

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * True Barre: Bala Bangle <i>Or Artzi</i>	6:00-6:45 YS * Pilates Fusion (Heated) <i>Kristin Pujanauski</i>	6:30-7:15 MS * Athletic Conditioning <i>Nikko Reyes</i>	6:45-7:30 MS * Body Sculpt <i>Emily Collin</i>	7:15-8:00 YS * Barefoot Sculpt <i>Annalise Northway</i>	8:45-9:30 MS * True Barre: Bala Bangle <i>Robert Burke</i>	9:15-10:00 YS * Barefoot Sculpt <i>Claire Crause</i>
6:45-7:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>	6:45-7:30 MS * Stronger <i>Team Equinox</i>	6:45-7:30 YS * Vinyasa Yoga (Heated) <i>Matt D'Amico</i>	7:00-7:45 YS * Pilates Fusion <i>Alison O'Connor</i>	8:00-8:45 MS * True Barre: Cardio <i>Alexis Campbell</i>	9:00-9:45 YS * Pilates Fusion <i>Elgin McCargo</i>	9:30-10:15 MS * <b>Best Butt Ever</b> <i>Shanice Reyes</i>
7:30-8:15 MS * <b>Tabata Max</b> <i>Antonio Hudson</i>	7:00-7:45 YS * True Barre (Heated) <i>JP Maddock</i>	7:15-8:00 CS * <b>Beats Ride</b> <i>Jonathan Carlucci</i>	7:15-8:00 CS * Beats Ride <i>Nadia Wilemski</i>	8:00-8:50 TR * Precision Walk: Elevate <i>Khaleah London</i>	10:00-10:45 MS * Stronger <i>Shaun Anthony</i>	9:45-10:30 CS * Beats Ride <i>Fred Smith</i>
7:45-8:35 TR * Switch Up: Run + Strength <i>Or Artzi</i>	7:30-8:15 CS * <b>Beats Ride</b> <i>Marc Daigle</i>	7:30-8:15 MS * Stacked <i>Jeff Robinson</i>	7:45-8:30 MS * Sculpted Yoga™ (Heated) <i>Stronger Gerard Thelemaque</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>	10:30-11:15 YS * Pilates Mat (Heated) <i>Deena Parrilla</i>
7:45-8:30 YS * <b>Pilates at the Barre</b> <i>Sammy Tuchman</i>	7:45-8:30 MS * Body Sculpt <i>Melissa Chisholm</i>	7:45-8:30 YS * Barefoot Sculpt <i>Joanna Stahl</i>	8:00-8:50 YS * Best Stretch Ever (Heated) <i>Annalise Northway</i>	9:45-10:45 YS * Amplified Vinyasa (Heated) <i>Rika Henry</i>	10:45-11:35 CS * Beats Ride <i>Ary Nunez</i>	10:45-11:30 MS * <b>Stronger</b> <i>Shanice Reyes</i>
8:45-9:30 YS * Barefoot Sculpt <i>Alexis Campbell</i>	8:00-8:50 YS * Power Vinyasa (Heated) <i>Karla Beltchenko</i>	8:45-9:30 YS * Pilates Mat (Heated) <i>Itsy Rachatasumrit</i>	9:45-10:30 YS * Best Stretch Ever (Heated) <i>Shawn Kobetz</i>	11:00-11:45 MS * MetCon3 <i>Jeff Robinson</i>	11:00-11:45 MS * <i>Jeff Robinson</i>	11:30-12:15 YS * True Barre (Heated) <i>Paige Bodnar</i>
11:00-11:45 YS * <b>Pilates Mat (Heated)</b> <i>Ash Richard</i>	9:45-10:30 YS * True Barre <i>Andy Santana</i>	9:45-10:30 YS * Pilates at the Barre <i>Kyla Lloyd</i>	11:00-11:45 YS * True Barre <i>Paige Bodnar</i>	12:15-1:00 YS * True Barre (Heated) <i>Emily Naim</i>	11:45-12:35 YS * Pilates Mat <i>Jennifer Herrera</i>	11:45-12:30 MS * Rounds: Kickboxing <i>Jermaine Bailey</i>
12:15-1:00 MS * Body Sculpt <i>Esteban Deleon</i>	11:00-11:45 YS * 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>	1:15-2:00 YS * Yin Yoga Meditation <i>Emily Naim</i>	12:00-12:45 MS * True Barre: Cardio <i>Andy Santana</i>	12:45-1:45 YS * Power Vinyasa (Heated) <i>Katey Lewis</i>
1:15-2:00 YS * Power Vinyasa (Heated) <i>Serena Tom</i>	12:00-12:45 YS * Pilates Mat <i>Rosie Fiedelman</i>	12:15-1:00 YS * <b>True Barre: Bala Bangle (Heated)</b> <i>Kelsey Stalter</i>	4:00-4:45 YS * Pilates at the Barre <i>Elgin McCargo</i>	4:30-5:15 MS * <b>Body Sculpt</b> <i>Ary Nunez</i>	1:00-2:00 YS * Power Vinyasa (Heated) <i>Serena Tom</i>	1:00-1:50 TR * Switch Up: Run + Strength <i>Or Artzi</i>
