

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * Pilates Mat (Heated) <i>Vivian Jonokuchi</i>	6:15-7:05 YS * Pilates Rise (Heated) <i>Genieve Gordon</i>	6:15-7:00 YS * Barefoot Sculpt <i>Justin Quinn</i>	6:15-7:00 YS * Pilates Fusion (Heated) <i>Elgin McCargo</i>	6:30-7:20 MS * Stronger <i>Kevin Scott</i>	8:30-9:30 YS * Vinyasa Yoga (Heated) <i>Kumiko Buckman</i>	9:00-9:45 YS * Vinyasa Yoga <i>Matt D'Amico</i>
6:45-7:35 TR * Precision Run® <i>Anastasia Gavriukhova</i>	6:30-7:15 MS * MetCon3 <i>Joey Ledonio</i>	6:30-7:15 MS * Stacked <i>Miriam Shestack</i>	6:30-7:15 MS * MetCon3 <i>Tim Flores</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	9:00-9:45 MS * Stronger <i>Jaclyn Michelle</i>	9:30-10:15 MS * Stacked <i>Pamela Trujillo</i>
7:00-7:45 CS * Beats Ride <i>Michaela McGowan</i>	6:45-7:35 TR * Precision Run + Strength <i>Jack McGowan</i>	6:45-7:30 CS * Beats Ride <i>Marc Daigle</i>	6:45-7:35 TR * Precision Run® <i>Miriam Shestack</i>	7:45-8:30 MS * Stacked <i>Lauren Anthony</i>	9:15-10:00 CS * Beats Ride <i>Marc Daigle</i>	10:15-11:15 YS * Power Vinyasa (Heated) <i>Kat Suda</i>
7:15-8:00 MS * True Barre: Off the Barre <i>Vivian Jonokuchi</i>	7:00-7:45 CS * Beats Ride <i>John King</i>	7:00-7:50 TR * Precision Run® <i>Alison O'Connor</i>	7:15-8:15 YS * Power Vinyasa (Heated) <i>Jessica Stickler</i>	8:00-8:45 CS * Anthem Ride <i>Michelle Koenigsknecht</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>	10:30-11:15 MS * Stronger <i>Joey Ledonio</i>
7:30-8:15 YS * Pilates Fusion (Heated) <i>Jennifer Tarentino</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Dyan Tsiumis</i>	7:30-8:15 YS * Pilates Mat <i>Miriam Shestack</i>	7:30-8:20 MS * True Barre: Bala Bangle <i>Elgin McCargo</i>	8:45-9:30 YS * Pilates Mat <i>Genieve Gordon</i>	10:00-10:50 TR * Precision Run® <i>Nora Bisharat</i>	10:45-11:35 TR * Precision Walk: Elevate <i>Miriam Shestack</i>
8:15-9:00 MS * Stronger <i>Kyle White</i>	7:45-8:15 MS * Firestarter <i>Khaleah London</i>	7:45-8:30 MS * Athletic Conditioning <i>Jacques Delaugere</i>	8:45-9:30 MS * Rhythmic Sculpt <i>Nicky Venditti</i>	9:00-10:00 MS * Ballet by Equinox x ABT <i>Dara Adler</i>	10:15-11:00 MS * True Barre: Off the Barre <i>Elgin McCargo</i>	11:15-12:00 CS * Beats Ride <i>Brandon Green</i>
8:45-9:45 YS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	8:15-8:45 MS * Best Abs Ever <i>Khaleah London</i>	8:45-9:45 YS * Power Vinyasa <i>Johan Montijano</i>	9:30-10:15 YS * Pilates Fusion <i>Rachel Genise</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Amy Amato</i>	10:30-11:20 CS * Anthem Ride <i>Fred Smith</i>	11:45-12:35 YS * Pilates Mat <i>Miriam Shestack</i>
12:15-1:00 YS * Pilates Mat (Heated) <i>Shawn Kobetz</i>	8:45-9:30 YS * Pilates Mat (Heated) <i>Claire Goldes</i>	9:00-9:45 MS * Stronger <i>Esteban Deleon</i>	11:00-11:45 MS * True Barre: Bala Bangle <i>Christopher Howard</i>	11:00-11:45 MS * Best Butt Ever <i>Diane LaVon</i>	11:15-12:00 YS * Pilates Rise <i>Richel Ruiz</i>	12:15-1:05 MS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>
1:15-2:15 YS * Vinyasa Yoga (Heated) <i>Nadia Zaki</i>	9:00-9:45 MS * True Barre: Bala Bangle <i>Kelsey Stalter</i>	11:00-11:45 MS * True Barre: Bala Bangle <i>Christopher Howard</i>	12:30-1:15 MS * MetCon3 <i>Nora Bisharat</i>	12:00-12:45 YS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	11:30-12:15 MS * Ropes and Rowers <i>Dario Torres</i>	1:15-2:15 YS * Weekend Wind Down Yoga <i>Robert Nguyen</i>
4:00-4:45 YS * Pilates Fusion <i>Elgin McCargo</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Khaleah London</i>	12:00-12:45 MS * Rounds: Bags and Mitts <i>Ugo Peter-Obiagwu</i>	1:15-2:15 YS * Vinyasa Yoga (Heated) <i>Kira McCarthy</i>	12:30-1:15 MS * Cardio Sculpt <i>Esteban Deleon</i>	12:15-1:15 YS * Vinyasa Yoga (Heated) <i>Yanik Faylayev</i>	1:30-2:15 MS * Rhythmic Sculpt <i>Lipe</i>
5:00-6:00 YS * Power Vinyasa <i>Josh Mathew-Meier</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Annalise Northway</i>	12:15-1:00 YS * Pilates Mat <i>Khaleah London</i>	4:00-5:00 YS * Yin Yoga (Heated) <i>Babette Godefroy</i>	1:45-2:30 YS * Pilates Fusion (Heated) <i>Kristin Pujanauski</i>	12:30-1:15 MS * Body Sculpt <i>Sophie Newman</i>	3:00-3:30 MS * Quick HIIT <i>Zach Schanne</i>
