

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 TR * Precision Run® Theo Bennett	6:15-7:00 MS * Athletic Conditioning Rene Lund	6:15-7:00 CS * Beats Ride Andrew Katz	6:15-7:00 MS * Athletic Conditioning Rene Lund	6:15-7:00 MS * Stronger Gina Capicotto	8:00-8:45 CS * Beats Ride Amanda Tighe	8:15-9:00 YS * Pilates Mat Joshua Diaz
7:15-8:00 MS * Cardio Sculpt Kyle Brown	6:15-7:05 TR * Precision Walk: Elevate Noah Orlan	6:15-7:00 MS * MetCon3 Theo Bennett	7:30-8:15 MS * Limited Series: Stronger Women Rene Lund	7:15-8:15 YS * Pilates Fusion Cheryl Tilles	8:15-9:00 YS * True Barre: Bala Bangle Jessica Mikel-Bertolini	9:00-9:45 MS * Ropes and Rowers Doug Schwartz
8:15-9:05 TR * Precision Walk: Elevate Jessica Mikel-Bertolini	7:30-8:15 MS * Tabata Max Rene Lund	7:15-8:00 YS * Barefoot Sculpt Beth Tomkiewicz	7:30-8:15 YS * True Barre Danielle Corpina	8:15-9:05 TR * Precision Walk: Elevate Rachel Shaver	8:30-9:15 MS * Whipped! Theo Bennett	9:00-9:50 TR * Precision Run® Rachel Shaver
9:15-10:00 MS * Best Butt Ever Jessica Mikel-Bertolini	7:30-8:15 YS * Pilates Fusion Adele Mackey	8:15-9:00 MS * Body Sculpt Jessica Mikel-Bertolini	8:30-9:15 CS * Anthem Ride Will Salgado-You	9:15-10:00 MS * Body Sculpt Jenn Evans	8:30-9:20 TR * Precision Walk: Elevate Margaret Cunzio	9:15-10:00 YS * True Barre Joshua Diaz
9:15-10:00 YS * True Barre: Bala Bangle Rachel Nicks	8:30-9:15 MS * Rhythmic Sculpt Larissa Crecco	8:15-9:05 TR * Precision Walk: Elevate Joshua Diaz	9:00-10:00 YS * The Refined Core Giovanna Accinelli	9:15-10:15 YS * Diamondfit Yoga Flow Renee Diamond	9:30-10:15 CS * Beats Ride Jessica Mikel-Bertolini	9:30-10:15 CS * Beats Ride Gina Waldman
10:00-10:15 MS * Best Abs Ever Jessica Mikel-Bertolini	9:00-10:00 YS * True Barre Giovanna Accinelli	8:15-9:00 YS * Pilates Fusion Cheryl Tilles	9:30-10:20 MS * Switch Up: Run + Strength Danielle Corpina Jessica Mikel-Bertolini	10:30-11:30 YS * True Barre Cindy Factor	9:30-10:15 MS * MetCon3 Theo Bennett	10:00-10:45 MS * Stronger Doug Schwartz
10:30-11:15 YS * Pilates Fusion Joshua Diaz	9:30-10:15 MS * Limited Series: Stronger Women Larissa Crecco	9:15-10:15 YS * Sculpted Yoga™ Joshua Diaz	10:30-11:30 YS * Yin Yoga Giovanna Accinelli	5:30-6:30 YS * Vinyasa Yoga (Heated) Kaitlyn Murphy	9:30-10:15 YS * Pilates Fusion Margaret Cunzio	10:30-11:30 YS * Weekend Wind Down Yoga Franklin Shire
5:30-6:30 YS * Vinyasa Yoga Danicia Ambron	9:30-10:20 TR * Precision Walk: Elevate + Strength Beth Tomkiewicz	9:30-10:15 CS * Beats Ride Jessica Mikel-Bertolini	5:30-6:20 YS * Pilates Rise Rachel Nicks		10:30-11:20 TR * Precision Run® Noah Orlan	10:45-11:00 MS * Best Abs Ever Doug Schwartz
6:30-7:15 MS * Body Sculpt Rachel Shaver	10:30-11:15 YS * Athletic Stretch Nora Apostle	10:30-11:20 YS * True Barre Jenn Evans	6:30-7:30 YS * Vinyasa Yoga (Heated) Carl Vreeland		10:30-11:15 YS * Barefoot Sculpt Rachel Shaver	
	5:30-6:30 YS * Vinyasa Yoga Franklin Shire	6:30-7:15 MS * Rounds: Boxing Sabrina Imbrogno			11:30-12:30 YS * Diamondfit Yoga Stretch Renee Diamond	3:00-4:00 YS * Vinyasa Yoga Deb Shin
	6:15-7:00 CS * Beats Ride Jessica Mikel-Bertolini	6:30-7:15 YS * Barefoot Sculpt Summer Venuto				
	7:15-8:15 YS * Sound Meditation Ashley Scully	7:30-8:30 YS * Gentle Yoga Denise Mathieson				

EQUINOX

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MON-THU 05:00 AM 10:00 PM
FRI 05:00 AM 09:00 PM
SAT 07:00 AM 08:00 PM
SUN 07:00 AM 07:00 PM


Kids
MON-FRI 08:00 AM 11:00 AM
SAT 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 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® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

Precision Walk: Elevate + Strength Exclusively at CT & Westchester, NY locations. A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.



Yoga

Diamondfit Yoga Flow Created by Renee Diamond, this class weaves breath and body in an intelligent way, with a focus on graceful transitions and dynamic rejuvenation.

Diamondfit Yoga Stretch Release tightness and ease aching muscles and joints in this open class created by Renee Diamond that perfectly complements your fitness training.


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.

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



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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.


Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



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.

The Refined Core Created by Giovanna Accinelli, this Pilates-inspired workout redefines full-body movement. Strengthen, lengthen, and sculpt using foam rollers, gliders, bands, and body weight. Expect mindful, technique-driven exercises that build deep core strength leaving you feeling aligned and empowered.



Boxing

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

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.



Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.

Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.



Strength

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.