

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Stacked <i>Nancy Pires</i>	5:30-6:15 CS * Beats Ride <i>Jess Polcer</i>	6:30-7:15 MS * Athletic Conditioning <i>Martha Rebocho</i>	5:30-6:20 CS * Precision Ride <i>Jess Polcer</i>	6:15-7:00 MS * Leg Day <i>Nina Secchi</i>	8:00-8:45 MS * Athletic Conditioning <i>Kelly Greenwood</i>	8:00-8:45 MS * Athletic Conditioning <i>Hailey Barbarie</i>
7:30-8:15 YS * Sculpted Yoga™ <i>Diana Fonicello</i>	6:30-7:15 MS * Body Sculpt <i>Dina Fay</i>	6:30-7:15 MS * Barefoot Sculpt <i>Stephanie Shockley</i>	6:30-7:15 MS * MetCon3 <i>David Reyes</i>	7:15-8:05 Precision Run + Strength <i>Stephanie Shockley</i>	8:15-9:00 CS * Beats Ride <i>Jacob Eventoff</i>	8:45-9:30 YS * Barefoot Sculpt <i>Rhodie Lorenz</i>
7:45-8:30 MS * Leg Day <i>Nancy Pires</i>	7:30-8:30 YS * True Barre <i>Tracy Rotunno</i>	7:30-8:30 YS * Slow Flow Yoga <i>Diana Fonicello</i>	7:30-8:30 YS * Vinyasa Yoga <i>Alexa Moro</i>	TR * True Barre: Bala Bangle <i>Nina Secchi</i>	8:45-9:30 YS * Pilates Mat <i>Lesley Vainder</i>	9:00-9:45 MS * Stronger <i>Nancy Pires</i>
8:00-8:45 CS * Beats Ride <i>Rhodie Lorenz</i>	8:00-8:45 MS * Core6 <i>Nina Secchi</i>	7:45-8:30 MS * Body Sculpt <i>Jaren Mondry</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Nina Secchi</i>	7:30-8:30 YS * True Barre: Bala Bangle <i>Nina Secchi</i>	9:15-10:00 CS * Beats Ride <i>David Reyes</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Nicola Bam</i>
8:30-9:15 YS * True Barre <i>Noel Rosenstein</i>	8:30-9:15 CS * Beats Ride <i>Jacob Eventoff</i>	8:30-9:15 CS * Beats Ride <i>Rhodie Lorenz</i>	8:30-9:20 TR * Precision Walk: Elevate + Strength <i>Jess Gray</i>	7:45-8:30 MS * Ropes and Rowers <i>Nancy Pires</i>	9:15-10:00 MS * MetCon3 <i>Jacob Eventoff</i>	9:45-10:30 CS * Beats Ride <i>Rhodie Lorenz</i>
8:45-9:30 MS * Cardio Sculpt <i>Jacob Eventoff</i>	8:45-9:30 YS * Pilates Mat <i>Lesley Vainder</i>	8:45-9:30 TR * Stacked <i>Hailey Barbarie</i>	8:45-9:30 YS * Barefoot Sculpt <i>Martha Rebocho</i>	8:00-8:45 CS * Beats Ride <i>Jacob Eventoff</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jess Polcer</i>	10:00-10:50 YS * Pilates Rise <i>Nicola Bam</i>
9:00-9:45 CS * Beats Ride <i>David Reyes</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Jess Gray</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Vicki Lopez</i>	9:15-10:00 MS * Athletic Conditioning <i>Nancy Pires</i>	8:45-9:30 MS * Rounds: Boxing <i>Aaron Brown</i>	9:45-10:45 YS * Vinyasa Yoga <i>Abbey Chase</i>	10:30-11:20 MS * 360 Strength <i>Nancy Pires</i>
9:00-9:50 TR * Precision Run + Strength <i>Jaren Mondry</i>	9:15-10:00 MS * Stronger <i>David Reyes</i>	8:45-9:30 YS * Barefoot Sculpt <i>Diana Fonicello</i>	9:30-10:15 CS * Beats Ride <i>David Reyes</i>	8:45-9:30 YS * Barefoot Sculpt <i>Tracy Rotunno</i>	10:15-11:00 MS * Cardio Sculpt <i>Martha Rebocho</i>	
9:30-10:20 YS * Pilates Rise <i>Rhodie Lorenz</i>	10:00-10:45 YS * Barefoot Sculpt <i>Nina Secchi</i>	9:45-10:45 YS * Pilates Fusion <i>Vicki Lopez</i>	10:00-10:45 YS * True Barre <i>Erika Yarmoff</i>	9:00-9:45 CS * Beats Ride <i>Amanda Borst</i>		11:15-12:15 YS * Vinyasa Yoga <i>Deb Shin</i>
