

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 Athletic Conditioning MS * <i>Jacquie Scoliard</i>	6:15-7:05 Pilates Rise (Heated) YS * <i>Genieve Gordon</i>	6:15-7:00 Barefoot Sculpt YS * <i>Justin Quinn</i>	6:15-7:00 Pilates Fusion (Heated) Elgin McCargo	6:30-7:20 Stronger MS * <i>Kevin Scott</i>	8:30-9:30 Vinyasa Yoga (Heated) YS * <i>Kumiko Buckman</i>	9:00-9:45 Vinyasa Yoga YS * <i>Matt D'Amico</i>
6:45-7:35 Precision Run® TR * <i>Anastasia Gavriukhova</i>	6:30-7:15 Core6 MS * <i>Joey Ledonio</i>	6:30-7:15 Stacked Miriam Shestack	6:30-7:15 MetCon3 MS * <i>Tim Flores</i>	7:30-8:30 Vinyasa Yoga (Heated) Matt D'Amico	9:00-9:45 Stronger MS * <i>Jaclyn Michelle</i>	9:30-10:15 Stacked Pamela Trujillo
7:15-8:00 True Barre: Off the Barre MS * <i>Alexis Campbell</i>	6:45-7:35 Precision Run + Strength TR * <i>Jack McGowan</i>	6:45-7:30 Beats Ride CS * <i>Marc Daigle</i>	6:45-7:35 Precision Run® Miriam Shestack	7:45-8:30 Stacked MS * <i>Lauren Anthony</i>	9:15-10:00 Beats Ride CS * <i>Marc Daigle</i>	10:15-11:15 Power Vinyasa (Heated) YS * <i>Kat Suda</i>
7:30-8:15 Pilates Fusion (Heated) YS * <i>Jennifer Tarentino</i>	7:00-7:45 Beats Ride CS * <i>John King</i>	7:30-8:15 Pilates Mat Miriam Shestack	7:00-7:45 Beats Ride Alison O'Connor	8:00-8:45 Beats Ride Chantel Taylor	9:45-10:45 Sculpted Yoga™ YS * <i>Kumiko Buckman</i>	10:30-11:15 Stronger MS * <i>Joey Ledonio</i>
8:00-8:45 Beats Ride CS * <i>Michaela McGowan</i>	7:30-8:30 Vinyasa Yoga (Heated) YS * <i>Dyan Tsiumis</i>	7:45-8:30 MetCon3 MS * <i>Jacques Delaugere</i>	7:15-8:15 Power Vinyasa (Heated) Miriam Shestack	8:45-9:30 Pilates Mat Jessica Stickler	10:00-10:50 Precision Run® TR * <i>Nora Bisharat</i>	10:45-11:35 Precision Walk: Elevate TR * <i>Miriam Shestack</i>
8:15-9:00 Stronger MS * <i>Kyle White</i>	7:45-8:15 Firestarter MS * <i>Khaleah London</i>	8:45-9:45 Power Vinyasa MS * <i>Johan Montjano</i>	7:30-8:20 True Barre: Bala Bangle Elgin McCargo	9:00-9:45 True Barre: Off the Barre Monica Colino	10:15-11:00 True Barre: Off the Barre MS * <i>Elgin McCargo</i>	11:15-12:00 Beats Ride CS * <i>Brandon Green</i>
8:45-9:45 Power Vinyasa (L2) (Heated) YS * <i>Serena Tom</i>	8:15-8:45 Best Abs Ever MS * <i>Khaleah London</i>	9:00-9:45 Stronger MS * <i>Esteban Deleon</i>	9:30-10:15 Pilates Fusion Alison Mathis	11:00-11:45 Best Butt Ever Diane LaVon	10:30-11:20 Anthem Ride CS * <i>Fred Smith</i>	11:45-12:35 Pilates Mat YS * <i>Miriam Shestack</i>
12:15-1:00 Pilates Mat (Heated) YS * <i>Shawn Kobetz</i>	9:00-9:45 True Barre: Bala Bangle MS * <i>Melinda Porto</i>	11:00-11:45 True Barre: Bala Bangle Christopher Howard	11:00-11:45 Body Sculpt Eddie Carrington	12:00-12:45 Power Vinyasa (L2) (Heated) YS * <i>Rachel Ruiz</i>	11:15-12:00 Pilates Rise YS * <i>Dario Torres</i>	12:15-1:05 True Barre: Bala Bangle MS * <i>Lucas Blankenhorn</i>
12:30-1:15 Core6 MS * <i>Nicky Venditti</i>	9:00-9:50 Precision Walk: Elevate TR * <i>Khaleah London</i>	12:00-12:45 Rounds: Bags and Mitts Ugo Peter-Obiagwu	12:30-1:15 MetCon3 MS * <i>Nora Bisharat</i>	12:30-12:15 Core6 MS * <i>Serena Tom</i>	12:15-2:15 Weekend Wind Down Yoga YS * <i>Yanik Fayayev</i>	1:15-2:15 Weekend Wind Down Yoga YS * <i>Robert Nguyen</i>
