

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 Vinyasa Yoga (Heated) YS * Robert Nguyen	6:00-6:45 Pilates Fusion (Heated) YS * Kristin Pujanauski	6:30-7:15 Vinyasa Yoga (Heated) YS * Matt D'Amico	6:45-7:30 Body Sculpt MS * Emily Collin	7:15-8:00 Barefoot Sculpt YS * Annalise Northway	8:45-9:30 Best Butt Ever Robert Burke	9:15-10:00 Barefoot Sculpt Claire Crause
7:15-8:00 Stacked MS * Or Artzi	6:45-7:30 Stronger MS * Keenen Johns-Harris	7:00-7:45 Cardio Sculpt MS * Ary Nunez	7:00-7:45 Pilates Fusion YS * Alison O'Connor	8:00-8:50 Precision Walk: Elevate TR * Khaleah London	9:00-9:45 Pilates Fusion Elgin McCargo	9:30-10:15 Body Sculpt Shanice Reyes
7:30-8:15 Beats Ride CS * Esteban Deleon	7:00-7:45 <b>True Barre (Heated)</b> JP Maddock	7:15-8:00 Beats Ride CS * Alex Joy Pucci	7:15-8:00 Beats Ride CS * Nadia Wilemski	8:15-9:00 Ultimate Resistance MS * Alexander	9:45-10:30 Core6 Pamela Trujillo	9:45-10:30 Anthem Ride Fred Smith
8:15-9:00 Stronger MS * Peyton Royal	7:15-8:00 Beats Ride CS * Chantel Taylor	7:30-8:15 Barefoot Sculpt YS * Joanna Stahl	7:30-8:20 Precision Run® Ally Raisian	8:30-9:15 Pilates Fusion (Heated) Michael Apuzzo	10:00-10:50 Precision Run® Shaun Anthony	10:30-11:15 Pilates Mat (Heated) Deena Parrilla
8:15-9:05 Precision Run® TR * Or Artzi	7:30-8:20 <b>Precision Run®</b> Andrew Briedis	8:00-8:50 Precision Run® JP Prishwalko	7:45-8:30 Stronger Diego Guevara	9:45-10:45 Power Vinyasa (Heated) Rika Henry	10:30-11:30 Vinyasa Yoga (Heated) Jane Johnsen	10:45-11:30 Limited Series: Stronger Women Shanice Reyes
8:30-9:15 True Barre YS * Alexis Campbell	7:45-8:30 Athletic Conditioning Keenen Johns-Harris	8:15-9:00 <b>MetCon3</b> Jeff Robinson	8:00-9:00 Sculpted Yoga™ (Heated) Annalise Northway	12:00-12:45 True Barre (Heated) Emily Naim	11:45-12:30 True Barre: Cardio Andy Santana	11:30-12:15 True Barre (Heated) Paige Bodnar
9:30-10:15 Pilates Fusion (Heated) YS *	8:00-8:50 Power Vinyasa (Heated) Karla Beltchenko	8:30-9:15 Pilates Mat (Heated) Itsy Rachatasumrit	9:30-10:15 Best Stretch Ever (Heated) Shawn Kobetz	12:30-1:15 MS *	12:00-12:45 Sonic Meditation Jennifer Herrera	11:45-12:45 Studio Dance: Hip Hop Deena Parrilla
12:00-12:45 Body Sculpt MS * Esteban Deleon	11:00-11:45 Inner Strength Nadia Zaki	9:30-10:15 Pilates at the Barre Kyla Lloyd	<b>Pilates Mat</b> Itsy Rachatasumrit	1:00-2:00 Yin Yoga Meditation Emily Naim	1:00-2:00 Power Vinyasa (Heated) Serena Tom	12:45-1:45 Power Vinyasa (Heated) Kately Lewis
1:00-2:00 Power Vinyasa (Heated) YS * Serena Tom	12:00-12:45 <b>Pilates Mat</b> Adele Carlson	11:00-12:00 Vinyasa Yoga (Heated) Nadia Zaki	12:00-12:45 Barefoot Sculpt (Heated) Dyan Tsiumis	4:15-5:00 Body Sculpt MS * Ary Nunez	1:30-2:15 Rounds: Boxing Jermaine Bailey	1:00-1:50 Precision Run® Or Artzi
