

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 MS * MetCon Monday <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 * Stronger <i>Esteban Deleon</i>	6:30-7:15 MS * Cardio 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>
7:45-8:35 TR * Precision Run® <i>Amy Amato</i>	6:45-7:30 CS * Beats Ride <i>Meghan Cox</i>	7:00-7:45 CS * Beats Ride <i>Gater</i>	6:45-7:30 CS * Beats Ride <i>Sami Haendler</i>	7:45-8:30 MS * Stronger <i>Shaun Anthony</i>	9:15-10:00 YS * Barefoot Sculpt (Heated) <i>Alyssa Sarnoff</i>	10:00-11:00 YS * Power Vinyasa <i>Kristina Erikson</i>
8:00-8:45 MS * Cardio Sculpt <i>Molly Day</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>	7:45-8:35 TR * Precision Run® <i>Eddie Carrington</i>	YS * Beats Ride <i>Nadia Zaki</i>	10:30-11:15 CS * Beats Ride <i>Meghan Cox</i>
8:30-9:15 YS * Pilates Fusion <i>Elise Shim</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>	9:30-10:15 CS * Beats Ride <i>Nadia Zaki</i>	
9:00-9:45 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</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 * MetCon3 <i>Michael Taylor</i>	8:30-9:15 CS * Beats Ride <i>Mario Martinez</i>	9:45-10:35 TR * Precision Run® <i>Daxton Bloomquist</i>	11:15-12:00 YS * Pilates Fusion <i>Elgin McCargo</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>Shelby Finnie</i>	8:00-8:45 YS * Pilates Fusion <i>Cameron Norsworthy</i>	9:00-9:45 MS * Athletic Conditioning <i>Eddie Carrington</i>	10:00-10:45 MS * Athletic Conditioning <i>Violet Zaki</i>	11:45-12:30 MS * Ropes and Rowers <i>Meghan Cox</i>
10:30-11:15 YS * Barefoot Sculpt <i>Alexis Campbell</i>	8:30-9:15 MS * Body Sculpt <i>Zuta Gilchrist</i>	9:00-9:50 MS * Core6 <i>Bonnie Flannery</i>	8:30-9:20 MS * Stronger <i>Bransen Gates</i>	9:15-10:15 YS * Power Vinyasa (Heated) <i>Dennis Teston</i>	10:15-11:15 YS * Vinyasa Yoga (Heated) <i>Jamison Goodnight</i>	12:00-12:50 TR * Precision Run® <i>Anne Berhe</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>	11:00-12:00 MS * Inner Warrior <i>Nadia Zaki</i>	12:15-1:00 YS * True Barre <i>Elgin McCargo</i>
	10:30-11:15 YS * Pilates Fusion (Heated) <i>Rachel Genise</i>	10:45-11:45 YS * Power Vinyasa <i>Rose Firouzbakht</i>	10:30-11:20 YS * Pilates Rise <i>Elgin McCargo</i>		11:15-12:00 CS * Beats Ride <i>Betty Kasper</i>	1:00-1:50 MS * Stronger <i>Dario Torres</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>
	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>Colleen Wright</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mary Horne</i>	12:15-1:00 MS * Body Sculpt <i>Alyssa Sarnoff</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>
	12:30-1:15 MS * Athletic Conditioning <i>Violet Zaki</i>	12:30-1:20 MS * Best Butt Ever <i>Esteban Deleon</i>	12:30-1:20 MS * Core6 <i>Tim Flores</i>	12:30-1:20 MS * Body Sculpt <i>Paige Bodnar</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>
	1:15-2:15 YS * Power Vinyasa (Heated) <i>Lindsay Carson</i>	1:15-2:15 YS * Power Vinyasa <i>Nadia Zaki</i>	1:15-2:00 YS * Pilates at the Barre <i>Colleen Wright</i>	1:30-2:30 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i>	1:15-2:00 MS * Stronger <i>Jaclyn Michelle</i>	
	2:30-3:30 YS * Vinyasa Yoga (Heated) <i>Emma Poole</i>	2:30-3:15 YS * Pilates at the Barre <i>Kyla Lloyd</i>	2:30-3:15 YS * Pilates Fusion (Heated) <i>Becca Wood</i>	2:45-3:30 YS * Pilates Mat <i>Erin Giordano</i>	2:15-3:00 MS * Cardio Dance: 305 Dance <i>LaDarius Lee</i>	
					2:30-3:15 YS * Pilates Mat (Heated) <i>Khaleah London</i>	
	4:00-4:45 YS * Pilates Fusion <i>Andy Santana</i>	4:00-5:00 YS * Power Vinyasa (Heated) <i>Nadia Zaki</i>	4:00-5:00 YS * Vinyasa Yoga <i>Emma Poole</i>	4:00-4:45 YS * Pilates Fusion <i>Erin Ginn</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Kumiko Buckman</i>	
	4:15-5:00 MS * MetCon3 <i>Daxton Bloomquist</i>	4:15-5:00 MS * Athletic Conditioning <i>Shaun Anthony</i>	4:15-5:00 MS * Athletic Conditioning <i>Shaun Anthony</i>	4:15-5:00 MS * Cardio Sculpt <i>Antonio Hudson</i>		
	5:15-6:00 MS * Cardio Sculpt <i>Adam B</i>	5:15-6:00 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	5:15-6:00 MS * Cardio Sculpt <i>Molly Day</i>	5:15-6:00 MS * Tabata Max <i>Antonio Hudson</i>		
	5:30-6:15 YS * Power Vinyasa <i>Lindsay Carson</i>	5:15-5:45 MS * ABsession <i>Violet Zaki</i>	5:30-6:15 YS * Pilates Fusion <i>Elgin McCargo</i>	5:15-6:15 YS * Stronger <i>Dario Torres</i>		
	5:45-6:35 TR * Precision Run® <i>Khaleah London</i>	5:30-6:15 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	5:45-6:35 TR * Precision Run® <i>Waz Ashayer</i>	5:30-6:20 TR * Precision Walk: Elevate <i>Corky Corkum</i>		
	6:00-6:45 CS * Beats Ride <i>Rachel Monteleone</i>	5:45-6:35 TR * Precision Run® <i>Lauren Anthony</i>	6:15-7:00 CS * Beats Ride <i>Cara Leggio</i>	5:30-6:45 YS * 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>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Victoria Gibbs</i>	6:15-7:00 MS * Body Sculpt <i>Emma Vielbig</i>		
	6:45-7:30 YS * True Barre <i>Khaleah London</i>	6:15-7:00 CS * Beats Ride <i>Betty Kasper</i>	6:45-7:30 MS * MetCon3 <i>Waz Ashayer</i>	7:00-7:45 YS * Pilates Fusion <i>Ash Kaya</i>		
	7:30-8:15 MS * Best Butt Ever <i>David Robert</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	7:45-8:30 MS * Body Sculpt <i>Elgin McCargo</i>			
	8:00-9:00 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:15-8:00 MS * Stronger <i>Lauren Anthony</i>	8:00-9:00 YS * Slow Flow Yoga (Heated) <i>Johan Montijano</i>			
		7:45-8:30 YS * Pilates Fusion <i>Bret Yamanaka</i>				

EQUINOX

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GROUP FITNESS MANAGER

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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 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.

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 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: 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.