1:15-2:15 Vinyasa Yoga (Heated) YS * <i>Nadia Zaki</i>	12:15-1:15 Sculpted Yoga™ YS * <i>Diane LaVon</i>	12:15-1:00 Pilates Mat Khaleah London	1:15-2:15 Vinyasa Yoga (Heated) Kira McCarthy	12:30-1:15 Cardio Sculpt MS * <i>Esteban Deleon</i>	1:30-2:15 Rhythmic Sculpt MS * <i>Sophie Newman</i>	1:30-2:15 Rhythmic Sculpt Lipe
4:00-4:45 Pilates Fusion YS * <i>Elgin McCargo</i>	12:30-1:20 Limited Series: Stronger Women MS * <i>Kelsey Stalter</i>	1:15-2:00 True Barre: Bala Bangle Khaleah London	4:00-5:00 Yin Yoga + Sound Meditation (Heated) Manon Hallay	1:45-2:30 Pilates Fusion (Heated) Kristin Pujanauski	3:00-3:30 Quick HIIT MS * <i>Zach Schanne</i>	3:00-3:30 Quick HIIT Zach Schanne
4:15-5:00 Cardio Sculpt MS * <i>Esteban Deleon</i>	4:00-4:45 Pilates Rise (Heated) YS * <i>Kelsey Stalter</i>	5:00-6:00 Vinyasa Yoga (Heated) YS * <i>Jessica Stickler</i>	5:15-6:00 True Barre: Off the Barre Khaleah London	3:45-4:45 Restorative Yoga MS * <i>Emma Poole</i>	3:30-4:00 Best Abs Ever MS * <i>Meghan Cox</i>	3:30-4:00 Best Abs Ever Zach Schanne
5:00-6:00 Vinyasa Yoga YS * <i>Josh Mattheu-Meier</i>	5:00-6:00 Vinyasa Yoga (Heated) YS * <i>Ali Cramer</i>	5:30-6:20 Precision Run® TR * <i>Nora Bisharat</i>	5:30-6:30 Vinyasa Yoga YS * <i>Katey Lewis</i>	4:00-4:45 True Barre: Off the Barre MS * <i>Emily Naim</i>	4:15-5:00 Amplified Vinyasa (Heated) YS * <i>Rika Henry</i>	4:00-4:50 Amplified Vinyasa (Heated) Rika Henry
5:15-6:00 MetCon Monday MS * <i>Lynsey F</i>	4:00-5:00 Vinyasa Yoga (Heated) YS * <i>Ali Cramer</i>	5:45-6:30 Cardio Sculpt MS * <i>Calvin Wiley</i>	6:15-7:00 Beats Ride CS * <i>Brandon Green</i>	5:00-5:45 Core6 MS * <i>Pamela Trujillo</i>	4:15-5:00 Beats Ride YS * <i>D Gunnn</i>	4:15-5:00 Beats Ride D Gunnn
5:45-6:30 Anthem Ride CS * <i>Kidd Solomon</i>	4:15-5:00 True Barre: Off the Barre MS * <i>April Shipp-Medcalf</i>	6:00-6:45 Beats Ride Megan Colford	6:30-7:15 Body Sculpt Elgin McCargo	6:30-6:30 Vinyasa Yoga (Heated) MS * <i>Kristin Bilella</i>	4:30-5:20 Ballet by Equinox x ABT MS * <i>Cara Leggio</i>	4:30-5:20 Ballet by Equinox x ABT Cara Leggio
6:00-6:50 Precision Walk: Elevate TR * <i>Amy Amato</i>	5:15-6:00 Best Butt Ever MS * <i>David Robert</i>	6:15-7:15 Vinyasa Yoga (Heated) YS * <i>Emma Poole</i>	6:45-7:30 Pilates Mat Caroline Strong	6:00-6:50 Anthem Ride MS * <i>Kidd Solomon</i>	5:15-6:00 Sonic Meditation (Heated) YS * <i>Mary Aranas</i>	5:15-6:00 Sonic Meditation (Heated) Mary Aranas
6:15-7:00 True Barre: Off the Barre MS * <i>Paige Bodnar</i>	5:30-6:15 Pilates Fusion Elgin McCargo	6:45-7:30 Stronger MS * <i>Jaclyn Michelle</i>				
6:30-7:20 Pilates Rise YS * <i>Alison O'Connor</i>	6:00-6:45 Anthem Ride CS * <i>Cara Leggio</i>	7:30-8:15 Pilates Mat (Heated) YS * <i>Cindya Davis</i>				
7:00-7:45 Beats Ride CS * <i>Leah Clark</i>	6:15-7:00 Athletic Conditioning MS * <i>David Robert</i>	7:45-8:30 True Barre: Off the Barre Emily Naim				
7:15-8:05 Muay Thai MS * <i>Khaled Zeidan</i>	7:00-8:00 Power Vinyasa (L2) (Heated) YS * <i>Serena Tom</i>	MS * <i>Emily Naim</i>				
7:45-8:30 Amplified Vinyasa YS * <i>Rika Henry</i>	7:15-8:00 The Cut MS * <i>Delida Torres</i>					
	8:15-9:15 Yin Yoga Meditation (Heated) YS * <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 + 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. Lie 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

Barfoot 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.