

# EQUNOX

## HUDSON YARDS

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time

**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:45 PD * Swim: Skills + Drills Jenna Deangelis	6:15-7:00 Pilates Mat YS * Vivian Jonokuchi	7:00-7:45 Rhythmic Sculpt MS * Nicky Venditti	6:15-7:00 True Barre (Heated) YS * Rebecca Van Vliet	7:00-8:00 Vinyasa Yoga Mardi Sykes	8:30-9:15 Pilates Fusion YS * Vivian Jonokuchi	9:30-10:15 Anthem Ride CS *
7:00-7:45 True Barre: Bala Bangle (Heated) Michael J. Clark	7:00-7:45 Beats Ride CS * Ev Autio	7:00-7:45 True Barre (Heated) YS * Nicole Uribarri	7:00-7:45 Beats Ride CS * Amy Chiu	7:30-8:15 Beats Ride Moses Alcid	8:45-9:45 Swim: Pro PD * Ester Kim	9:45-10:30 Pilates Mat (Heated) YS * Bianca Crystal
7:30-8:15 Beats Ride CS * Steven Goldsmith	7:00-7:45 Stronger MS * Renee Pesante	7:15-8:05 Precision Run® TR * Steven Goldsmith	7:00-7:30 Best Butt Ever MS * Jack McGowan	7:45-8:30 MetCon3 MS * Jack McGowan	9:00-9:45 Stronger MS * Jess Strohmyer	10:00-10:50 Rounds: Bags and Mitts MS * Khaled Zeidan
7:45-8:35 Stronger MS * Tom John Mershon	7:30-8:20 Precision Run® TR * Chaz Jackson	7:30-8:20 Beats Ride CS * Mario Martinez	7:15-8:00 Pilates Fusion YS * Michael Apuzzo	9:00-9:50 True Barre YS * Lucas Blankenhorn	9:45-10:45 Vinyasa Yoga YS * Jessica Chin	10:30-11:20 Precision Run® Amy Chiu
8:00-8:45 Pilates Fusion Lipe	7:30-8:15 Power Vinyasa (Heated) Jade Alexis	7:30-8:15 Swim: Pro PD * Hilary Hebrank	7:45-8:35 Precision Run + Strength TR * Jack McGowan	9:30-10:15 Superset Athlete MS * Tom John Mershon	10:00-10:50 Whipped! MS * Geren Liles	11:00-12:00 Swim: Skills + Drills PD * Jason Strong
9:30-10:30 Vinyasa Yoga YS * Colleen Murphy	8:00-8:45 Athletic Conditioning MS * Mara Gabrielle	8:00-8:45 MetCon3 MS * Christopher Vo	8:00-8:45 Stronger MS * Peyton Royal	11:00-12:00 Swim: Pro PD * Tom John Mershon		
12:15-1:05 360 Strength MS * Michael Keeney	8:30-9:15 Pilates Fusion (Heated) Bianca Crystal	8:30-9:15 Pilates Fusion (Heated) Michael Gervais	8:15-9:05 Vinyasa Yoga YS * Jessica Chin	11:15-12:00 Headstrong Reset YS * Babette Godefroy	11:00-11:45 Cardio Sculpt MS *	11:30-12:15 Stronger MS *
12:15-1:15 Vinyasa Yoga YS * Kristina Erikson	12:15-1:00 Body Sculpt MS * Kyla Lloyd	12:15-1:00 Athletic Conditioning Or Artzi	12:00-12:45 Pilates Fusion YS * Taylor Phillips	12:00-12:45 Best Stretch Ever MS * Kelsey Stalter	11:15-12:00 True Barre: Bala Bangle (Heated) YS * Michael J. Clark	11:30-12:30 Vinyasa Yoga YS * Robert Nguyen
1:15-2:00 CS * Beats Ride Michael Keeney	1:15-2:00 Precision Walk: Elevate TR * Candace Peterson	1:15-2:00 Sculpted Yoga™ Andy Santana	12:15-1:05 MS * KaRa Dizon	12:15-1:15 Power Vinyasa (Heated) YS * Babette Godefroy	12:30-1:20 Core6 MS *	12:45-1:35 True Barre: Cardio YS * Diane LaVon
4:30-5:15 Stronger MS * Maddie Myers	1:15-2:00 Pilates at the Barre Kyla Lloyd	1:15-2:00 Best Stretch Ever MS *	1:00-2:00 Power Vinyasa Jacob Reynolds	4:00-4:50 Precision Run® TR * Waz Ashayer	12:00-12:45 Swim: Basics MS *	2:00-3:00 Power Vinyasa Diane LaVon
