

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 Body Sculpt MS* <i>Zach Bergfelt</i>	8:00-8:50 Precision Walk: Elevate TR* <i>Avery Washington</i>	8:30-9:15 Re-formation Pilates MS* <i>Zach Bergfelt</i>	8:30-9:15 Body Sculpt MS* <i>Vanita Iyer</i>	8:15-9:00 Body Sculpt MS* <i>Kyla Owen</i>	8:30-9:15 Pilates Mat MS* <i>Rachel Marchica</i>	8:30-9:15 Pilates Fusion MS* <i>Gabrielle Marino</i>
9:30-10:15 Pilates Mat MS* <i>Erin Giordano</i>	8:30-9:15 True Barre: Off the Barre MS* <i>Carolina Rivera</i>	9:30-10:15 Best Stretch Ever MS* <i>Carolann Valentino</i>	9:30-10:15 True Barre: Off the Barre MS* <i>Joan Ferraro</i>	8:30-9:20 Precision Walk: Elevate TR* <i>Margaret Schwarz</i>	9:30-10:15 True Barre: Off the Barre MS* <i>Erin Gamble</i>	9:30-10:15 <b>Leg Day</b> MS* <i>Grace Cerda</i>
10:30-11:15 Stronger MS* <i>Melissa Chisholm</i>	9:30-10:30 Vinyasa Yoga MS* <i>Josh Mathew-Meier</i>	10:30-11:15 <b>Leg Day</b> MS* <i>Carolann Valentino</i>	10:30-11:20 <b>Sculpted Yoga™</b> MS* <i>Nicky Venditti</i>	9:30-10:30 Vinyasa Yoga MS* <i>Josh Mathew-Meier</i>	10:30-11:30 Vinyasa Yoga MS* <i>Lori Brungard</i>	10:30-11:15 Body Sculpt MS* <i>Sarah Esser</i>
5:30-6:15 True Barre: Off the Barre MS* <i>Rachel Marchica</i>	11:00-11:45 Body Sculpt MS* <i>Gaby Moreno</i>	5:30-6:15 Pilates Mat MS* <i>Mia Wenger</i>	5:30-6:15 Pilates Fusion MS* <i>Erin Giordano</i>	11:00-11:45 Pilates Mat MS* <i>Christopher Howard</i>		
6:30-7:15 Sonic Meditation MS* <i>Kelly Raspberry</i>	6:30-7:30 Power Vinyasa MS* <i>Dana Slamp</i>	6:30-7:30 Yin Yoga MS* <i>Jane Johnsen</i>	6:30-7:30 Vinyasa Yoga MS* <i>Victoria Gibbs</i>			

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E by EQUINOX

**E MADISON AVENUE**

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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.



**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.



**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.



**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**

**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.



**Strength**

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.