4:15-5:00 YS * Pilates Mat <i>Bret Yamanaka</i>	1:15-2:00 YS * Barefoot Sculpt (Heated) <i>Dyan Tsiumis</i>	12:30-1:15 TR * <b>Precision Run®</b> <i>Evan Wood</i>	5:15-6:00 MS * Superset Athlete <i>TomJohn Mershon</i>	5:15-6:00 YS * Pilates Fusion (Heated) <i>Adele Carlson</i>	2:15-3:05 YS * Pilates Rise (Heated) <i>Lucas Blankenhorn</i>	2:00-2:45 YS * Pilates Fusion <i>Beth Bardin</i>
4:30-5:00 MS * <b>Best Butt Ever</b> <i>Diego Guevara</i>	4:15-5:00 YS * True Barre <i>Lucas Blankenhorn</i>	4:15-5:00 YS * Pilates Fusion (Heated) <i>Shawn Kobetz</i>	5:30-6:15 YS * Amplified Vinyasa (Heated) <i>Rika Henry</i>	5:30-6:15 MS * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	4:30-5:30 YS * <b>Power Vinyasa (Heated)</b> <i>Babette Godefroy</i>	3:00-3:45 YS * True Barre <i>Or Artzi</i>
4:45-5:35 TR * Precision Walk: Elevate <i>Amy Amato</i>	5:15-6:00 MS * Stronger <i>Shaun Anthony</i>	4:30-5:15 MS * <b>Stronger</b> <i>Lisa Raphael</i>	6:15-7:00 MS * Barefoot Sculpt <i>Bella Merritt</i>	5:45-6:30 CS * Beats Ride <i>Erin Ay</i>		2:00-2:45 YS * Pilates Fusion <i>Beth Bardin</i>
5:00-5:30 MS * <b>Best Abs Ever</b> <i>Diego Guevara</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Ali Cramer</i>	5:30-6:15 YS * True Barre <i>James Ervin</i>	6:15-7:05 TR * Precision Run® <i>TomJohn Mershon</i>	6:30-7:30 YS * Power Vinyasa <i>Serena Tom</i>		3:00-3:45 YS * True Barre <i>Or Artzi</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>	5:45-6:30 MS * <b>Body Sculpt</b> <i>Shanice Reyes</i>	6:45-7:30 YS * Pilates Mat (Heated) <i>Khaleah London</i>	6:30-7:30 YS * Power Vinyasa <i>Serena Tom</i>		4:30-5:30 YS * Weekend Wind Down Yoga <i>Robert Nguyen</i>
5:45-6:30 MS * MetCon Monday <i>Melissa Chisholm</i>	6:15-7:05 TR * Precision Run® <i>Shaun Anthony</i>	6:30-7:30 YS * Power Vinyasa <i>Serena Tom</i>	7:15-8:05 MS * Stronger <i>Wyatt Slone</i>	6:45-7:30 YS * Pilates Mat (Heated) <i>Khaleah London</i>		
6:30-7:30 YS * Power Vinyasa <i>Kristin Bilella</i>	6:30-7:15 CS * Beats Ride <i>Mario Martinez</i>	6:45-7:45 MS * Studio Dance: DANCEology <i>James Ervin</i>	7:45-8:30 YS * True Barre <i>Khaleah London</i>	7:15-8:05 MS * Stronger <i>Wyatt Slone</i>		
6:45-7:30 MS * True Barre: Cardio <i>Andy Santana</i>	6:45-7:30 YS * Pilates Fusion (Heated) <i>Beth Bardin</i>	7:45-8:30 YS * <b>Pilates at the Barre</b> <i>Ash Kaya</i>		7:45-8:30 YS * True Barre <i>Khaleah London</i>		
7:45-8:30 YS * <b>Pilates Fusion (Heated)</b> <i>Aurora Vaughan</i>	7:15-8:00 MS * <b>Body Sculpt</b> <i>Pamela Trujillo</i>					
	7:45-8:30 YS * True Barre <i>Rachel Bonet</i>					

# 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**

**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**® 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.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## **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.

**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.

**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.

**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**

**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**

**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.

**Inner Strength** Nadia Zaki's movement-inspired conditioning class fuses Pilates and yoga into a fluid, full-body workout. Expect improved balance, core control, endurance, and flexibility — all built through expressive, rhythm-based movement that strengthens the mind-body connection.

## **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.

**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.