10:00-10:50 MS * Athletic Conditioning <i>David Reyes</i>	10:15-11:00 MS * Body Sculpt <i>Jacob Eventoff</i>	10:00-10:45 MS * Rounds: Boxing <i>Hailey Barbarie</i>	11:00-12:00 YS * Pilates Fusion <i>Vicki Lopez</i>	9:45-10:45 YS * Vinyasa Yoga <i>Diana Fonicello</i>		3:30-4:30 YS * Hatha Yoga (Heated) <i>Joshua Diaz</i>
10:45-11:45 YS * Slow Flow Yoga <i>Abbey Chase</i>	11:00-11:45 YS * True Barre <i>Sherri Norige</i>	11:00-12:00 YS * Slow Flow Yoga <i>Vicki Lopez</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alyssa LaVorgna</i>	10:00-10:45 MS * Stronger <i>Jaren Mondry</i>		
12:15-1:00 YS * Pilates Fusion <i>Summer Venuto</i>	12:15-1:15 YS * Vinyasa Yoga <i>Abbey Chase</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Sherri Norige</i>	4:30-5:15 YS * Barefoot Sculpt <i>Jacob Eventoff</i>	11:00-11:50 YS * Pilates Rise <i>Diana Fonicello</i>		
4:30-5:15 YS * Barefoot Sculpt <i>Nina Secchi</i>	4:30-5:15 YS * Pilates Fusion <i>Vicki Lopez</i>	4:30-5:15 YS * True Barre (Heated) <i>Nina Secchi</i>	5:30-6:30 YS * Yin Yoga Meditation <i>Diana Fonicello</i>	11:15-12:00 MS * Feel Good Friday: Cardio Dance <i>Paul Herman</i>		
5:30-6:15 YS * True Barre <i>Claire Butler</i>	5:30-6:20 TR * Precision Run + Strength <i>Amanda Borst</i>	5:30-6:15 YS * Vinyasa Yoga (Heated) <i>Abbey Chase</i>	5:45-6:45 MS * Rounds: Bags and Mitts <i>Hailey Barbarie</i>	12:15-1:00 YS * Barefoot Sculpt <i>Rhodie Lorenz</i>		
6:00-6:50 MS * Stronger <i>Nina Secchi</i>	5:30-6:30 YS * Vinyasa Yoga <i>Diana Fonicello</i>	6:00-6:45 MS * Leg Day <i>David Reyes</i>	6:45-7:30 YS * Pilates at the Barre <i>Diana Fonicello</i>	4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Martha Rebocho</i>		
6:15-7:00 CS * Beats Ride <i>Amanda Borst</i>	5:45-6:30 MS * MetCon3 <i>Molly Day</i>	6:15-7:00 CS * Beats Ride <i>Dina Fay</i>		5:45-6:45 YS * Slow Flow Yoga (Heated) <i>Jacqui Bongiovani</i>		
6:30-7:15 YS * Pilates Mat <i>Lesley Vainder</i>	6:45-7:30 YS * True Barre <i>Sherri Norige</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Nicola Bam</i>		7:00-8:00 YS * Sound Meditation (Heated) <i>Ashley Scully</i>		
		7:30-8:30 YS * Slow Flow Yoga (Heated) <i>Jacqui Bongiovani</i>				

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-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

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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



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 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, NJ & 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.

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.

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.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



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.

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.

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.

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.



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

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.



Boxing

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.



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.

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, light-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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.

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.