

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * <b>MetCon Monday</b> <b>Jacquie Scoliard</b>	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 * Core6 <i>Joey Ledonio</i>	6:30-7:15 MS * Stacked <i>Miriam Shestack</i>	6:30-7:15 MS * Best Butt Ever <i>Tim Flores</i>	7:00-8:00 Vinyasa Yoga (Heated) <b>Matt D'Amico</b>	9:00-9:45 MS * Stronger <i>Jaclyn Michelle</i>	9:30-10:15 MS * <b>Body Sculpt</b> <b>Pamela Trujillo</b>
7:15-8:00 MS * True Barre: Off the Barre <i>Alexis Campbell</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>	YS * Stacked <i>Lauren Anthony</i>	9:15-10:00 CS * Beats Ride <i>Marc Daigle</i>	10:15-11:15 YS * Ignite Flow Yoga (Heated) <i>Kat Suda</i>
7:30-8:15 YS * Pilates Fusion (Heated) <i>Jen Tarentino</i>	7:00-7:45 CS * Beats Ride <i>John King</i>	7:00-7:50 TR * Precision Run® <i>Alison O'Connor</i>	7:00-7:45 CS * Beats Ride <b>Alejandra Acosta</b>	7:45-8:30 MS * True Barre: Off the Barre <i>Lauren Anthony</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>	YS * 10:30-11:15 Stronger <i>Joey Ledonio</i>
8:00-8:45 CS * Beats Ride <i>Michaela McGowan</i>	7:30-8:30 YS * Vinyasa Yoga (Heated) <i>Dyan Tsiumis</i>	7:30-8:15 YS * Pilates Mat <i>Miriam Shestack</i>	7:15-8:15 YS * Power Vinyasa (Heated) <i>Nicole Uribarri</i>	8:00-8:45 CS * Beats Ride <i>Bonnie Flannery</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 * <b>MetCon3</b> <b>Pamela Trujillo</b>	7:30-8:20 MS * True Barre: Bala Bangle <i>Elgin McCargo</i>	9:00-9:45 MS * True Barre: Off the Barre <i>Monica Colino</i>	10:15-11:00 MS * True Barre: Off the Barre <i>Elgin McCargo</i>	11:30-12:15 CS * <b>Beats Ride</b> <b>Sami Haendler</b>
9:00-9:50 YS * Vinyasa Yoga (Heated) <b>Serena Tom</b>	8:15-8:45 MS * Best Abs Ever <i>Khaleah London</i>	8:45-9:45 YS * Power Vinyasa <i>Johan Montijano</i>	8:45-9:30 MS * Rhythmic Sculpt <i>Nicole Uribarri</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Amy Amato</i>	10:30-11:20 CS * Beats 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 * <b>Pilates Mat (Heated)</b> <b>Rachel Marchica</b>	9:00-9:45 MS * Stronger <i>Esteban Deleon</i>	9:30-10:15 YS * <b>Pilates Fusion</b> <b>Rachel Genise</b>	11:00-11:45 MS * Best Butt Ever <i>Diane LaVon</i>	11:15-12:00 YS * Pilates Rise <i>Team Equinox</i>	12:15-1:05 MS * True Barre: Bala Bangle <i>Lucas Blankenhorn</i>
12:30-1:15 MS * Core6 <i>Nicky Venditti</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>	11:00-11:45 MS * Body Sculpt <i>Eddie Carrington</i>	12:00-12:45 MS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	11:30-12:15 MS * Core6 <i>Dario Torres</i>	1:15-2:15 YS * Weekend Wind Down Yoga <i>Robert Nguyen</i>
1:15-2:15 YS * Vinyasa Yoga (Heated) <i>Nadia Zaki</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>	12:30-1:15 MS * MetCon3 <i>Nora Bisharat</i>	12:00-12:45 MS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	12:15-1:15 YS * Vinyasa Yoga (Heated) <i>Yanik Faylayev</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>	12:15-1:00 YS * Sculpted Yoga™ (Heated) <i>Diane LaVon</i>	12:15-1:00 YS * Pilates Mat <i>Khaleah London</i>	1:15-2:15 YS * Vinyasa Yoga (Heated) <i>Kira McCarthy</i>	12:30-1:15 MS * Cardio Sculpt <i>Esteban Deleon</i>	12:30-1:15 MS * Body Sculpt <i>Sophie Newman</i>	1:30-2:15 MS * Rhythmic Sculpt <i>Lipe</i>
4:15-5:00 MS * Cardio Sculpt <i>Esteban Deleon</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>	4:00-5:00 YS * Yin Yoga + Sound Meditation (Heated) <i>Mary Aranas</i>	1:45-2:30 YS * Pilates Fusion (Heated) <i>Kristin Pujanauski</i>	1:30-2:15 MS * Best Butt Ever <i>Meghan Cox</i>	3:00-3:30 MS * Quick HIIT <i>Zach Schanne</i>