5:15-6:05 Pilates at the Barre YS * Claire Craise	4:15-5:05 Rounds: Bags and Mitts MS * Christopher Vo	4:00-5:00 Yin Yoga Meditation Babette Godefroy	5:15-6:00 Rhythmic Sculpt MS * Alex Ware	4:15-5:00 Pilates at the Barre YS * Karla Beltchenko	12:15-1:00 Pilates Mat (Heated) YS * Emilee Theno	2:15-3:00 Best Stretch Ever MS *
5:30-6:15 Ropes and Rowers MS * Michael J. Clark	4:15-5:00 Pilates Fusion MS * Taylor Phillips	4:30-5:15 Core6 MS *	5:15-6:15 Power Vinyasa (Heated) MS * Michael Gervais	5:00-5:45 MetCon3 MS * Waz Ashayer	1:15-2:15 Vinyasa Yoga (Heated) YS * Mariko Hirakawa	4:30-5:30 Restorative Yoga YS * Suzanne Taylor
5:45-6:30 Beats Ride CS * Alex Joy Pucci	5:15-6:15 Vinyasa Yoga (Heated) YS * Jamison Goodnight	5:00-6:00 Swim: Pro MS *	5:30-6:20 Precision Run + Strength TR * Javier Ortega	5:10-6:00 Pilates Rise YS * Karla Beltchenko	3:15-4:05 Tai Chi MS *	5:45-6:30 Sonic Meditation YS * Suzanne Taylor
6:15-6:30 Best Abs Ever MS * Michael J. Clark	5:30-6:15 Stronger MS * Peyton Royal	5:15-6:00 Pilates Mat (Heated) MS * Susan Mario Carrick	6:00-6:45 Beats Ride MS * Leah Clark	6:15-7:05 360 Strength MS * Alyssa Cerrachio	4:00-5:00 Feel Good Friday: Studio Dance Anastasiia Gavriukhova	
6:30-7:15 Pilates Fusion YS * Karla Beltchenko	5:45-6:30 Anthem Ride MS * Michael Keeney	5:30-6:15 Knockout MS *	6:45-7:30 Inner Strength YS * Nadia Zaki	6:15-7:30 MS * Power Vinyasa (Heated) YS *	4:00-5:00 Sculpted Yoga™ (Heated) Michael J. Clark	
6:45-7:30 MetCon Monday MS * Jim Scholl	6:30-7:15 Cardio Dance: 305 MS * Tom Feeney	5:45-6:30 Beats Ride MS * Ary Nunez	7:00-7:50 Precision Walk: Elevate TR * Corky Corkum	7:00-8:20 Power Vinyasa (Heated) MS * Kaela Zeidan		
7:00-7:50 Precision Run® TR * Corky Corkum	6:45-7:35 Precision Walk: Elevate TR * Michael Keeney	6:30-7:15 Stronger MS * Bryce Vaewson	7:15-8:15 Pilates at the Barre MS * Michael J. Clark	7:15-8:15 Swim: Skills + Drills MS * Jason Strong		
7:30-8:30 Vinyasa Yoga YS * Katy Lewis	6:45-7:30 True Barre MS * Michael J. Clark	6:30-7:15 Pilates at the Barre MS * Michael J. Clark	7:30-8:20 Muay Thai MS * Khaled Zeidan	7:30-8:20 Inner Power Flow MS * Nadia Zaki		
7:45-8:30 Ballet by Equinox x ABT MS *	7:15-8:15 Swim: Pro (L2) MS * Torello Cabrol	7:30-8:30 Best Stretch Ever MS * Mike Owczarek	7:30-8:30 Dance Series: Music Video MS *	7:45-8:45 Power Vinyasa MS * Matt D'Amico		
	7:30-8:15 Yin Yoga (Heated) YS *					

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUNOX

## HUDSON YARDS

32 Hudson Yards

NEW YORK NY 10001

EQUINOX.COM

@EQUINOX

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®** 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 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.

**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.

**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 Bangles** 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: 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.

**Dance Series: Music Video** This choreography-driven dance class is part of our month-long Dance Series. Learn a complete combination, improve technique, and unleash your inner dancer.

**Feel Good Friday: Studio Dance** Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

## ❖ 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.

**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.