

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Athletic Conditioning <i>Anne Olivieri</i>	6:00-6:50 MS * Stacked <i>Doug Schwartz</i>	6:00-6:50 YS * Barefoot Sculpt <i>Summer Venuto</i>	7:30-8:20 YS * Pilates Fusion <i>Summer Venuto</i>	6:00-6:50 YS * True Barre: Bala Bangle <i>Anne Olivieri</i>	7:30-8:20 YS * Barefoot Sculpt <i>Larissa Crecco</i>	8:30-9:20 MS * Rounds: Boxing <i>Aaron Brown</i>
7:30-8:20 YS * Pilates Mat <i>Adele Mackey</i>	7:30-8:20 YS * Barefoot Sculpt <i>Zina Ovchinnikoff</i>	7:15-8:00 CS * Beats Ride <i>Lisa Gagliardi</i>	8:30-9:20 MS * Athletic Conditioning <i>Lisa Gagliardi</i>	8:30-9:20 MS * Whipped! <i>Lisa Gagliardi</i>	8:30-9:20 MS * Stronger <i>Zina Ovchinnikoff</i>	8:30-9:20 YS * True Barre: Bala Bangle <i>Jessica Mikel-Bertolini</i>
8:30-9:20 MS * MetCon Monday <i>Zina Ovchinnikoff</i>	8:30-9:15 CS * Beats + Bands Ride <i>Lisa Gagliardi</i>	7:30-8:20 YS * Vinyasa Yoga <i>Saya Suyama</i>	8:30-9:20 YS * Barefoot Sculpt <i>Larissa Crecco</i>	8:30-9:20 YS * Precision Walk: Elevate + Strength <i>Beth Tomkiewicz</i>	8:30-9:20 TR * Precision Run® <i>Rachel Shaver</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>
8:30-9:20 YS * True Barre <i>Jenn Evans</i>	8:30-9:20 MS * Body Sculpt <i>Jenn Evans</i>	8:30-9:20 MS * Cardio Kickboxing <i>Francisco Sanchez</i>	9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i>	TR * Pilates Fusion <i>Mika Causa</i>	8:30-9:20 YS * True Barre <i>Anne Olivieri</i>	9:30-10:20 MS * Stacked <i>Theo Bennett</i>
9:30-10:20 MS * Rounds: Boxing <i>Dashaun Johns</i>	8:30-9:20 YS * Pilates at the Barre <i>Margaret Cunzio</i>	8:30-9:20 TR * Precision Run + Strength <i>Sam Wolf</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>	9:30-10:15 CS * Beats Ride <i>Lisa Gagliardi</i>	9:30-10:15 CS * Beats Ride <i>Vanessa DePaola</i>	9:30-10:15 YS * Pilates Fusion <i>Margaret Cunzio</i>
9:30-10:20 TR * Precision Run + Strength <i>Danielle Corpina</i>	9:30-10:20 MS * Cardio Sculpt <i>Lisa Gagliardi</i>	8:30-9:20 YS * Pilates Fusion <i>Summer Venuto</i>	9:30-10:30 YS * Vinyasa Yoga <i>Denise Mathieson</i>	MS * Body Sculpt <i>Sabrina Cohen</i>	9:30-10:20 MS * Rhythmic Sculpt <i>Larissa Crecco</i>	10:30-11:20 MS * Cardio Kickboxing <i>Francisco Sanchez</i>
9:30-10:30 YS * Diamondfit Yoga Flow <i>Renee Diamond</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Zina Ovchinnikoff</i>	9:30-10:20 MS * Body Sculpt <i>Brianne Munch</i>	10:45-11:45 YS * True Barre <i>Jenn Evans</i>	MS * 9:30-10:20 YS * True Barre <i>Julie de Marte</i>	9:30-10:30 YS * Vinyasa Yoga <i>Haley Jones</i>	10:30-11:30 YS * Slow Flow Yoga <i>Roxanne Gamory</i>
10:45-11:45 YS * Pilates Fusion <i>Sarah Harrison</i>	9:30-10:20 YS * True Barre <i>Julie de Marte</i>	9:30-10:20 YS * True Barre <i>Kate Petrov</i>	6:00-6:45 YS * Pilates Fusion <i>Margaret Cunzio</i>	10:30-11:30 YS * Vinyasa Yoga <i>Saya Suyama</i>	10:45-11:35 YS * Pilates Rise <i>Zina Ovchinnikoff</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Franklin Shire</i>
12:00-12:50 YS * Pilates at the Barre <i>Zina Ovchinnikoff</i>	10:30-11:30 YS * Slow Flow Yoga <i>Franklin Shire</i>	10:30-11:30 YS * Vinyasa Yoga <i>Susan Johnston</i>			12:00-1:00 YS * Sound Meditation <i>Kat Palmieri</i>	
5:00-5:45 YS * Barefoot Sculpt <i>Danielle Corpina</i>	5:00-5:45 YS * Pilates Fusion (Heated) <i>Deb Shin</i>	12:00-12:45 YS * Barefoot Sculpt <i>Rachel Shaver</i>				
5:30-6:20 MS * Stronger <i>Emily Comerford</i>	5:30-6:20 MS * MetCon3 <i>Doug Schwartz</i>	5:00-5:45 YS * Pilates Fusion <i>Summer Venuto</i>				
6:00-7:00 YS * Vinyasa Yoga <i>Roxanne Gamory</i>	6:00-7:00 YS * Vinyasa Yoga (Heated) <i>Deb Shin</i>	5:30-6:15 MS * Body Sculpt <i>Zina Ovchinnikoff</i>				
6:30-7:15 CS * Beats Ride <i>Nina Powderly</i>		6:30-7:15 YS * Sonic Meditation <i>Lana Arus</i>				

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 06:00 AM 08:00 PM

SUN 07:00 AM 07:00 PM

Kids

MON-FRI 08:00 AM 12:00 PM

SAT-SUN 08:00 AM 01:00 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

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 + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.



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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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.

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.



Boxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

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

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.

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

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.