

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY  |
|--|--|--|---|---|--|---|
| 6:45-7:30<br>YS *<br><b>True Barre</b><br><b>Ana Boiangiu</b>            | 7:00-8:00<br>YS *<br>Power Vinyasa<br><i>Jamison Goodnight</i>       | 6:45-7:30<br>YS *<br><b>Pilates Fusion (Heated)</b><br><b>Mitchell Allison</b> | 7:00-8:00<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Kevin Bigger</i>   | 7:00-7:45<br>YS *<br>Pilates Mat<br><i>Dana Tarasavage</i>              | 9:00-10:00<br>YS *<br>Vinyasa Yoga<br><i>Lizzie Falkner</i>              | 9:00-10:00<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Damien Alexander</i>  |
| 7:30-8:15<br>MS *<br>Stronger<br><i>Daniel Neale</i>                     | 7:15-8:00<br>CS *<br>Beats Ride<br><i>Betty Kasper</i>               | 7:15-8:05<br>TR *<br>Precision Run®<br><i>Bryce Wood</i>                       | 7:15-8:00<br>CS *<br>Beats Ride<br><i>Davie Donofrio</i>            | 7:15-8:05<br>TR *<br>Precision Run®<br><i>Evan Wood</i>                 | 9:15-10:00<br>CS *<br>Beats Ride<br><i>Betty Kasper</i>                  | 9:45-10:30<br>MS *<br>MetCon3<br><i>Gerren Liles</i>                    |
| 7:45-8:45<br>YS *<br><b>Vinyasa Yoga (Heated)</b><br><b>Dee Holliday</b> | 7:30-8:15<br>MS *<br>Body Sculpt<br><i>Emma Vielbig</i>              | 7:30-8:15<br>MS *<br>MetCon3<br><i>Eliza Rose</i>                              | 7:30-8:15<br>MS *<br>Stronger<br><i>Elsa Saatela</i>                | 7:30-8:15<br>MS *<br>Core6<br><i>Tim Flores</i>                         | 9:30-10:15<br>MS *<br>Stronger<br><i>Tim Flores</i>                      | 10:00-10:45<br>CS *<br>Beats Ride<br><i>Diego Lanza</i>                 |
| 9:15-10:00<br>YS *<br>Pilates Fusion<br><i>Sammy Tuchman</i>             | 7:45-8:45<br>PD *<br>Swim: Pro<br><i>Jasper Jurman</i>               | 7:45-8:45<br>YS *<br><b>Power Vinyasa (Heated)</b><br><b>Damien Alexander</b>  | 8:15-9:00<br>YS *<br>Pilates Rise (Heated)<br><i>Colleen Wright</i> | 8:00-9:00<br>YS *<br>Power Vinyasa<br><i>Dana Tarasavage</i>            | 10:15-11:00<br>YS *<br>Pilates Fusion<br><i>Stephanie Russo</i>          | 10:30-11:30<br>PD *<br>Swim: Pro<br><i>Jasper Jurman</i>                |
| 9:30-10:20<br>TR *<br>Precision Walk: Elevate<br><i>James Donegan</i>    | 8:15-9:00<br>YS *<br><b>Pilates Fusion</b><br><b>Stephanie Russo</b> | 8:30-9:15<br>PD *<br>Hydro Sculpt<br><i>Taj Harris</i>                         | 8:30-9:15<br>MS *<br>Cardio Sculpt<br><i>Shelby Finnie</i>          | 8:30-9:15<br>MS *<br>MetCon3<br><i>Tim Flores</i>                       | 10:30-11:15<br>MS *<br>MetCon3<br><i>Tim Flores</i>                      | 10:30-11:15<br>YS *<br>Pilates Mat (Heated)<br><i>Rosie Fiedelman</i>   |
| 10:30-11:30<br>YS *<br>Vinyasa Yoga<br><i>James Donegan</i>              | 8:30-9:15<br>MS *<br>Stronger<br><i>Jacquie Scoliard</i>             | 9:30-10:15<br>MS *<br>Rhythmic Sculpt<br><i>LaDarius Lee</i>                   | 9:15-10:15<br>YS *<br>Vinyasa Yoga<br><i>Patrick Millard</i>        | 9:15-10:05<br>YS *<br>Pilates Fusion<br><i>Stephanie Russo</i>          | 10:45-11:30<br>CS *<br>Beats + Bands Ride<br><i>Betsy M</i>              | 11:00-11:45<br>MS *<br>360 Strength<br><i>Gerren Liles</i>              |
| 12:00-12:45<br>YS *<br>Pilates Rise (Heated)<br><i>Becca Wood</i>        | 9:15-10:15<br>YS *<br>Sculpted Yoga™<br><b>Kumiko Buckman</b>        | 10:30-11:15<br>YS *<br>Best Stretch Ever<br><i>Rika Henry</i>                  | 10:30-11:15<br>YS *<br>Barefoot Sculpt<br><i>Shelby Finnie</i>      | 9:30-10:15<br>MS *<br>Stronger<br><i>Tim Flores</i>                     | 11:30-12:30<br>YS *<br>Power Vinyasa<br><i>Caitlyn Casson</i>            | 11:30-12:30<br>YS *<br>Sculpted Yoga™ (Heated)<br><i>Kumiko Buckman</i> |