5:15-6:00 MS * MetCon Monday <i>Lynsey F</i>	12:30-1:20 MS * Limited Series: Stronger Women <i>Kelsey Stalter</i>	1:15-2:00 MS * True Barre: Bala Bangle <i>Khaleah London</i>	5:15-6:00 MS * True Barre: Off the Barre <i>Khaleah London</i>	3:45-4:45 YS * Restorative Yoga <i>Emma Poole</i>	12:30-1:15 MS * Body Sculpt <i>Sophie Newman</i>	3:30-4:00 MS * Best Abs Ever <i>Zach Schanne</i>
5:45-6:30 CS * Anthem Ride <i>Kidd Solomon</i>	1:45-2:35 YS * Pilates Rise <i>Kelsey Stalter</i>	4:00-4:45 YS * Pilates Rise (Heated) <i>Manon Hallay</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Katey Lewis</i>	4:00-4:45 MS * True Barre: Off the Barre <i>Emily Naim</i>	1:30-2:15 MS * Best Butt Ever <i>Pamela Trujillo</i>	3:30-4:00 MS * Best Abs Ever <i>Zach Schanne</i>
6:00-6:50 TR * Precision Walk: Elevate <i>Amy Amato</i>	MS * Pilates Rise <i>Kelsey Stalter</i>	5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Jessica Stickler</i>	6:15-7:00 CS * Beats Ride <i>Brandon Green</i>	MS * Athletic Conditioning <i>Brennan Caldwell</i>	3:15-4:05 MS * Stronger <i>Shaun Anthony</i>	4:00-4:50 YS * Amplified Vinyasa (Heated) <i>Rika Henry</i>
6:15-7:00 MS * True Barre: Off the Barre <i>Paige Bodnar</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Ali Cramer</i>	5:30-6:20 TR * Precision Run® <i>Nora Bisharat</i>	6:30-7:15 MS * Body Sculpt <i>Elgin McCargo</i>	5:00-5:45 MS * Athletic Conditioning <i>Brennan Caldwell</i>	4:15-5:00 YS * Athletic Stretch (Heated) <i>Jill Weinstein</i>	4:15-5:00 CS * Beats Ride <i>D Gunnz</i>
6:30-7:20 YS * Pilates Rise <i>Rachel King</i>	4:15-5:00 MS * True Barre: Bala Bangle <i>Jill Weinstein</i>	5:45-6:30 MS * Cardio Sculpt <i>Calvin Wiley</i>	6:45-7:30 YS * Pilates Mat <i>Caroline Strong</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</i>	4:30-5:20 MS * Ballet by Equinox x ABT <i>Cara Leggio</i>	5:15-6:00 YS * Sonic Meditation <i>Mary Aranas</i>
7:00-7:45 CS * Beats Ride <i>Leah Clark</i>	5:15-6:00 MS * Best Butt Ever <i>David Robert</i>	6:00-6:45 CS * Beats Ride <i>Megan Colford</i>	8:00-8:45 YS * Sonic Meditation <i>Mary Aranas</i>	6:00-6:50 CS * Anthem Ride <i>Kidd Solomon</i>		
7:15-8:05 MS * Muay Thai <i>Khaled Zeidan</i>	5:30-6:15 YS * Pilates Fusion <i>Elgin McCargo</i>	6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Emma Poole</i>				
7:45-8:30 YS * Amplified Vinyasa <i>Rika Henry</i>	6:00-6:50 CS * Beats Ride <i>Cara Leggio</i>	6:45-7:30 MS * Stronger <i>Jaclyn Michelle</i>				
	6:15-7:00 MS * Athletic Conditioning <i>David Robert</i>	7:30-8:15 YS * Pilates Mat (Heated) <i>Cindya Davis</i>				
	7:00-8:00 YS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	7:45-8:30 MS * True Barre: Off the Barre <i>Emily Naim</i>				
	7:15-8:00 MS * The Cut <i>Delida Torres</i>					
	8:15-9:15 YS * Yin Yoga + Sound Meditation (Heated) <i>Babette Godefroy</i>					

EQUINOX

GRAMERCY

315 Park Avenue South

NEW YORK NY 10010

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

GROUP FITNESS MANAGER

nora.bisharat@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.

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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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.

Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



HIIT

Athletic Conditioning This high energy full body workout is designed by our 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.

Firestarter A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping.

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.

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.

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.



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.



Dance

Ballet by Equinox x ABT Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.



Boxing

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.



Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.



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.

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 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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.