

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Rounds: Bags and Mitts MS * Abraham DelValle	6:30-7:30 Power Vinyasa YS * Jamison Goodnight	6:30-7:15 MetCon3 MS * Eliza Rose	6:30-7:30 Vinyasa Yoga (Heated) YS * Kevin Bigger	6:45-7:30 Pilates Mat YS * Dana Tarasavage	9:00-10:00 Vinyasa Yoga YS * Lizzie Falkner	9:00-10:00 Vinyasa Yoga (Heated) YS * Damien Alexander
6:45-7:30 True Barre YS * Ana Boiangui	6:45-7:30 <b>Swim: Skills + Drills</b> PD * Jasper Jurman	6:45-7:30 Pilates Mat (Heated) YS * Mitchell Allison	6:45-7:30 <b>Swim: Skills + Drills</b> Caleb Bright	7:00-7:30 Best Butt Ever MS * Tim Flores	9:15-10:00 Beats Ride Betty Kasper	9:45-10:30 MetCon3 MS * Gerren Liles
7:15-8:05 <b>Precision Run®</b> TR * <b>Taj Harris</b>	7:00-7:45 <b>Core6</b> Niki Farahani	7:15-8:05 <b>Precision Run®</b> TR * Bryce Wood	7:00-7:45 <b>Stronger</b> Elsa Saatela	7:15-8:05 Precision Run® TR * Evan Wood	9:30-10:15 Stronger MS * Tim Flores	10:00-10:45 Beats Ride CS * Diego Lanza
7:30-8:15 Stronger MS * Daniel Neale	7:15-8:00 <b>Beats Ride</b> Betty Kasper	7:30-8:00 Upper Body Pump MS * Abbey Hunt	7:15-8:00 Best Abs Ever MS * Tim Flores	10:15-11:00 Pilates Fusion YS * Stephanie Russo	10:30-11:15 Pilates Mat (Heated) Tim Flores	10:30-11:15 <b>Swim: Skills + Drills</b> Jasper Jurman
7:45-8:45 Vinyasa Yoga (Heated) YS * Dee Holliday	8:00-8:45 <b>True Barre</b> Kyla Lloyd	7:45-8:45 Power Vinyasa (Heated) Damien Alexander	8:00-8:45 Pilates Rise (Heated) Colleen Wright	7:45-8:45 Power Vinyasa YS * Dana Tarasavage	10:30-11:15 MetCon3 MS * Tim Flores	10:30-11:15 Pilates Mat (Heated) Rosie Fiedelman
9:15-10:00 Pilates Fusion YS * Sammy Tuchman	8:15-9:00 Cardio Sculpt MS * Shelby Finnie	8:00-8:30 Best Abs Ever MS * Abbey Hunt	8:15-9:05 Rounds: Bags and Mitts MS * Khaled Zeidan	8:15-9:00 MetCon3 MS * Tim Flores	10:45-11:30 <b>Beats + Bands Ride</b> Betsy Mallonee	11:00-11:45 <b>360 Strength</b> Gerren Liles
10:30-11:30 Vinyasa Yoga YS * James Donegan	9:15-10:15 Sculpted Yoga™ YS * Kyla Lloyd	9:00-9:45 Rhythmic Sculpt MS * LaDarius Lee	9:15-10:15 Vinyasa Yoga Patrick Millard	9:15-10:05 Pilates Fusion YS * Stephanie Russo		
12:30-1:15 <b>Core6</b> MS * Tim Flores	10:30-11:15 Pilates Mat YS * Jennifer Kalajian	9:15-10:00 <b>True Barre (Heated)</b> Monica Colino	10:30-11:15 Best Stretch Ever Rika Henry	10:00-10:45 Hydro Sculpt PD * Taj Harris	11:30-12:30 Power Vinyasa YS * Caitlyn Casson	11:30-12:30 Sculpted Yoga™ (Heated) Kumiko Buckman
1:15-2:00 <b>Pilates Rise (Heated)</b> YS * Becca Wood	12:00-1:00 Vinyasa Yoga YS * Patrick Millard	10:30-11:30 <b>Power Vinyasa (Heated)</b> Monica Colino	12:00-1:00 Power Vinyasa YS * Lizzie Falkner	12:00-12:50 Stacked MS *	12:00-12:50 Cardio Sculpt Betsy Mallonee	12:00-12:45 Body Sculpt Shelby Finnie
3:30-4:15 <b>True Barre (Heated)</b> YS * Monica Colino	1:15-2:00 Body Sculpt MS * Emma Vielbig	12:15-1:00 <b>Power Vinyasa (Heated)</b> Jamison Goodnight	12:15-1:00 Power Vinyasa YS * Lizzie Falkner	1:00-1:45 Best Stretch Ever MS * Diego Guevara	1:15-2:00 Pilates at the Barre Colleen Wright	1:00-1:45 Barre Shelby Finnie
4:30-5:30 Power Vinyasa YS * Jane Johnsen	4:15-5:00 Cardio Dance: 305 Dance	12:15-1:00 Pilates at the Barre Colleen Wright	12:15-1:00 Stronger MS * Joey Leonio	3:30-4:15 Pilates Mat YS * Claire Goldes	1:15-2:00 360 Strength MS * Joey Leonio	2:00-3:00 Iyengar Yoga Deidra Demens
