

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|--|---|--|---|
| 5:45-6:30 MS * Stronger <i>Ricky Meschkow</i> | 5:45-6:35 YS * Sculpted Yoga™ <i>Sam Harris</i> | 5:45-6:30 MS * Athletic Conditioning <i>Ricky Meschkow</i> | 5:45-6:30 YS * Pilates Fusion <i>Marissa Andrews</i> | 5:45-6:35 MS * 360 Strength <i>Steve Ramirez</i> | 7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i> | 8:00-8:45 YS * Barefoot Sculpt <i>Jacqueline Risch</i> |
| 6:30-7:15 CS * Anthem Ride <i>Emily Marino</i> | 6:30-7:15 MS * Tabata Max <i>Jacqueline Risch</i> | 6:30-7:15 CS * Beats Ride <i>Stephenie Skaferowsky</i> | 6:30-7:15 MS * Stronger <i>Emily Marino</i> | 6:45-7:15 TR * Precision Run 30 <i>Jacqueline Risch</i> | 8:00-8:45 MS * Athletic Conditioning <i>Steve Ramirez</i> | 8:30-9:15 MS * Athletic Conditioning <i>Steve Ramirez</i> |
| 7:00-7:45 YS * True Barre: Bala Bangle <i>Michele Rogowsky</i> | 7:00-7:45 YS * Pilates Fusion <i>Stephenie Skaferowsky</i> | 7:00-7:45 YS * Pilates Mat <i>Marissa Andrews</i> | 7:00-7:45 YS * True Barre <i>Cari Michelman</i> | 7:00-7:45 YS * Pilates Fusion <i>Sam Harris</i> | 8:30-9:15 YS * True Barre <i>Michele Rogowsky</i> | 9:00-9:45 TR * Precision Walk: Elevate <i>Jacqueline Risch</i> |
| 7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i> | 7:45-8:15 MS * Upper Body Pump <i>Jacqueline Risch</i> | 7:45-8:30 MS * Stacked <i>Rocky Ribacoff</i> | 7:45-8:30 MS * Athletic Conditioning <i>Ricky Meschkow</i> | 7:30-8:15 MS * Limited Series: Stronger Women <i>Jacqueline Risch</i> | 9:00-9:45 MS * Body Sculpt <i>Rocky Ribacoff</i> | 9:15-9:30 MS * Best Abs Ever <i>Carolyn Mellace</i> |
| 7:45-8:30 MS * MetCon Monday <i>Emily Marino</i> | 8:15-8:45 MS * Best Butt Ever <i>Jacqueline Risch</i> | 8:30-9:30 YS * True Barre: Bala Bangle <i>Cari Michelman</i> | 8:30-9:15 CS * Beats Ride <i>Emily Marino</i> | 8:15-9:00 YS * Barefoot Sculpt <i>Jacqueline Risch</i> | 9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i> | 9:45-10:30 CS * Beats Ride <i>Carolyn Mellace</i> |
| 8:15-9:00 YS * Pilates at the Barre <i>Michele Rogowsky</i> | 8:30-9:15 CS * Beats Ride <i>Rocky Ribacoff</i> | 8:45-9:30 MS * MetCon3 <i>Ricky Meschkow</i> | 9:00-10:00 YS * Pilates Fusion <i>Sam Harris</i> | 8:45-9:30 CS * Anthem Ride <i>Damian Vella</i> | 9:45-10:00 MS * Best Abs Ever <i>Rocky Ribacoff</i> | 9:45-10:30 MS * Atletica <i>Rocky Ribacoff</i> |
| 8:45-9:30 MS * Body Sculpt <i>Rocky Ribacoff</i> | 9:00-10:00 YS * Pilates Fusion <i>Cari Michelman</i> | 9:30-10:15 CS * Beats + Bands Ride <i>Rocky Ribacoff</i> | 9:30-10:15 MS * Limited Series: Stronger Women <i>Emily Marino</i> | 9:15-10:15 YS * Sculpted Yoga™ <i>Lindsey Steinberg</i> | 10:15-11:05 MS * Rounds: Boxing <i>Jay Johnson</i> | 10:00-10:45 YS * Pilates Fusion <i>Sam Harris</i> |
| 9:15-10:15 YS * Vinyasa Yoga <i>Sheryl Oleksak</i> | 9:30-10:15 MS * Atletica <i>Rocky Ribacoff</i> | 10:30-11:15 YS * Barefoot Sculpt <i>Cari Michelman</i> | 9:30-10:20 TR * Precision Walk: Elevate <i>Jacqueline Risch</i> | 9:45-10:35 MS * Athletic Conditioning <i>Dana Mancini</i> | 10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Amy Max</i> | 10:45-11:30 MS * Cardio Dance <i>Deanna Gallicchio</i> |
