E by EQUINOX **E MADISON AVENUE**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY	Studio key on back
Bold	New/Updated Class, Instructor, or Time
*	Advance sign-up required

MONDAY

8:30-9:15 Body Sculpt
MS * *Zach Bergfelt*

9:30-10:15 Pilates Mat
MS * *Erin Giordano*

10:30-11:15 Stronger
MS * *Diego Guevara*

5:30-6:20 Sculpted Yoga™
MS * *Nicky Venditti*

6:30-7:15 Sonic Meditation
MS * *Jennifer Herrera*

TUESDAY

8:30-9:15 Barefoot Sculpt: The Ring
MS * *Carolina Rivera*

8:30-9:15 Precision Walk: Elevate
TR * *Christie Vozniak*

9:30-10:30 Vinyasa Yoga
MS * *Josh Mathew-Meier*

11:00-11:45 Body Sculpt
MS * *Gaby Moreno*

6:30-7:15 True Barre: Off the Barre
MS * *Andrea Salazar Martinez*

WEDNESDAY

8:30-9:15 Re-formation Pilates
MS * *Zach Bergfelt*

9:30-10:15 Best Stretch Ever
MS * *Carolann Valentino*

5:30-6:15 Pilates Mat
MS * *Mia Wenger*

6:30-7:30 Power Vinyasa
MS * *Jane Johnsen*

THURSDAY

8:30-9:15 Body Sculpt
MS * *Vanita Iyer*

9:30-10:15 True Barre: Off the Barre
MS * *Lindsey Miller*

10:30-11:20 Sculpted Yoga™
MS * *Lauren Harris*

5:30-6:15 Pilates Fusion
MS * *Erin Giordano*

FRIDAY

8:30-9:15 Barefoot Sculpt: The Ring
MS * *Kyla Owen*

8:30-9:20 Precision Walk: Elevate
TR * *Margaret Schwarz*

9:30-10:30 Vinyasa Yoga
MS * *Josh Mathew-Meier*

11:00-11:45 Pilates Mat
MS * *Kylie Treacy*

SATURDAY

8:30-9:15 Pilates Mat
MS * *Rachel Marchica*

9:30-10:15 True Barre: Off the Barre
MS * *Erin Gamble*

10:30-11:30 Vinyasa Yoga
MS * *Lori Brungard*

SUNDAY

8:30-9:15 Pilates Fusion
MS * *Gabrielle Marino*

9:30-10:20 Vinyasa Yoga
MS * *Izzy VanHall*

10:30-11:15 Body Sculpt
MS * *Sarah Esser*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

E by EQUINOX

E MADISON AVENUE

30 East 85th Street

NEW YORK NY 10028

EQUINOX.COM

@EQUINOX

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

carolina.riveramoreno@equinox.com

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.

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.

Strength

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.

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.

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: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.

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.