| 12:15-1:00<br>MS *<br>Best Butt Ever<br><i>Tim Flores</i>                | 10:30-11:15<br>YS *<br>Pilates Mat<br><i>Claire Danese</i>           | 12:00-12:45<br>YS *<br>Pilates at the Barre<br><i>Colleen Wright</i>           | 12:00-1:00<br>YS *<br>Power Vinyasa<br><i>Lizzie Falkner</i>        | 10:30-11:15<br>PD *<br>Hydro Sculpt<br><i>Erwin Gonzalez</i>            | 12:00-12:50<br>MS *<br>Cardio Sculpt<br><i>Betsy M</i>                   | 12:15-1:00<br>MS *<br>Body Sculpt<br><i>Shelby Finnie</i>               |
| 3:30-4:15<br>YS *<br>True Barre (Heated)<br><i>Monica Colino</i>         | 12:00-1:00<br>YS *<br>Vinyasa Yoga<br><i>Patrick Millard</i>         | 12:15-1:00<br>MS *<br><b>Athletic Conditioning</b><br><b>Avery Royal</b>       | 1:15-2:00<br>YS *<br>Pilates Mat<br><i>Jack Wunsch</i>              | 12:15-1:00<br>MS *<br>Stronger<br><i>Diego Guevara</i>                  | 12:45-1:30<br>YS *<br>Pilates at the Barre<br><i>Colleen Wright</i>      | 1:15-2:00<br>YS *<br>True Barre<br><i>Shelby Finnie</i>                 |
| 4:30-5:30<br>YS *<br>Power Vinyasa (Heated)<br><i>Jane Johnson</i>       | 12:30-1:15<br>MS *<br>Rounds: Bags and Mitts<br><i>Emma Artero</i>   | 1:00-1:15<br>MS *<br><b>Best Abs Ever</b><br><b>Avery Royal</b>                | 4:30-5:15<br>YS *<br><b>True Barre</b><br><b>Ana Boiangiu</b>       | 1:15-2:00<br>YS *<br>Best Stretch Ever<br><i>Diego Guevara</i>          | 1:30-2:15<br>PD *<br>Hydro Athlete<br><i>Betsy M</i>                     | 1:30-2:15<br>MS *<br>Studio Dance: Jazz<br><i>Malik Williams</i>        |
| 5:00-5:45<br>PD *<br><b>Hydro Athlete</b><br><b>Betsy M</b>              | 1:15-2:00<br>YS *<br>True Barre (Heated)<br><i>Monica Colino</i>     | 3:30-4:15<br>YS *<br>Vinyasa Yoga<br><i>Taj Harris</i>                         | 5:15-6:00<br>CS *<br>Beats + Bands Ride<br><b>Betsy M</b>           | 3:30-4:15<br>YS *<br>Pilates Mat<br><i>Claire Goldes</i>                | 2:00-2:45<br>YS *<br>Pilates Mat (Heated)<br><i>Kyla Lloyd</i>           | 2:15-3:15<br>YS *<br>Iyengar Yoga<br><i>Deidra Demens</i>               |
| 5:30-6:15<br>MS *<br>Stronger<br><i>Katie Robinson</i>                   | 4:30-5:15<br>YS *<br>Pilates Mat (Heated)<br><i>Rosie Fiedelman</i>  | 4:30-5:15<br>YS *<br>Pilates Fusion<br><i>Katherine Menna</i>                  | 5:30-6:15<br>MS *<br>Stronger<br><b>Smita Nalluri</b>               | 4:30-5:30<br>YS *<br>Vinyasa Yoga<br><i>Alexa Kerner</i>                | 3:15-4:00<br>YS *<br>Best Stretch Ever<br><i>Katey Lewis</i>             | 3:30-4:15<br>YS *<br>Pilates Fusion<br><i>Julia Atkin</i>               |
| 5:45-6:30<br>YS *<br>Pilates Fusion<br><i>Mitchell Allison</i>           | 5:30-6:00<br>MS *<br>Best Abs Ever<br><i>Eliza Rose</i>              | 5:30-6:15<br>MS *<br>Body Sculpt<br><i>Katherine Menna</i>                     | 5:45-6:45<br>YS *<br>Vinyasa Yoga<br><i>Natalie Perez</i>           | 5:30-6:15<br>MS *<br>Cardio Sculpt<br><b>Mandy Corcione</b>             | 4:15-5:00<br>MS *<br>Rounds: Boxing<br><i>Ugo Peter-Obiagwu</i>          | 4:30-5:30<br>YS *<br>Vinyasa Yoga<br><i>Katey Lewis</i>                 |
| 6:15-7:00<br>CS *<br>Beats Ride<br><i>Nadia Wilemski</i>                 | 5:45-6:45<br>YS *<br>Power Vinyasa (Heated)<br><i>Dee Holliday</i>   | 5:45-6:30<br>YS *<br>True Barre (Heated)<br><i>Betsy M</i>                     | 6:30-7:20<br>MS *<br>Cardio Sculpt<br><b>Betsy M</b>                | 5:45-6:30<br>YS *<br>Pilates at the Barre<br><b>Deena Parrilla</b>      | 4:30-5:30<br>YS *<br>Yin Yoga Meditation (Heated)<br><i>Kevin Bigger</i> | 5:15-6:00<br>MS *<br>Stronger<br><i>Katie Robinson</i>                  |
