

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 YS * Pilates Fusion <i>Mitchell Allison</i>	6:45-7:30 MS * Core6 <i>Niki Farahani</i>	7:00-7:45 YS * Vinyasa Yoga (Heated) <i>Dee Holliday</i>	6:45-7:30 MS * Body Sculpt <i>Emma Vielbig</i>	7:00-7:50 YS * Pilates at the Barre <i>Colleen Wright</i>	9:00-9:45 YS * Barefoot Sculpt <i>Taj Harris</i>	9:15-10:00 MS * Body Sculpt <i>Emma Vielbig</i>
7:15-8:00 MS * Stacked <i>Tim Flores</i>	7:00-7:45 CS * Beats Ride <i>Davie Donofrio</i>	7:15-8:00 MS * Stronger <i>Elsa Saatela</i>	7:00-7:45 CS * Beats Ride <i>Betty Kasper</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	9:15-10:00 CS * Beats Ride <i>Nadia Wilemski</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>
7:30-8:15 CS * Beats Ride <i>Nadia Wilemski</i>	7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Damien Alexander</i>	7:30-8:15 CS * Beats Ride <i>Michael MacNeal</i>	7:15-8:05 TR * Precision Run® <i>Jacob Reynolds</i>	8:00-8:45 MS * Stronger <i>Wyatt Slone</i>	9:30-10:15 MS * Stronger <i>Katie Robinson</i>	10:15-11:00 MS * Athletic Conditioning <i>Emma Vielbig</i>
8:00-8:45 YS * Barre <i>Shelby Finnie</i>	8:00-8:45 MS * Cardio Sculpt <i>Shelby Finnie</i>	8:00-8:50 YS * True Barre (Heated) <i>Manon Hallay</i>	7:45-8:30 YS * Pilates Mat (Heated) <i>Kylie Treacy</i>	8:15-9:00 YS * Pilates Rise <i>Colleen Wright</i>	10:15-11:30 YS * Vinyasa Yoga (Heated) <i>Jess Anson</i>	10:45-11:30 YS * Pilates Fusion <i>Bret Yamanaka</i>
8:15-9:00 MS * Best Butt Ever <i>Tim Flores</i>	9:00-9:45 YS * True Barre <i>Bella Merritt</i>	8:15-9:00 MS * MetCon3 <i>Jordan Bantista</i>	8:00-8:45 MS * <b>Leg Day</b> <i>Tim Flores</i>	9:30-10:15 YS * True Barre <i>Katie Ippolito</i>	10:30-11:15 MS * MetCon3 <i>Katie Robinson</i>	
9:15-10:00 YS * Barefoot Sculpt <i>Taj Harris</i>	9:15-10:00 MS * <b>MetCon3</b> <i>Andrew Muscarella</i>	9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	9:00-10:00 YS * Vinyasa Yoga <i>Katelyn Thelemaque</i>	12:00-1:00 YS * Power Vinyasa <i>Taj Harris</i>	11:30-12:20 TR * Precision Run® <i>Elsa Saatela</i>	11:15-12:00 CS * Beats Ride <i>Diego Lanza</i>
10:30-11:15 YS * Pilates at the Barre <i>Sammy Tuchman</i>	10:15-11:00 YS * Pilates Rise <i>Colleen Wright</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	9:15-10:00 MS * <b>Stronger</b> <i>Tim Flores</i>	12:30-1:15 MS * Stronger <i>Tim Flores</i>	11:45-12:35 MS * 360 Strength <i>Tim Flores</i>	11:45-1:00 YS * Vinyasa Yoga <i>Victoria Gibbs</i>
			10:15-11:00 YS * Pilates Fusion <i>Cameron Norsworthy</i>	3:00-3:45 YS * <b>Pilates Fusion</b> <i>Maria Martinez</i>	12:00-12:45 YS * <b>Pilates Mat</b> <i>Team Equinox</i>	1:00-1:45 MS * MetCon3 <i>Kyle White</i>
12:15-1:15 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	12:30-1:15 MS * Core6 <i>Butchie Gamble</i>	12:15-1:00 YS * Pilates Mat <i>Jack Wunsch</i>	12:30-1:15 MS * Athletic Conditioning <i>JD Martin</i>	4:00-4:45 MS * Body Sculpt <i>Mandy Corcione</i>	12:45-1:30 MS * Core6 <i>Tim Flores</i>	1:15-2:05 YS * Pilates Rise <i>Julia Atkin</i>
12:30-1:15 MS * Stronger Women <i>Isabelle Luongo</i>	1:15-2:00 YS * Barefoot Sculpt <i>Mary Hannah Dober</i>	12:30-1:15 MS * Body Sculpt <i>Taj Harris</i>	1:15-2:00 YS * Pilates at the Barre <i>Kyla Lloyd</i>	4:15-5:15 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	12:15-1:00 CS * <b>Beats Ride</b> <i>Jon Gluckner</i>	2:30-3:45 YS * Power Vinyasa (Heated) <i>Babette Godefroy</i>
1:15-1:30 MS * Best Abs Ever <i>Isabelle Luongo</i>	4:30-5:15 YS * True Barre: Off the Barre <i>Katherine Menna</i>	4:00-4:45 YS * Pilates Mat <i>Alex Dill</i>		5:15-6:05 MS * MetCon3 <i>Elsa Saatela</i>	1:00-2:00 YS * Power Vinyasa <i>Dee Holliday</i>	4:15-5:00 YS * Sonic Meditation <i>Babette Godefroy</i>
