

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 MS * Body Sculpt <i>Zach Bergfelt</i>	6:45-7:30 MS * Stronger <i>Carolann Valentino</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Avery Washington</i>	8:30-9:15 MS * Barefoot Sculpt <i>Carolina Rivera</i>	8:15-9:00 MS * Body Sculpt <i>Nicky Venditti</i>	8:30-9:15 MS * Pilates Mat <i>Rachel Marchica</i>	8:30-9:15 True Barre: Off the Barre <i>Khalia Frazier</i>
9:30-10:15 MS * Pilates Mat <i>Erin Giordano</i>	8:30-9:15 True Barre: Off the Barre <i>Joan Ferraro</i>	8:30-9:15 MS * Pilates Fusion <i>Zach Bergfelt</i>	9:30-10:15 MS * Best Stretch Ever <i>Lipe</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Margaret Schwarz</i>	9:30-10:15 True Barre: Off the Barre <i>Erin Gamble</i>	9:30-10:15 Cardio Dance <i>Khalia Frazier</i>
11:00-11:45 MS * MetCon Monday <i>Melissa Chisholm</i>	9:30-10:30 MS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:30-10:15 MS * Best Stretch Ever <i>Carolann Valentino</i>	6:00-7:00 MS * Vinyasa Yoga <i>Caitlyn Casson</i>	9:30-10:30 MS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	MS * 10:30-11:30 Vinyasa Yoga <i>Lori Brungard</i>	MS * 10:30-11:15 Body Sculpt <i>Sarah Esser</i>
5:30-6:15 MS * Pilates Fusion <i>Rachel Marchica</i>	11:00-11:45 MS * Pilates Mat <i>Karen Hyland Monteith</i>	5:30-6:15 MS * Pilates Mat <i>Christopher Howard</i>		11:00-11:45 MS * Pilates Mat <i>Christopher Howard</i>		
6:30-7:15 MS * Sonic Meditation <i>Kelly Raspberry</i>	6:00-7:00 MS * Power Vinyasa <i>Dana Slamp</i>	6:30-7:30 MS * Gentle Yoga <i>Michelle Hill</i>				

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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

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.

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.

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.

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.