5:00-6:00 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	1:45-2:35 YS * Pilates Rise <i>Kelsey Stalter</i>	4:00-4:45 YS * Pilates Rise (Heated) <i>Manon Hallay</i>	5:15-6:00 MS * True Barre: Off the Barre <i>Khaleah London</i>	3:45-4:45 YS * Restorative Yoga <i>Emma Poole</i>	3:15-4:05 MS * Best Butt Ever <i>Meghan Cox</i>	3:30-4:00 MS * Best Abs Ever <i>Zach Schanne</i>
5:15-6:00 MS * MetCon Monday <i>Lynsey F</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Alli Cramer</i>	5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Jessica Stickler</i>	5:30-6:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	4:00-4:45 MS * True Barre: Off the Barre <i>Emily Naim</i>	3:15-4:05 MS * <b>Stronger</b> <b>Butchie Gamble</b>	4:00-4:50 MS * Amplified Vinyasa (Heated) <i>Rika Henry</i>
5:45-6:30 CS * Anthem Ride <i>Kidd Solomon</i>	4:15-5:00 MS * True Barre: Off the Barre <i>Jill Weinstein</i>	5:30-6:20 TR * Precision Run® <i>Nora Bisharat</i>	6:15-7:00 CS * Yin Yoga + Sound Meditation (Heated) <i>Mary Aranas</i>	5:00-5:45 MS * Core6 <i>Pamela Trujillo</i>	4:15-5:00 YS * Athletic Stretch (Heated) <i>Jill Weinstein</i>	4:15-5:00 CS * Beats Ride <i>D Gunnz</i>
6:00-6:50 TR * Precision Walk: Elevate <i>Amy Amato</i>	5:15-6:00 MS * Best Butt Ever <i>David Robert</i>	5:45-6:30 MS * Cardio Sculpt <i>Calvin Wiley</i>	6:15-7:00 CS * Beats Ride <b>Leah Clark</b>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Kristin Bilella</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>
6:15-7:00 MS * True Barre: Off the Barre <i>Paige Bodnar</i>	5:30-6:15 YS * Pilates Fusion <i>Elgin McCargo</i>	6:00-6:45 CS * Beats Ride <i>Megan Colford</i>	6:30-7:15 MS * Body Sculpt <i>Elgin McCargo</i>	6:00-6:50 CS * Anthem Ride <i>Kidd Solomon</i>	6:00-6:50 CS * Anthem Ride <i>Kidd Solomon</i>	5:15-6:00 YS * Sonic Meditation (Heated) <i>Mary Aranas</i>
6:30-7:20 YS * Pilates Rise <i>Alison O'Connor</i>	6:00-6:45 CS * Anthem Ride <i>Cara Leggio</i>	6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Emma Poole</i>	6:45-7:30 YS * Pilates Mat <i>Caroline Strong</i>			
7:00-7:45 CS * Beats Ride <i>Leah Clark</i>	6:15-7:00 MS * Athletic Conditioning <i>David Robert</i>	6:45-7:30 MS * Stronger <i>Jaclyn Michelle</i>				
7:15-8:05 MS * Muay Thai <i>Khaled Zeidan</i>	7:00-8:00 YS * Power Vinyasa (L2) (Heated) <i>Serena Tom</i>	7:30-8:15 YS * Pilates Mat (Heated) <i>Cindya Davis</i>				
7:45-8:30 YS * Amplified Vinyasa <i>Rika Henry</i>	7:15-8:00 MS * The Cut <i>Delida Torres</i>	7:45-8:30 MS * True Barre: Off the Barre <i>Emily Naim</i>				
	8:15-9:15 YS * Yin Yoga Meditation (Heated) <i>Babette Godefroy</i>					

# EQUINOX

## GRAMERCY

315 Park Avenue South

NEW YORK NY 10010

EQUINOX.COM

@EQUINOX

**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.

**Ignite Flow Yoga** Join Kat Suda for a powerful new yoga experience. Feel muscles fire you didn't know existed and move with full head-to-toe connection. Using the MIA (Myofascial Integrated Alignment) technique by global yoga educator Dylan Werner, Ignite Flow builds strength, mobility, and flexibility.

**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 + 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.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



## 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.

**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.

**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, light-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.