

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Circuit Training <i>Michelle Goldberg</i>	6:00-6:45 CS * Beats Ride <i>Rob Guidetti</i>	6:00-6:45 YS * True Barre: Bala Bangle <i>Jackie Cunha</i>	6:00-6:45 CS * Anthem Ride <i>Ilana Maider</i>	6:00-6:45 MS * Rounds: Boxing <i>Jesse Agbotse</i>	8:15-9:15 YS * Vinyasa Yoga <i>Joshua Ehlin</i>	8:00-8:50 MS * Rounds: Bags and Mitts <i>Holly Silver</i>
7:15-8:05 MS * 360 Strength <i>Judens Goimbert</i>	6:30-7:15 MS * Stacked <i>Ilana Maider</i>	7:15-7:45 MS * Upper Body Pump <i>Olivia Tourek</i>	6:30-7:15 MS * Body Sculpt <i>Holly Silver</i>	8:30-9:15 MS * Circuit Training <i>Holly Silver</i>	8:30-9:20 MS * Ropes and Rowers <i>Michelle Goldberg</i>	8:15-9:00 YS * Power Vinyasa <i>Lisa Poggi</i>
8:30-9:15 MS * MetCon Monday <i>Julie Griglio</i>	7:30-8:15 MS * Lower Body Blast <i>Olivia Tourek</i>	7:45-8:15 MS * Quick HIIT <i>Olivia Tourek</i>	7:30-8:15 MS * Rounds: Kickboxing <i>Holly Silver</i>	8:30-9:20 TR * Precision Run® <i>Christian Ramos</i>	8:30-9:20 MS * Ropes and Rowers <i>Michelle Goldberg</i>	9:00-9:45 MS * Athletic Conditioning <i>Holly Silver</i>
9:30-10:15 MS * Stronger <i>Holly Silver</i>	8:30-9:15 YS * True Barre <i>Jenna Coker-Jones</i>	8:15-8:30 MS * Best Abs Ever <i>Olivia Tourek</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Michael J. Clark</i>	8:30-9:15 YS * Barefoot Sculpt <i>Julie Griglio</i>	8:30-9:20 MS * Precision Run + Strength <i>Olivia Tourek</i>	9:15-9:45 YS * Best Stretch Ever <i>Cheri Wild</i>
9:30-10:20 TR * Precision Walk: Elevate <i>Christian Ramos</i>	9:30-10:15 CS * Beats Ride <i>Gianna Amato</i>	8:30-9:15 YS * Pilates Mat <i>Julie Griglio</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Olivia Tourek</i>	9:30-10:15 CS * Beats Ride <i>Christian Ramos</i>	TR * Endurance Ride 60 <i>Rob Guidetti</i>	9:30-10:15 CS * Beats Ride <i>Ilana Maider</i>
9:30-10:15 YS * Barefoot Sculpt <i>Olivia Tourek</i>	9:30-10:15 MS * Body Sculpt <i>Jenna Coker-Jones</i>	9:30-10:15 MS * Stacked <i>Olivia Tourek</i>	8:30-9:20 TR * Precision Run + Strength <i>Arwen Lawson</i>	9:30-10:15 MS * Limited Series: Stronger Women <i>Julie Griglio</i>	CS * Stronger <i>Holly Silver</i>	10:00-10:45 YS * Pilates Mat <i>Cheri Wild</i>
10:15-10:30 MS * Best Abs Ever <i>Holly Silver</i>	9:30-10:15 TR * Precision Run® <i>Arwen Lawson</i>	9:30-10:15 YS * True Barre: Bala Bangle <i>Julie Griglio</i>	9:15-10:15 YS * Power Vinyasa <i>Nadia Zaki</i>	9:30-10:30 YS * Vinyasa Yoga <i>Annalisa Venezia</i>	MS * Precision Walk: Elevate <i>Julie Griglio</i>	10:30-11:15 MS * Stacked <i>Gina Taggart</i>
10:45-11:30 YS * Best Stretch Ever <i>Annalisa Venezia</i>	9:30-10:15 YS * Pilates Mat <i>Jackie Cunha</i>	10:30-11:20 TR * Precision Walk: Elevate + Strength <i>Julie Griglio</i>	9:30-10:15 CS * Beats Ride <i>Renee Pesante</i>	10:30-11:15 MS * Athletic Conditioning <i>Shelby Frantz</i>	9:30-10:15 YS * Barefoot Sculpt <i>Olivia Tourek</i>	10:45-11:15 TR * Precision Run 30 <i>Ilana Maider</i>
5:15-6:00 MS * Cardio Sculpt <i>Holly Silver</i>	10:30-11:15 MS * Limited Series: Stronger Women <i>Arwen Lawson</i>	4:30-5:15 MS * MetCon3 <i>Judens Goimbert</i>	10:30-11:20 YS * Pilates Rise <i>Jen DeSalvo</i>	5:15-6:15 YS * Hatha Yoga <i>Lisa Poggi</i>	10:30-11:15 MS * Rhythmic Sculpt <i>Holly Silver</i>	11:00-11:50 YS * True Barre <i>Jackie Cunha</i>
5:30-6:15 YS * True Barre <i>Carly Harper</i>	10:30-11:30 YS * Vinyasa Yoga <i>Joshua Ehlin</i>	5:30-6:15 YS * Pilates Fusion <i>Lisa Poggi</i>	5:30-6:15 MS * Athletic Conditioning <i>Jenna Coker-Jones</i>		10:30-11:15 YS * Pilates Fusion <i>Julie Griglio</i>	
6:30-7:20 MS * 360 Strength <i>Olivia Tourek</i>	5:30-6:20 MS * 360 Strength <i>Ben Tyree</i>	6:30-7:15 MS * Stronger <i>Olivia Tourek</i>	5:30-6:15 YS * True Barre: Bala Bangle <i>Carly Harper</i>			11:30-12:00 MS * Upper Body Pump <i>Ilana Maider</i>
6:30-7:30 YS * Inner Power Flow <i>Nadia Zaki</i>	5:30-6:15 YS * Pilates Mat <i>Annie Chen</i>					
	6:30-7:15 MS * Cardio Boxing <i>Ben Tyree</i>					

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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.
Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.



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 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 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

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
Inner Power Flow Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.
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

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.
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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.
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.



Boxing

Cardio Boxing Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.
Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
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

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.



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

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.
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.
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.