4:15-5:00 Pilates Mat YS * Bret Yamanaka	1:00-1:45 <b>MetCon3</b> Shaun Anthony	12:15-1:00 <b>True Barre: Bala Bangle</b> Kelsey Stalter	1:00-1:45 <b>Stacked</b> Lauren Anthony	5:15-6:00 Pilates Fusion (Heated) Adele Carlson	2:15-3:00 Pilates Fusion (Heated) Lucas Blankenhorn	2:00-2:45 Pilates Fusion Beth Bardin
4:30-5:00 Upper Body Pump MS * Luke Bernier	4:00-4:45 True Barre YS * Lucas Blankenhorn	4:15-5:00 Pilates Fusion (Heated) Shawn Kobetz	4:00-4:45 Pilates at the Barre Elgin McCargo	5:30-6:15 Rounds: Boxing Ugo Peter-Obiagwu	3:00-3:45 True Barre: Bala Bangle Bella Merritt	3:00-3:45 True Barre Or Artzi
4:45-5:30 Precision Walk: Elevate TR * Amy Amato	5:15-6:00 Stronger MS * Shaun Anthony	5:30-6:20 Precision Run + Strength Lisa Raphael	5:15-6:00 Superset Athlete Tom John Mershon	6:30-7:30 Power Vinyasa (Heated) Rika Henry	4:30-5:45 Power Vinyasa (Heated) Babette Godefroy	4:30-5:30 Weekend Wind Down Yoga Robert Nguyen
5:00-5:30 Best Abs Ever MS * Luke Bernier	5:30-6:30 Vinyasa Yoga (Heated) YS * Ali Cramer	5:30-6:15 True Barre James Ervin	5:30-6:15 Amplified Vinyasa (Heated) Rika Henry	6:15-7:00 <b>Rhythmic Sculpt</b> Lisa Raphael		
5:30-6:15 Best Stretch Ever (Heated) YS * Shawn Kobetz	6:15-7:00 Athletic Conditioning MS * Waz Ashayer	5:45-6:30 Core6 Wyatt Slone	6:15-7:00 Precision Walk: Elevate Lisa Raphael	6:15-7:05 Precision Run® Tom John Mershon		
5:45-6:30 <b>MetCon Monday</b> MS * Gerard Thelemaque	6:30-7:20 <b>Precision Run®</b> Shaun Anthony	6:30-7:15 Pilates Fusion (Heated) TR *	6:15-7:00 Pilates at the Barre YS *	6:45-6:30 Beats Ride CS *		
6:00-6:45 Beats Ride CS * Amy Chiu	6:45-7:30 Pilates Fusion (Heated) Beth Bardin	6:30-7:30 Power Vinyasa Serena Tom	6:45-7:30 Pilates Mat (Heated) Khaleah London	6:30-7:30 Power Vinyasa (Heated) Alison O'Connor		
6:30-7:30 Power Vinyasa YS *	7:45-8:30 True Barre Rachel Bonet	6:45-7:45 Studio Dance: DANCEology James Ervin	7:15-8:05 Stronger Wyatt Slone	7:15-8:05 Pilates Fusion (Heated) YS *		
6:45-7:30 True Barre: Cardio MS * Andy Santana		7:45-8:30 Pilates Fusion (Heated) Bret Yamanaka	7:45-8:30 True Barre YS *	7:45-8:30 True Barre Khaleah London		
7:45-8:45 Vinyasa Yoga (Heated) YS *		YS *	YS *	YS *		

# EQUINOX

## NOMAD

31 West 27th Street

NEW YORK NY 10010

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

loi.jordon@equinox.com

## 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®** 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells 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.

**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.

**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: 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.

**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 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

**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.

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## ❖ Boxing

**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.