

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Dyan Tsiumis</i>	6:00-6:45 YS * Pilates Fusion (Heated) <i>Kristin Pujanauski</i>	6:30-7:15 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	6:45-7:30 MS * Body Sculpt <i>Emily Collin</i>	7:00-7:45 MS * Rhythmic Sculpt <i>Anastasiia Gavriukhova</i>	8:45-9:30 MS * Body Sculpt <i>Nicky Venditti</i>	9:15-10:00 YS * Barefoot Sculpt <i>Claire Crause</i>
7:15-8:00 MS * Stacked <i>Or Artzi</i>	6:45-7:30 MS * Stronger <i>Keenen Johns-Harris</i>	7:00-7:45 MS * Cardio Sculpt <i>Ary Nunez</i>	7:00-7:45 YS * Pilates Fusion <i>Kayla Prestel</i>	7:15-8:00 YS * Barefoot Sculpt <i>Annalise Northway</i>	9:00-9:45 YS * Pilates Fusion <i>Elgin McCargo</i>	9:30-10:15 MS * Body Sculpt <i>Shanice Reyes</i>
7:30-8:15 CS * Anthem Ride <i>Molly Mook</i>	7:00-7:30 TR * Precision Run 30 <i>Andrew Briedis</i>	7:15-8:00 CS * Beats Ride <i>Alex Joy Pucci</i>	7:15-8:00 CS * Beats Ride <i>Nadia Wilemski</i>	8:00-8:50 TR * Precision Walk: Elevate <i>Khaleah London</i>	9:45-10:30 MS * Best Butt Ever <i>Pamela Trujillo</i>	9:45-10:30 CS * Anthem Ride <i>Fred Smith</i>
8:15-9:00 MS * Limited Series: Stronger Women <i>Dyan Tsiumis</i>	7:00-7:45 YS * True Barre <i>Nikki Rosenbloom</i>	7:30-8:15 YS * Barefoot Sculpt <i>Joanna Stahl</i>	7:15-8:05 TR * Precision Run@ <i>Ally Raisian</i>	8:15-9:00 MS * Ultimate Resistance <i>Alexander</i>	10:00-10:50 TR * Precision Run@ <i>Shaun Anthony</i>	10:30-11:15 YS * Pilates Mat (Heated) <i>Deena Parrilla</i>
8:15-9:05 TR * Precision Run@ <i>Or Artzi</i>	7:15-8:00 CS * Beats Ride <i>Marc Daigle</i>	8:00-8:50 TR * Precision Run + Strength <i>Christopher Howard</i>	7:45-8:30 MS * Stronger <i>Diego Guevara</i>	8:30-9:15 YS * Pilates Fusion (Heated) <i>Michael Apuzzo</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Jane Johnsen</i>	10:45-11:30 MS * Limited Series: Stronger Women <i>Shanice Reyes</i>
8:30-9:15 YS * True Barre <i>Veronica Ortiz</i>	7:45-8:30 MS * Athletic Conditioning <i>JD Martin</i>	8:15-9:00 MS * Muay Thai <i>Abraham DelValle</i>	8:00-9:00 YS * Sculpted Yoga™ (Heated) <i>Annalise Northway</i>	9:45-10:45 YS * Power Vinyasa (Heated) <i>Rika Henry</i>	10:45-11:30 MS * MetCon3 <i>Jeff Robinson</i>	
9:30-10:15 YS * Pilates Fusion (Heated) <i>Vivian Jonokuchi</i>	7:45-8:15 TR * Precision Run 30 <i>Andrew Briedis</i>	8:30-9:15 YS * Pilates Mat (Heated) <i>Itsy Rachatasumrit</i>	9:30-10:15 YS * Best Stretch Ever (Heated) <i>Shawn Kobetz</i>			11:30-12:15 YS * True Barre (Heated) <i>Paige Bodnar</i>
12:00-12:45 MS * Body Sculpt <i>Esteban Deleon</i>	8:00-8:50 YS * Power Vinyasa (Heated) <i>Karla Beltchenko</i>	9:30-10:15 YS * Pilates at the Barre <i>Kyla Lloyd</i>	11:00-11:45 YS * Pilates Mat <i>Shawn Kobetz</i>	12:00-12:45 YS * True Barre (Heated) <i>Emily Naim</i>	11:45-12:30 YS * Best Stretch Ever <i>Shawn Kobetz</i>	11:45-12:30 MS * Cardio Dance: 305 Dance <i>Deena Parrilla</i>
1:00-2:00 YS * Power Vinyasa (Heated) <i>Serena Tom</i>	11:00-11:45 MS * Inner Strength <i>Nadia Zaki</i>	11:00-12:00 YS * Vinyasa Yoga (Heated) <i>Nadia Zaki</i>	12:00-12:45 YS * Barefoot Sculpt (Heated) <i>Dyan Tsiumis</i>	12:30-1:15 MS * Stronger <i>Jeff Robinson</i>	1:00-1:45 YS * Sonic Meditation <i>Shawn Kobetz</i>	12:45-1:45 YS * Power Vinyasa (Heated) <i>Katey Lewis</i>
	12:15-1:00 YS * Pilates at the Barre <i>Andy Santana</i>	11:30-12:15 MS * Cardio Sculpt <i>Kelsey Stalter</i>	1:15-2:00 MS * Stacked <i>Lauren Anthony</i>	1:00-2:00 YS * Yin Yoga Meditation <i>Emily Naim</i>	2:15-3:00 YS * Pilates at the Barre <i>Rachel King</i>	1:00-1:50 TR * Precision Run@ <i>Or Artzi</i>
4:15-5:00 YS * Pilates Rise <i>Alex Dill</i>	1:15-2:00 MS * MetCon3 <i>Shaun Anthony</i>	4:15-5:00 YS * Pilates Fusion (Heated) <i>Shawn Kobetz</i>	4:00-4:45 YS * Pilates at the Barre <i>Elgin McCargo</i>	4:15-5:00 MS * Body Sculpt <i>Ary Nunez</i>	3:15-4:00 YS * Pilates Rise (Heated) <i>Rachel King</i>	2:00-2:45 YS * Pilates Fusion <i>Beth Bardin</i>
