

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>	8:00-8:30 MS * Best Butt Ever <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>	11:15-12:00 CS * Beats Ride <i>Diego Lanza</i>
9:15-10:00 YS * Barefoot Sculpt <i>Taj Harris</i>	9:30-10:15 MS * MetCon3 <i>Andrew Muscarella</i>	9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	8:30-8:45 MS * Upper Body Pump <i>Tim Flores</i>	12:00-1:00 YS * Power Vinyasa <i>Taj Harris</i>	11:00-11:45 CS * Beats Ride <i>Team Equinox</i>	11:45-1:00 YS * Vinyasa Yoga <i>Victoria Gibbs</i>
10:30-11:15 YS * Pilates at the Barre <i>Sammy Tuchman</i>	12:30-1:15 MS * Core6 <i>Butchie Gamble</i>	10:30-11:30 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	8:45-9:00 MS * Best Abs Ever <i>Tim Flores</i>	3:00-3:45 YS * Pilates Fusion <i>Abby Hogue</i>	11:30-12:20 TR * Precision Run® <i>Elsa Saatela</i>	1:00-1:45 MS * MetCon3 <i>Kyle White</i>
12:15-1:15 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	1:15-2:00 YS * Barefoot Sculpt <i>Mary Hannah Dober</i>	12:15-1:00 YS * Pilates Mat <i>Jack Wunsch</i>	9:00-10:00 YS * Vinyasa Yoga <i>Katelyn Thelemaque</i>	4:00-4:45 MS * Body Sculpt <i>Mandy Corcione</i>	11:45-12:35 MS * 360 Strength <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>	4:30-5:15 YS * True Barre: Off the Barre <i>Katherine Menna</i>	12:30-1:15 MS * Body Sculpt <i>Taj Harris</i>	9:30-10:15 MS * Stronger <i>Tim Flores</i>	4:15-5:15 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	12:00-12:45 YS * Pilates Mat <i>Stephanie Russo</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>	5:00-5:45 MS * Stronger <i>Tim Flores</i>	4:00-4:45 YS * Pilates Mat <i>Alex Dill</i>	10:15-11:00 YS * Pilates Fusion <i>Cameron Norsworthy</i>	5:15-6:05 MS * MetCon3 <i>Elsa Saatela</i>	12:45-1:30 MS * Core6 <i>Tim Flores</i>	4:15-5:00 YS * Sonic Meditation <i>Babette Godefroy</i>
4:00-4:45 YS * Pilates Mat <i>Claire Goldes</i>	5:45-6:30 YS * Pilates Fusion <i>Katherine Menna</i>	5:00-6:00 YS * Vinyasa Yoga <i>Kira McCarthy</i>	12:30-1:15 MS * Athletic Conditioning <i>JD Martin</i>	5:30-6:15 YS * Pilates Mat (Heated) <i>Claire Danese</i>	1:00-2:00 YS * Power Vinyasa <i>Dee Holliday</i>	5:15-6:00 YS * Pilates Fusion <i>Julia Atkin</i>
5:00-6:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	6:00-6:45 CS * Beats Ride <i>Ariella Laden</i>	5:30-6:15 MS * Body Sculpt <i>Butchie Gamble</i>	1:15-2:00 YS * Pilates at the Barre <i>Kyla Lloyd</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Natalie Perez</i>	1:45-2:30 MS * Body Sculpt <i>Zuta Gilchrist</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Jacob Reynolds</i>
5:15-6:00 MS * Cardio Sculpt <i>Molly Mook</i>	6:15-7:00 MS * 360 Strength <i>Tim Flores</i>	6:15-7:00 CS * Beats Ride <i>Vinnie Smith</i>	4:30-5:30 YS * Vinyasa Yoga <i>Dee Holliday</i>	6:45-7:30 MS * Feel Good Friday: Cardio Dance <i>Sarah Wolff</i>	2:15-3:00 YS * Pilates Fusion <i>Claire Danese</i>	
5:45-6:35 TR * Precision Run® <i>Elsa Saatela</i>	6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	6:30-7:15 MS * Stronger <i>Butchie Gamble</i>	5:00-5:45 MS * Stacked <i>Tim Flores</i>		3:15-4:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	
6:15-7:00 CS * Beats Ride <i>Molly Mook</i>	7:15-8:00 MS * Cardio Sculpt <i>Mandy Corcione</i>	6:45-7:30 YS * True Barre (Heated) <i>JP Maddock</i>	5:45-6:30 YS * Pilates Fusion <i>Alec Hynes</i>		3:30-4:15 MS * Athletic Conditioning <i>Genevieve Gordon</i>	
6:30-7:15 MS * MetCon Monday <i>Bransen Gates</i>	8:00-8:45 YS * True Barre <i>Chelsea Brite</i>	7:30-8:15 MS * Pilates Fusion <i>Maria Martinez</i>	6:15-7:00 MS * Barefoot Sculpt <i>Ary Nunez</i>		4:30-5:15 YS * True Barre: Bala Bangle <i>Genevieve Gordon</i>	
6:45-7:30 YS * Pilates at the Barre <i>Sammy Tuchman</i>		7:45-8:45 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	6:45-7:45 YS * Yin Yoga <i>Megan Hope</i>			
7:30-8:15 MS * Stronger <i>Bransen Gates</i>			7:15-8:00 MS * Body Sculpt <i>Gerard Thelemaque</i>			
7:45-9:00 YS * Power Vinyasa (Heated) <i>Johan Montijano</i>			8:00-8:45 YS * Pilates Rise <i>Claire Goldes</i>			

EQUINOX

WILLIAMSBURG

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EQUINOX.COM

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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.

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.

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.

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.