5:15-6:00 Hydro Athlete PD * Betsy Mallonee	4:30-5:15 Pilates Mat (Heated) Rosie Fiedelman	1:15-2:15 Vinyasa Yoga Katelyn Thelemaque	1:15-2:00 Pilates Mat YS * Claire Danese	4:30-5:30 Vinyasa Yoga YS * Alexa Kerner	1:30-2:15 Hydro Athlete Betsy Mallonee	3:30-4:15 Pilates Fusion Julia Atkin
5:30-6:15 Stronger MS * Waz Ashayer	5:15-5:45 Best Butt Ever Eliza Rose	4:30-5:15 <b>Pilates Fusion</b> Katherine Menna	4:30-5:15 Pilates at the Barre Sammy Tuchman	5:15-6:05 Body Sculpt MS * Mandy Corcione	4:15-5:00 Rounds: Boxing MS * Ugo Peter-Obiagwu	4:30-5:30 Vinyasa Yoga (Heated) Katey Lewis
5:45-6:30 Pilates Fusion YS * Mitchell Allison	5:30-6:15 <b>Beats Ride</b> Vinnie Smith	5:30-6:15 Body Sculpt Katherine Menna	5:30-6:15 <b>Beats Ride</b> Betsy Mallonee	5:45-6:30 Pilates Fusion YS * Deena Parrilla	4:30-5:30 Yin Yoga Meditation (Heated) MS * Kevin Bigger	5:00-5:45 Athletic Conditioning Niki Farahani
6:00-6:45 Beats Ride CS * Nadia Wilemski	5:45-6:00 Best Abs Ever MS * Eliza Rose	5:30-6:15 <b>True Barre (Heated)</b> Betsy Mallonee	5:30-6:20 <b>Core6</b> JD Martin	6:00-6:45 <b>Swim: Skills + Drills</b> Caleb Bright	5:45-6:30 Sonic Meditation (Heated) MS * Kevin Bigger	5:45-6:30 Sonic Meditation (Heated) Katey Lewis
6:30-7:15 MetCon Monday MS * Waz Ashayer	5:45-6:45 Power Vinyasa (Heated) Dee Holliday	5:45-6:30 Beats Ride Davie Donofrio	5:45-6:45 Vinyasa Yoga Jessie Wren	6:15-7:05 Rounds: Boxing MS * Marshall Brockley	6:45-7:45 Power Vinyasa (Heated) YS * Jane Johnsen	6:45-7:45 Power Vinyasa (Heated) Jane Johnsen
6:45-7:45 Vinyasa Yoga YS * Patrick Millard	6:00-6:50 <b>Precision Run®</b> TR * Bryce Wood	6:30-7:20 360 Strength MS * Joey Leonio	6:45-7:35 Cardio Sculpt Betsy Mallonee	7:00-8:00 Vinyasa Yoga (Heated) YS * Jess Reidy		
7:30-8:20 Cardio Sculpt MS * Betsy Mallonee	6:00-6:50 <b>Precision Run®</b> TR * Bryce Wood	7:00-7:45 Pilates Fusion MS * Alec Hynes	7:00-7:45 Best Abs Ever MS * Betsy Mallonee			
7:45-8:30 Anthem Ride CS * Molly Mook	6:15-7:00 Stronger MS * Eliza Rose	7:45-7:45 Vinyasa Yoga (Heated) Lizzie Falkner	7:40-8:10 Yin Yoga (Heated) Deidra Demens			
8:00-8:45 Sonic Meditation YS * Patrick Millard	7:00-7:45 True Barre (Heated) Rosie Fiedelman	7:00-7:45 <b>Hydro Athlete</b> Betsy Mallonee	8:00-9:00 Yin Yoga (Heated) YS * Deidra Demens			
	7:30-8:15 MetCon3 MS *	7:30-8:15 Stronger MS * Joey Leonio				

# 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

**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 + 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 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.

## 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 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.

## Barre

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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

**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.

## 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: 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

**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, 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

**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.