	5:00-5:45 MS * Stronger <i>Tim Flores</i>	5:00-6:00 YS * Vinyasa Yoga <i>Kira McCarthy</i>	4:30-5:30 YS * Vinyasa Yoga <i>Dee Holliday</i>	5:30-6:15 MS * Pilates Mat (Heated) <i>Claire Danese</i>	1:45-2:30 MS * <b>Rounds: Boxing</b> <i>Ronnie Love</i>	5:15-6:00 YS * Pilates Fusion <i>Julia Atkin</i>
4:00-4:45 YS * Pilates Mat <i>Claire Goldes</i>	5:45-6:30 YS * Pilates Fusion <i>Katherine Menna</i>	5:30-6:15 MS * Body Sculpt <i>Butchie Gamble</i>	5:00-5:45 MS * Stacked <i>Tim Flores</i>	5:30-6:15 YS * Pilates Mat (Heated) <i>Claire Danese</i>	2:15-3:00 YS * Pilates Fusion <i>Claire Danese</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Jacob Reynolds</i>
5:00-6:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	6:00-6:45 CS * Beats Ride <i>Ariella Laden</i>	6:15-7:00 CS * Beats Ride <i>Vinnie Smith</i>	5:45-6:30 YS * Pilates Fusion <i>Alec Hynes</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Natalie Perez</i>	3:15-4:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	
5:15-6:00 MS * Cardio Sculpt <i>Molly Mook</i>	6:15-7:00 MS * 360 Strength <i>Tim Flores</i>	6:30-7:15 MS * Stronger <i>Butchie Gamble</i>	6:15-7:00 MS * Barefoot Sculpt <i>Ary Nunez</i>	6:45-7:30 MS * Feel Good Friday: Cardio Dance <i>Sarah Wolff</i>	3:30-4:15 MS * Athletic Conditioning <i>Genevieve Gordon</i>	
5:45-6:35 TR * Precision Run® <i>Elsa Saatela</i>	6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	6:45-7:30 YS * True Barre (Heated) <i>JP Maddock</i>	6:45-7:45 YS * Yin Yoga <i>Megan Hope</i>		4:30-5:15 YS * True Barre: Bala Bangle <i>Genevieve Gordon</i>	
6:15-7:00 CS * Beats Ride <i>Molly Mook</i>	7:15-8:00 MS * <b>Leg Day</b> <i>Mandy Corcione</i>	7:30-8:20 MS * Cardio Sculpt <i>Betsy M</i>	7:15-8:00 MS * Body Sculpt <i>Gerard Thelemaque</i>			
6:30-7:15 MS * MetCon Monday <i>Bransen Gates</i>	8:00-8:45 YS * True Barre <i>Chelsea Brite</i>	7:45-8:45 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	8:00-8:45 YS * Pilates Rise <i>Claire Goldes</i>			
6:45-7:30 YS * Pilates at the Barre <i>Sammy Tuchman</i>						
7:30-8:15 MS * Stronger <i>Bransen Gates</i>						
7:45-9:00 YS * Power Vinyasa (Heated) <i>Johan Montijano</i>						

# EQUINOX

## WILLIAMSBURG

246 Bedford Ave

BROOKLYN NY 11211

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 11:00 PM

**FRI** 05:30 AM 10:00 PM

**SAT-SUN** 08:00 AM 08:00 PM

## GROUP FITNESS MANAGER

taj.harrislee@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**

**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** 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.

## **Yoga**

**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.

**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 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, dumbbells, 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.

**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**

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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.

**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.

**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**

**Feel Good Friday: Cardio Dance** Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

## **Boxing**

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## **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.

**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**

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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** Don't skip Leg Day: 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.

**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. An Equinox exclusive.