EQUINOX **GRAMERCY**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:15-7:00 MS * — MetCon Monday — *Jacquie Scoliard*

7:15-8:00 MS * — Best Butt Ever — *Ricardo Drumond*

7:30-8:15 YS * — Pilates Fusion (Heated) — *Jen Tarentino*

8:00-8:45 CS * — Beats Ride — *Michaela McGowan*

8:15-9:00 MS * — Stronger — *Kyle White*

12:15-1:00 YS * — Pilates Mat (Heated) — *Shawn Kobetz*

12:30-1:15 MS * — Stacked — *Jason Tran*

1:15-2:15 YS * — Vinyasa Yoga (Heated) — *Nadia Zaki*

4:00-4:45 YS * — Barefoot Sculpt — *Elgin McCargo*

4:15-5:00 MS * — Stronger — *Esteban Deleon*

5:00-6:00 YS * — Vinyasa Yoga — *Josh Mathew-Meier*

5:15-6:00 MS * — MetCon Monday — *Lynsey F*

5:45-6:30 CS * — Anthem Ride — *Kidd Solomon*

6:15-7:00 MS * — True Barre: Off the Barre — *Paige Bodnar*

6:15-7:05 TR * — Precision Walk: Elevate — *Amy Amato*

6:30-7:20 YS * — Pilates Rise — *Alison O'Connor*

7:00-7:45 CS * — Beats Ride — *Leah Clark*

7:15-8:05 MS * — Muay Thai — *Khaled Zeidan*

7:45-8:30 YS * — Amplified Vinyasa — *Rika Henry*

TUESDAY

6:15-7:05 YS * — Pilates Rise (Heated) — *Genieve Gordon*

6:30-7:15 MS * — **Stronger** — ***Joey Ledonio***

6:45-7:35 TR * — Precision Run + Strength — *Jack McGowan*

7:00-7:45 CS * — Beats Ride — *John King*

7:30-8:30 YS * — Vinyasa Yoga (Heated) — *Dyan Tsiumis*

7:45-8:15 MS * — Firestarter — *Khaleah London*

8:15-8:45 MS * — Best Abs Ever — *Khaleah London*

8:45-9:30 YS * — Pilates Mat (Heated) — *Rachel Marchica*

9:00-9:50 TR * — Precision Walk: Elevate — *Khaleah London*

12:30-1:15 MS * — Stronger — *Melissa Chisholm*

1:45-2:30 YS * — Pilates Fusion — *Adele Carlson*

4:00-5:00 YS * — Vinyasa Yoga (Heated) — *Ali Cramer*

5:15-6:00 MS * — Best Butt Ever — *David Robert*

5:30-6:15 YS * — Pilates Fusion — *Elgin McCargo*

6:00-6:45 CS * — **Beats Ride** — ***Chantel Taylor***

6:15-7:00 MS * — Athletic Conditioning — *David Robert*

7:00-8:00 YS * — Power Vinyasa (L2) (Heated) — *Serena Tom*

7:15-8:00 MS * — Stronger — *Keenen Johns-Harris*

8:15-9:15 YS * — Yin Yoga Meditation (Heated) — *Babette Godefroy*

WEDNESDAY

6:15-7:00 YS * — Barefoot Sculpt — *Justin Quinn*

6:30-7:15 MS * — Stacked — *Miriam Shestack*

7:00-7:50 TR * — Precision Run® — *Alison O'Connor*

7:30-8:15 YS * — Pilates Mat — *Miriam Shestack*

7:45-8:15 MS * — **Leg Day 30** — ***Pamela Trujillo***

8:15-8:45 MS * — **Upper Body Pump** — ***Pamela Trujillo***

9:00-9:45 MS * — Stronger — *Esteban Deleon*

11:00-11:45 MS * — Barefoot Sculpt: The Ring — *Paige Bodnar*

12:00-12:30 MS * — **Best Butt Ever** — ***Kelsey Stalter***

12:15-1:00 YS * — Pilates Mat — *Khaleah London*

12:30-1:00 MS * — **Best Abs Ever** — ***Kelsey Stalter***

1:15-2:00 MS * — True Barre: Bala Bangle — *Khaleah London*

4:00-4:45 YS * — Pilates Rise (Heated) — *Manon Hallay*

4:15-5:00 MS * — Barefoot Sculpt: The Ring — *Kevin VerEecke*

5:00-6:00 YS * — Vinyasa Yoga (Heated) — *Jessica Stickler*

5:45-6:30 MS * — Cardio Sculpt — *Calvin Wiley*

6:00-6:45 CS * — Beats Ride — *Megan Colford*

6:15-7:15 YS * — Vinyasa Yoga (Heated) — *Emma Poole*

6:45-7:30 MS * — Stronger — *Jaclyn Michelle*

7:30-8:15 YS * — Pilates Mat (Heated) — *Cindya Davis*

7:45-8:30 MS * — True Barre: Off the Barre — *Emily Naim*

THURSDAY

6:15-7:00 YS * — Pilates Fusion (Heated) — *Elgin McCargo*

6:30-7:15 MS * — Best Butt Ever — *Tim Flores*

7:00-7:45 CS * — Beats Ride — *Marc Daigle*

7:00-7:50 TR * — **Precision Run®** — ***Miriam Shestack***

7:15-8:15 YS * — Power Vinyasa (Heated) — *Nicole Uribarri*

7:30-8:20 MS * — True Barre: Bala Bangle — *Elgin McCargo*

8:45-9:30 MS * — Rhythmic Sculpt — *Nicole Uribarri*

9:30-10:15 YS * — Pilates Fusion — *Rachel Genise*