| 9:45-10:30 MS * Athletic Conditioning <i>Ricky Meschkow</i> | 10:15-10:30 MS * Best Abs Ever <i>Rocky Ribacoff</i> | 11:30-12:20 YS * Pilates Rise <i>Casidhe Streeff</i> | 10:15-11:15 YS * Gentle Yoga <i>Sam Harris</i> | 10:30-11:15 YS * True Barre <i>Jacqueline Risch</i> | 11:45-12:30 YS * Pilates Fusion <i>Tara Stark</i> | 11:00-12:00 YS * Vinyasa Yoga (Heated) <i>Sam Harris</i> |
| 10:30-11:15 YS * True Barre: Bala Bangle <i>Jacqueline Risch</i> | 10:15-11:15 YS * Vinyasa Yoga <i>Haley Breen</i> | | | | | |
| 11:30-12:15 YS * Pilates Fusion <i>Lindsay B. Davis</i> | 5:30-6:15 YS * True Barre: Bala Bangle <i>Michele Rogowsky</i> | 4:30-5:15 YS * True Barre <i>Cari Michelman</i> | 5:30-6:15 YS * Barefoot Sculpt <i>Sam Harris</i> | 11:30-12:15 YS * Pilates Mat <i>Michele Rogowsky</i> | 4:00-5:00 YS * Pilates Mat <i>Vassia Spanos</i> | 4:00-5:00 YS * Weekend Wind Down Yoga <i>Kajal Bendale</i> |
| 4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Danielle Reynolds</i> | 6:00-6:30 MS * Upper Body Pump <i>Lindsay B. Davis</i> | 5:30-6:15 YS * Pilates Mat <i>Gayle Sanders</i> | 6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Sam Harris</i> | 4:30-5:15 YS * Pilates Fusion (Heated) <i>Stephenie Skaferowsky</i> | | 5:00-5:30 YS * Sound Meditation <i>Kajal Bendale</i> |
| 5:30-6:15 YS * Pilates Fusion (Heated) <i>Danielle Reynolds</i> | 6:30-7:00 MS * Best Butt Ever <i>Lindsay B. Davis</i> | 6:00-6:45 MS * Athletic Conditioning <i>Emily Marino</i> | 7:00-7:45 MS * Rounds: Boxing <i>Jay Johnson</i> | | | |
| 6:00-6:45 MS * Cardio Dance <i>Roya Obedian</i> | 6:30-7:15 YS * Pilates Fusion <i>Cari Michelman</i> | 6:30-7:15 YS * Pilates at the Barre <i>Gayle Sanders</i> | 7:30-8:00 YS * Sound Meditation <i>Sam Harris</i> | | | |
| 6:30-7:30 YS * Sculpted Yoga™ <i>Tara Stark</i> | 7:00-7:15 MS * Best Abs Ever <i>Lindsay B. Davis</i> | | | | | |
| 7:00-7:45 MS * Rounds: Kickboxing <i>Jay Johnson</i> | | | | | | |

EQUINOX

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SUN 07:00 AM 06:00 PM
Kids
SAT-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER
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SIGNATURE CLASSES.
ACCLAIMED INSTRUCTORS.
TRANSFORMED BODIES.

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio
TR Treadmill Area

CLASS LEVEL GUIDE
(All levels welcome unless otherwise noted.)
All All Levels Welcome
L1 Beginner
L2 Intermediate
L3 Advanced



Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that’s unlike anything you’ve tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.



Running

Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.



HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

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.

MetCon3 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.

Stacked Maximize your workout by “stacking” targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.



Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells 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.

Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.



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.



Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



Regeneration

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



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

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all.

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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.