4:30-5:00 MS * Upper Body Pump <i>Luke Bernier</i>	4:00-4:45 YS * True Barre <i>Lucas Blankenhorn</i>	5:30-6:20 TR * Precision Run + Strength <i>Lisa Raphael</i>	5:15-6:00 MS * Pilates at the Barre <i>Elgin McCargo</i>	5:15-6:00 YS * Pilates Fusion (Heated) <i>Adele Carlson</i>	4:30-5:30 YS * Power Vinyasa (Heated) <i>Babette Godefroy</i>	3:00-3:45 YS * True Barre <i>Or Artzi</i>
4:45-5:30 TR * Precision Walk: Elevate <i>Amy Amato</i>	5:15-6:00 MS * Stronger <i>Shaun Anthony</i>	5:30-6:15 YS * True Barre <i>James Ervin</i>	5:15-6:00 MS * Superset Athlete <i>TomJohn Mershon</i>	5:30-6:15 MS * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>		4:30-5:30 YS * Weekend Wind Down Yoga <i>Robert Nguyen</i>
5:00-5:30 MS * Best Abs Ever <i>Luke Bernier</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Ali Cramer</i>	5:45-6:30 MS * MetCon3 <i>Esteban Deleon</i>	5:30-6:15 YS * Amplified Vinyasa (Heated) <i>Rika Henry</i>	5:45-6:30 CS * Beats Ride <i>Betty Kasper</i>		
5:30-6:15 YS * Best Stretch Ever (Heated) <i>Shawn Kobetz</i>	6:15-7:00 MS * Athletic Conditioning <i>Waz Ashayer</i>	6:30-7:15 TR * Precision Walk: Elevate <i>Lisa Raphael</i>	6:15-7:00 MS * Rhythmic Sculpt <i>Jess Strohmeyer</i>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Alison O'Connor</i>		
5:45-6:30 MS * Stacked <i>Brennan Caldwell</i>	6:15-6:45 TR * Precision Run 30 <i>Shaun Anthony</i>	6:30-7:30 YS * Power Vinyasa <i>Izzy VanHall</i>	6:15-7:05 TR * Precision Run@ <i>TomJohn Mershon</i>			
6:00-6:45 CS * Beats Ride <i>Amy Chiu</i>	6:45-7:30 YS * Pilates Fusion (Heated) <i>Team Equinox</i>	6:45-7:45 MS * Studio Dance: DANCEology <i>James Ervin</i>	6:45-7:30 YS * Pilates Mat (Heated) <i>Khaleah London</i>			
6:30-7:30 YS * Power Vinyasa <i>Kristin Bilella</i>	7:00-7:30 TR * Precision Run 30 <i>Shaun Anthony</i>	7:45-8:30 YS * Pilates Fusion (Heated) <i>Ash Kaya</i>	7:15-8:05 MS * Stronger <i>Jacques Delaugere</i>			
6:45-7:30 MS * True Barre: Cardio <i>Andy Santana</i>	7:45-8:30 YS * True Barre <i>Rachel Bonet</i>		7:45-8:30 YS * True Barre <i>Khaleah London</i>			
7:45-8:45 YS * Yin Yoga Meditation (Heated) <i>Kristin Bilella</i>						

EQUINOX

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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.



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.



Yoga

Amplified Vinyasa Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

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.

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 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.

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.

Superset Athlete This strength and conditioning class by TomJohn Mershon is built on progressive supersets that drive performance. Work through powerful lifts, explosive movement drills, and isometric holds to build primed strength, speed, and control. Resistance, agility, and power combine to elevate your game.

Ultimate Resistance An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.



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: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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: 305 Dance Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

Studio Dance: DANCEology An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.



Boxing

Muay Thai Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

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

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.

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.



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.

Inner Strength Power through Nadia Zaki's challenging dance-based conditioning course. Reform your balance and alignment and hone your focus as you strengthen and stretch your whole body.

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.

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.