11:00-11:45 MS * — Athletic Conditioning — *Eddie Carrington*

12:30-1:15 MS * — Stronger — *Jason Tran*

1:15-2:15 YS * — Vinyasa Yoga — *Kira McCarthy*

4:00-5:00 YS * — Yin Yoga + Sound Meditation (Heated) — *Mary Aranas*

5:15-6:00 MS * — True Barre: Off the Barre — *Khaleah London*

5:30-6:30 YS * — Vinyasa Yoga — *Katey Lewis*

6:30-7:15 MS * — Body Sculpt — *Elgin McCargo*

6:45-7:30 YS * — Pilates Mat — *Caroline Strong*

FRIDAY

6:30-7:15 MS * — Stronger — *Kevin Scott*

7:00-8:00 YS * — Vinyasa Yoga (Heated) — *Matt D'Amico*

7:30-8:15 MS * — Stacked — *Lauren Anthony*

8:00-8:45 CS * — Beats Ride — *Bonnie Flannery*

8:45-9:30 YS * — Pilates Mat — *Genieve Gordon*

9:00-9:45 MS * — Barefoot Sculpt: The Ring — *Chloe Allen*

9:00-9:50 TR * — Precision Walk: Elevate — *Amy Amato*

11:00-11:45 MS * — True Barre: Bala Bangle — *Diane LaVon*

12:00-12:45 YS * — Power Vinyasa (L2) (Heated) — *Serena Tom*

12:30-1:15 MS * — Cardio Sculpt — *Esteban Deleon*

1:45-2:30 YS * — Pilates Fusion (Heated) — *Kristin Pujanauski*

3:45-4:45 YS * — Restorative Yoga — *Emma Poole*

4:00-4:45 MS * — True Barre: Off the Barre — *Emily Naim*

5:00-5:45 MS * — Cardio Dance — *LaDarius Lee*

5:30-6:30 YS * — Vinyasa Yoga (Heated) — *Kristin Bilella*

6:00-6:50 CS * — Anthem Ride — *Kidd Solomon*

6:00-6:45 MS * — Stronger — *Jason Tran*

SATURDAY

8:30-9:30 YS * — Vinyasa Yoga (Heated) — *Kumiko Buckman*

9:00-9:45 MS * — **Stronger** — ***Lauren Anthony***

9:15-10:00 CS * — Beats Ride — *Marc Daigle*

9:45-10:45 YS * — Sculpted Yoga™ — *Kumiko Buckman*

10:15-11:00 MS * — True Barre: Off the Barre — *Elgin McCargo*

10:30-11:15 CS * — Beats Ride — *Fred Smith*

11:15-12:00 YS * — Pilates Fusion — *Ash Kaya*

11:45-12:30 MS * — Body Sculpt — *Sophie Newman*

12:15-1:15 YS * — Vinyasa Yoga (Heated) — *Yanik Faylayev*

12:45-1:30 MS * — **Circuit Training** — ***Meghan Cox***

3:15-4:00 MS * — Stronger — *Shaun Anthony*

SUNDAY

9:00-9:45 YS * — Vinyasa Yoga — *Matt D'Amico*

9:30-10:15 MS * — Body Sculpt — *Pamela Trujillo*

10:00-10:45 CS * — **Beats Ride** — ***Kate Veak***

10:15-11:15 YS * — Ignite Flow Yoga (Heated) — *Kat Suda*

10:30-11:15 MS * — Stronger — *Joey Ledonio*

10:45-11:35 TR * — Precision Walk: Elevate — *Miriam Shestack*

11:45-12:35 YS * — Pilates Mat — *Miriam Shestack*

12:15-1:00 MS * — Rhythmic Sculpt — *Anastasiia Gavriukhova*

1:15-2:15 YS * — Weekend Wind Down Yoga — *Robert Nguyen*

1:30-2:15 MS * — Barefoot Sculpt: The Ring — *Nicky Venditti*

2:30-3:15 MS * — **Stronger** — ***Melissa Chisholm***

3:15-3:45 MS * — Core6 Express — *Melissa Chisholm*

4:00-4:50 YS * — Amplified Vinyasa (Heated) — *Rika Henry*

4:15-5:00 CS * — Beats Ride — *D Gunnz*

4:30-5:20 MS * — Ballet by Equinox x ABT — *Cara Leggio*

5:15-6:00 YS * — Sonic Meditation (Heated) — *Mary Aranas*

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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

jason.tran@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.

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.

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.

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.

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.
Leg Day 30 Thirty minutes of lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.

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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
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.

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.
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.

Regeneration

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.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.