <i>Violet Zaki</i>	5:45-6:35 Precision Run® TR *	5:15-6:05 Precision Walk: Elevate Waz Ashayer	5:30-6:20 Precision Run® TR *		
6:30-7:15 Athletic Conditioning MS * <i>David Robert</i>	5:30-6:15 Pilates Mat Itsy Rachatasumrit	6:15-7:00 Beats Ride Cara Leggio	5:30-6:45 Power Vinyasa Karla Belchenko	5:45-6:30 Beats Ride Jenny Sun		
6:45-7:30 True Barre YS * <i>Khaleah London</i>	5:45-6:35 Precision Run® Lauren Anthony	6:30-7:30 Power Vinyasa (Heated)	6:15-7:00 Body Sculpt Emma Vielbig	6:30-7:15 Yin Yoga (Heated) Kira McCarthy		
7:30-8:15 Best Butt Ever MS * <i>David Robert</i>	6:00-7:00 Zen Combat MS * <i>Violet Zaki</i>	YS * <i>Victoria Gibbs</i>	7:00-7:45 Pilates Fusion Ash Kaya			
8:00-9:00 Vinyasa Yoga YS *	6:15-7:00 Beats Ride CS * <i>Betty Kasper</i>	6:45-7:30 MetCon3 MS *				
	6:30-7:30 Sculpted Yoga™ Kristin Bilella	7:45-8:30 Body Sculpt Elgin McCargo				
	7:15-8:00 Stronger MS * <i>Lauren Anthony</i>	8:00-9:00 Slow Flow Yoga (Heated)				
	7:45-8:30 Pilates Fusion YS *	YS * <i>Johan Montijano</i>				

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

# 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

**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 Sii. 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 Sii. 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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## ◆ 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will 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.

**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 Tom.John 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: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

## ◆ 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.

**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.

## ◆ 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.