

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:45 PD * Swim: Skills + Drills <i>Jenna Deangelis</i>	6:15-7:00 YS * Pilates Mat <i>Vivian Jonokuchi</i>	7:00-7:45 MS * Rhythmic Sculpt <i>Nicky Venditti</i>	6:15-7:00 YS * True Barre (Heated) <i>Rebecca Van Vliet</i>	7:00-8:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	8:30-9:15 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	9:30-10:15 CS * Anthem Ride <i>Amy Chiu</i>
7:00-7:45 CS * True Barre: Bala Bangle (Heated) <i>Michael J. Clark</i>	7:00-7:45 CS * Beats Ride <i>Ev Auto</i>	7:00-7:45 YS * True Barre (Heated) <i>Nicole Uribarri</i>	7:00-7:45 CS * <b>Beats Ride</b> <b><i>Amy Chiu</i></b>	7:30-8:15 CS * Beats Ride <i>Moses Alcid</i>	8:45-9:45 PD * Swim: Pro <i>Ester Kim</i>	9:45-10:30 YS * Pilates Mat (Heated) <i>Bianca Crystal</i>
7:30-8:15 CS * Beats Ride <i>Steven Goldsmith</i>	7:00-7:45 MS * Stronger <i>Denay Rogers</i>	7:15-8:05 TR * Precision Run® <i>Steven Goldsmith</i>	7:00-7:30 MS * Best Butt Ever <i>Jack McGowan</i>	7:45-8:30 MS * MetCon3 <i>Jack McGowan</i>	9:00-9:45 MS * Stronger <i>Jess Strohmyer</i>	10:00-10:50 MS * Rounds: Bags and Mitts <i>Khaled Zeidan</i>
7:45-8:35 MS * Stronger <i>TomJohn Mershon</i>	7:00-7:30 TR * Precision Run 30 <i>Chaz Jackson</i>	7:30-8:20 CS * Beats Ride <i>Mario Martinez</i>	7:15-8:00 YS * Pilates Fusion <i>Michael Apuzzo</i>	9:00-9:50 YS * True Barre <i>Lucas Blankenhorn</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jessica Chin</i>	10:30-11:20 TR * Precision Run® <i>Amy Chiu</i>
8:00-8:45 YS * Pilates Fusion <i>Lipe</i>	7:30-8:15 YS * Power Vinyasa (Heated) <i>Jade Alexis</i>	7:30-8:15 PD * Swim: Pro <i>Hilary Hebrank</i>	7:45-8:35 TR * Precision Run + Strength <i>Jack McGowan</i>	9:30-10:15 MS * <b>Superset Athlete</b> <b><i>TomJohn Mershon</i></b>	10:00-10:50 MS * Whipped! <i>Gerren Liles</i>	11:00-12:00 PD * Swim: Skills + Drills <i>Jason Strong</i>
9:30-10:30 YS * Vinyasa Yoga <i>Colleen Murphy</i>	7:45-8:15 TR * Precision Run 30 <i>Chaz Jackson</i>	8:00-8:45 MS * MetCon3 <i>Christopher Vo</i>	8:00-8:45 MS * Stronger <i>Peyton Royal</i>	10:30-11:15 YS * <b>Headstrong Reset</b> <b><i>Babette Godefroy</i></b>	10:15-11:00 CS * Beats Ride <i>Kris Wilkins</i>	11:15-11:45 MS * <b>Quick HIIT</b> <b><i>Story VonHolzhausen</i></b>
12:15-1:05 MS * 360 Strength <i>Michael Keeney</i>	8:00-8:45 MS * Athletic Conditioning <i>Mara Gabrielle</i>	8:00-9:00 YS * Vinyasa Yoga (Heated) <i>Michael Gervais</i>	8:15-9:05 YS * Pilates Rise <i>Jessica Chin</i>	11:00-12:00 PD * Swim: Pro <i>TomJohn Mershon</i>	11:00-11:45 MS * Cardio Sculpt <i>Stephanie Levinson</i>	11:30-12:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>
12:15-1:15 YS * Vinyasa Yoga <i>Kristina Erikson</i>	8:30-9:15 YS * Pilates Fusion <i>Alisha Wickering</i>	9:30-10:20 YS * Pilates Rise <i>Brian Slaman</i>	12:00-12:45 YS * Pilates Fusion <i>Taylor Phillips</i>	12:00-12:45 MS * Best Stretch Ever <i>Kelsey Stalter</i>	11:15-12:00 YS * True Barre: Bala Bangle (Heated) <i>Michael J. Clark</i>	12:00-12:45 MS * <b>Stronger</b> <b><i>Story VonHolzhausen</i></b>
1:15-2:00 CS * Beats Ride <i>Michael Keeney</i>	12:15-1:00 MS * Body Sculpt <i>Kyla Lloyd</i>	12:15-1:00 MS * Athletic Conditioning <i>Or Artzi</i>	12:15-1:05 MS * MetCon3 <i>KaRa Dizon</i>	12:15-1:00 YS * <b>Pilates Fusion (Heated)</b> <b><i>Rachel King</i></b>	11:45-12:35 TR * Precision Run® <i>Andrew Briedis</i>	12:45-1:15 MS * Best Abs Ever <i>Story VonHolzhausen</i>
4:30-5:15 MS * Limited Series: Stronger Women <i>Maddie Myers</i>	1:15-2:00 TR * Precision Walk: Elevate <i>Candace Peterson</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Andy Santana</i>	1:00-2:00 YS * Power Vinyasa <i>Jacob Reynolds</i>	4:00-4:50 TR * <b>Precision Run®</b> <b><i>Waz Ashayer</i></b>	12:00-12:45 MS * Best Butt Ever <i>Esteban Deleon</i>	12:45-1:35 YS * True Barre: Cardio <i>Diane LaVon</i>
5:15-6:05 YS * Pilates at the Barre <i>Claire Crause</i>	1:15-2:00 YS * Pilates at the Barre <i>Kyla Lloyd</i>	1:15-2:00 TR * Precision Run® <i>Or Artzi</i>	5:15-6:00 MS * Rhythmic Sculpt <i>Alex Ware</i>	4:15-5:00 YS * Pilates at the Barre <i>Karla Beltchenko</i>	12:00-12:45 PD * Swim: Basics <i>Ester Kim</i>	2:00-3:00 YS * Power Vinyasa <i>Diane LaVon</i>
5:30-6:15 MS * Ropes and Rowsers <i>Michael J. Clark</i>	4:15-5:05 MS * Rounds: Bags and Mitts <i>Christopher Vo</i>	4:00-5:00 YS * Yin Yoga + Sound Meditation <i>Babette Godefroy</i>	5:15-6:15 YS * Power Vinyasa (Heated) <i>Michael Gervais</i>	5:00-5:45 MS * <b>MetCon3</b> <b><i>Waz Ashayer</i></b>	12:15-1:00 YS * Pilates Mat (Heated) <i>Emilee Theno</i>	2:15-3:00 MS * Best Stretch Ever <i>Mike Owczarek</i>