| 6:30-7:15<br>MS *<br>MetCon Monday<br><i>Katie Robinson</i>              | 6:00-6:15<br>MS *<br>Upper Body Pump<br><i>Eliza Rose</i>            | 6:30-7:15<br>MS *<br>Athletic Conditioning<br><b>Patrick Flannery</b>          | 7:00-7:45<br>YS *<br>Pilates Fusion<br><i>Alec Hynes</i>            | 6:00-6:45<br>CS *<br>Beats Ride<br><i>Michael MacNeal</i>               | 6:15-7:15<br>PD *<br>Swim: Skills + Drills<br><i>Caleb Bright</i>        | 5:45-6:30<br>YS *<br>Sonic Meditation<br><i>Katey Lewis</i>             |
| 6:45-7:45<br>YS *<br>Vinyasa Yoga<br><i>Patrick Millard</i>              | 6:00-6:50<br>TR *<br>Precision Run®<br><i>Bryce Wood</i>             | 6:45-7:45<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Lizzie Falkner</i>            | 8:00-9:00<br>YS *<br>Yin Yoga (Heated)<br><i>Deidra Demens</i>      | 6:15-7:15<br>PD *<br>Swim: Skills + Drills<br><i>Caleb Bright</i>       | 6:30-7:15<br>MS *<br>Rounds: Boxing<br><i>Marshall Brockley</i>          | 6:45-7:30<br>YS *<br>True Barre<br><i>Chelsea Brite</i>                 |
| 7:30-8:20<br>MS *<br>Cardio Sculpt<br><i>Betsy M</i>                     | 6:15-7:00<br>CS *<br>Beats Ride<br><i>Michael MacNeal</i>            | 7:00-7:45<br>PD *<br>Hydro Athlete<br><i>Betsy M</i>                           |   | 6:45-7:45<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Katelyn Thelemaque</i> |  |   |
| 8:00-8:45<br>YS *<br>Sonic Meditation<br><i>Patrick Millard</i>          | 6:30-7:15<br>MS *<br>Stronger<br><i>Eliza Rose</i>                   | 7:30-8:15<br>MS *<br>Stronger<br><i>Joey Ledonio</i>                           |   |   |  |   |
|  | 7:00-7:45<br>YS *<br>True Barre<br><i>Rosie Fiedelman</i>            | 8:00-8:45<br>YS *<br>Yin Yoga + Sound Meditation<br><i>Lizzie Falkner</i>      |   |   |  |   |
|  | 7:30-8:15<br>MS *<br>MetCon3<br><i>Tim Flores</i>                    |  |   |   |  |   |

# EQUINOX

## DOMINO

24 River St

BROOKLYN NY 11249

EQUINOX.COM

@EQUINOX

**MON-THU** 05:30 AM 11:00 PM

**FRI** 05:30 AM 10:00 PM

**SAT-SUN** 08:00 AM 09:00 PM

## GROUP FITNESS MANAGER

betsy.mallonee@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## **Cycling**

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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**® An interval-based, treadmill running workout created by running expert, David Sikk. 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**

**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

**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.

**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.

## **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.

## **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: Jazz** A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

## **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.

## **Swim**

**Hydro Athlete** An intense water fitness workout. Interval training, low impact plyometrics, and power moves designed to improve cardiovascular fitness, muscular endurance, strength, and flexibility. The perfect blend of cardio and strength training in the pool. Swim cap required. An Equinox exclusive.

**Hydro Sculpt** A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

## **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.

**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.

**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.

**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.