

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 *			

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

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

christopher.howard@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**

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.