

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 Body Sculpt MS * <i>Zach Bergfelt</i> 9:30-10:15 Pilates Mat MS * <i>Erin Giordano</i> 10:30-11:15 Core6 <u><i>Melissa Chisholm</i></u>	8:00-8:50 Precision Walk: Elevate <i>Avery Washington</i> TR * 8:30-9:15 True Barre: Off the Barre MS * 10:30-11:15 Core6 <u><i>Carolann Valentino</i></u>	8:30-9:15 Re-formation Pilates MS * <i>Zach Bergfelt</i> 9:30-10:15 Best Stretch Ever <i>Carolann Valentino</i> 10:30-11:15 MS *	8:30-9:15 Body Sculpt MS * <i>Gaby Moreno</i> 9:30-10:15 True Barre: Off the Barre MS * 10:30-11:15 Best Stretch Ever MS *	8:15-9:00 Body Sculpt MS * <i>Nicky Venditti</i> 8:30-9:20 Precision Walk: Elevate TR * 9:30-10:30 Vinyasa Yoga MS * 11:00-11:45 Pilates Mat MS *	8:30-9:15 Pilates Mat MS * <i>Rachel Marchica</i> 9:30-10:15 True Barre: Off the Barre MS * <i>Erin Gamble</i> 10:30-11:30 Vinyasa Yoga MS *	8:30-9:15 Barefoot Sculpt MS * <i>Nikki Rosenbloom</i> 9:30-10:15 Cardio Dance MS * <i>JJ Montell</i> 10:30-11:15 Body Sculpt MS * <i>Sarah Esser</i>
5:30-6:15 Pilates Fusion MS * <i>Rachel Marchica</i> 6:30-7:15 Sonic Meditation MS * <i>Kelly Raspberry</i>	11:00-11:45 Pilates Mat MS * <i>Karen Hyland Monteith</i> 6:00-7:00 Power Vinyasa MS * <i>Dana Slamp</i>	5:30-6:15 Pilates Mat MS * <i>Christopher Howard</i> 6:30-7:30 Gentle Yoga MS * <i>Michelle Hill</i>	5:30-6:15 Pilates Fusion MS * <i>Erin Giordano</i> 6:30-7:30 Vinyasa Yoga MS *			

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30 East 85th Street

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MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 08:00 AM 06:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.**ACCLAIMED INSTRUCTORS.****TRANSFORMED BODIES.****STUDIO KEY**

MS Main Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

 **Running****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****Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.**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.**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. **Hiit****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. **Barre****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.**Re-formation Pilates** A contemporary Pilates-based, high-intensity, low-impact workout by Zach Bergfelt, fusing strength and mobility into one electric, high-energy flow. Build power, elevate movement, and boost flexibility through intentional, full-body sequencing, lighting up every muscle to create an athletic burn. **Dance****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. **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.**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.