

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 Cardio Dance MS* <i>JJ Montell</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 Core6 MS* <i>Carolann Valentino</i>	10:30-11:15 Best Stretch Ever 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

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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

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.

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



HIIT

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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

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.