5:45-6:30 CS * Beats Ride <i>Alex Joy Pucci</i>	4:15-5:00 YS * Pilates Fusion <i>Taylor Phillips</i>	5:00-6:00 PD * Swim: Pro <i>George Fletcher</i>	5:30-6:20 YS * Precision Run + Strength <i>Javier Ortega</i>	5:10-6:00 YS * Pilates Rise <i>Karla Beltchenko</i>	12:15-1:00 YS * Pilates Mat (Heated) <i>Emilee Theno</i>	4:30-5:30 YS * Restorative Yoga <i>Suzanne Taylor</i>
6:15-6:30 MS * Best Abs Ever <i>Michael J. Clark</i>	5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Jamison Goodnight</i>	5:15-6:00 YS * Pilates Mat (Heated) <i>Susan Mario Carrick</i>	TR * 6:00-6:45 CS * Beats Ride <i>Leah Clark</i>	6:00-6:45 CS * <b>Beats Ride</b> <b><i>Alfonso Alchaer</i></b>	3:15-4:05 MS * Tai Chi <i>Khaled Zeidan</i>	5:45-6:30 YS * Sonic Meditation <i>Suzanne Taylor</i>
6:30-7:15 YS * Pilates Fusion <i>Karla Beltchenko</i>	5:30-6:15 CS * Anthem Ride <i>Michael Keeney</i>	5:30-6:15 MS * Knockout <i>Erika Hammond</i>	6:20-7:10 MS * 360 Strength <i>Alyssa Cerrachio</i>	6:15-7:05 MS * Cardio Dance <i>Anastasiia Gavriukhova</i>	4:00-5:00 YS * Sculpted Yoga™ (Heated) <i>Michael J. Clark</i>	
6:45-7:30 MS * MetCon Monday <i>Jim Scholl</i>	5:30-6:15 MS * Stronger <i>Peyton Royal</i>	5:30-6:15 TR * Precision Run® <i>Waz Ashayer</i>	6:45-7:30 YS * Inner Strength <b><i>Nadia Zaki</i></b>	6:15-7:30 YS * Power Vinyasa (Heated) <i>Karla Beltchenko</i>		
7:00-7:50 TR * Precision Run® <i>Corky Corkum</i>	6:30-7:15 MS * Cardio Dance: 305 Dance <i>Tom Feeney</i>	5:45-6:30 CS * Beats Ride <i>Ary Nunez</i>	7:00-7:50 TR * Precision Walk: Elevate <i>Corky Corkum</i>	7:45-8:30 YS * Sonic Meditation <i>Suzanne Taylor</i>		
7:30-8:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Michael Keeney</i>	6:30-7:15 MS * Stronger <i>Bryce Vaewsorn</i>	7:15-8:15 PD * Swim: Skills + Drills <i>Jason Strong</i>			
7:45-8:30 MS * Ballet by Equinox x ABT <i>Abbey Hunt</i>	6:45-7:30 YS * True Barre <i>Michael J. Clark</i>	6:30-7:15 YS * Pilates at the Barre <i>Michael J. Clark</i>	7:30-8:20 MS * Muay Thai <i>Khaled Zeidan</i>			
	7:15-8:15 PD * Swim: Pro (L2) <i>Torello Cabrol</i>	7:30-8:30 YS * Power Vinyasa <i>Matt D'Amico</i>	7:45-8:45 YS * Inner Power Flow <b><i>Nadia Zaki</i></b>			
	7:30-8:15 MS * Best Stretch Ever <i>Mike Owczarek</i>					
	7:45-8:45 YS * Yin Yoga (Heated) <i>Rose Firouzbakht</i>					

# EQUINOX

## HUDSON YARDS

32 Hudson Yards

NEW YORK NY 10001

EQUINOX.COM

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

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

**SAT-SUN** 07:00 AM 09:00 PM

## GROUP FITNESS MANAGER

michael.clark@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## 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 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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

**Inner Power Flow** Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.

**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.

**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 + 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.



## 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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**Superset Athlete** This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



## Barre

**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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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

**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.

**Cardio Dance: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.



## Boxing

**Knockout** Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

**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.



## Swim

**Swim: Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.



## Regeneration

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Headstrong Reset** An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. An Equinox exclusive.

**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.

**Tai Chi** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.



## Sculpt

**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.

**Inner Strength** Power through Nadia Zaki's challenging dance-based conditioning course. Reform your balance and alignment and hone your focus as you strengthen and stretch your whole body.

**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

**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.

**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.