

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:30 YS * True Barre <i>Ana Boiangiu</i>	6:45-7:45 YS * <b>Power Vinyasa</b> <b>Jamison Goodnight</b>	6:45-7:30 YS * Pilates Fusion (Heated) <i>Mitchell Allison</i>	6:45-7:45 YS * <b>Vinyasa Yoga (Heated)</b> <b>Kevin Bigger</b>	6:45-7:30 YS * <b>Pilates Mat</b> <b>Dana Tarasavage</b>	9:00-10:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Damien Alexander</i>
7:30-8:15 MS * Stronger <i>Daniel Neale</i>	7:15-8:00 MS * <b>Body Sculpt</b> <b>Emma Vielbig</b>	7:15-8:05 TR * Precision Run® <i>Bryce Wood</i>	7:15-8:00 MS * Stronger <b>Elsa Saatela</b>	7:15-8:05 TR * Precision Run® <i>Evan Wood</i>	9:15-10:00 CS * Beats Ride <i>Betty Kasper</i>	9:45-10:30 MS * MetCon3 <i>Gerren Liles</i>
7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Dee Holliday</i>	7:30-8:15 CS * Beats Ride <i>Betty Kasper</i>	7:30-8:15 MS * MetCon3 <i>Eliza Rose</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	7:30-8:15 MS * <b>Body Sculpt</b> <b>Betty Kasper</b>	9:30-10:15 MS * Stronger <i>Tim Flores</i>	10:00-10:45 CS * Beats Ride <i>Diego Lanza</i>
8:30-9:15 MS * <b>Body Sculpt</b> <b>Kaelee Albritton</b>	7:45-8:45 PD * Swim: Pro <i>Jasper Jurman</i>	7:45-8:45 YS * Power Vinyasa (Heated) <i>Damien Alexander</i>	8:00-8:45 YS * <b>Pilates Rise (Heated)</b> <b>Colleen Wright</b>	7:45-8:45 YS * <b>Power Vinyasa</b> <b>Dana Tarasavage</b>	10:15-11:00 YS * Pilates Fusion <i>Stephanie Russo</i>	10:30-11:30 PD * Swim: Pro <i>Jasper Jurman</i>
9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	8:00-8:45 YS * <b>Pilates Fusion</b> <b>Stephanie Russo</b>	8:30-9:15 PD * Hydro Sculpt <i>Taj Harris</i>	8:15-9:00 MS * <b>Cardio Sculpt</b> <b>Shelby Finnie</b>	8:30-9:15 MS * MetCon3 <i>Tim Flores</i>	10:30-11:15 MS * MetCon3 <i>Tim Flores</i>	10:30-11:15 YS * Pilates Mat (Heated) <i>Rosie Fiedelman</i>
10:30-11:30 YS * Vinyasa Yoga <i>James Donegan</i>	8:15-9:00 MS * <b>Stronger</b> <b>Jacquie Scoliard</b>	9:15-10:00 YS * True Barre <i>April Shipp-Medcalf</i>	9:15-10:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	9:15-10:00 YS * Pilates Fusion <i>Stephanie Russo</i>	10:45-11:30 CS * Beats + Bands Ride <i>Betsy M</i>	11:00-11:45 MS * <b>Ropes and Rowers</b> <b>Gerren Liles</b>
12:00-12:45 YS * Pilates Rise (Heated) <i>Becca Wood</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>	9:30-10:15 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	10:30-11:15 YS * Barefoot Sculpt <i>Shelby Finnie</i>	9:30-10:15 MS * <b>Leg Day</b> <b>Tim Flores</b>	11:30-12:30 YS * Power Vinyasa <i>Caitlyn Casson</i>	11:30-12:30 YS * Sculpted Yoga™ (Heated) <i>Kumiko Buckman</i>
12:15-1:00 MS * <b>Leg Day</b> <b>Tim Flores</b>	10:30-11:15 YS * Pilates Mat <i>Claire Danese</i>	10:30-11:15 YS * Best Stretch Ever <i>Rika Henry</i>	12:00-1:00 YS * Power Vinyasa <i>Lizzie Falkner</i>	10:30-11:15 PD * Hydro Sculpt <i>Erwin Gonzalez</i>	12:00-12:50 MS * Cardio Sculpt <i>Betsy M</i>	12:15-1:00 MS * Body Sculpt <i>Shelby Finnie</i>
3:30-4:15 YS * True Barre (Heated) <i>Monica Colino</i>	12:00-1:00 YS * Vinyasa Yoga <i>Patrick Millard</i>	12:00-12:45 YS * Pilates at the Barre <i>Colleen Wright</i>	1:15-2:00 YS * Pilates Mat <i>Jack Wunsch</i>	12:15-1:00 MS * Stronger <i>Katie Robinson</i>	12:45-1:30 YS * Pilates at the Barre <i>Colleen Wright</i>	1:15-2:00 YS * True Barre <i>Shelby Finnie</i>
4:30-5:30 YS * Power Vinyasa (Heated) <i>Jane Johnson</i>	12:30-1:15 MS * Rounds: Bags and Mitts <i>Emma Artero</i>	3:30-4:15 YS * <b>Sculpted Yoga™</b> <b>Taj Harris</b>	4:30-5:15 YS * True Barre <i>Ana Boiangiu</i>	1:00-1:30 MS * <b>Best Abs Ever</b> <b>Katie Robinson</b>	1:30-2:15 PD * Hydro Athlete <i>Betsy M</i>	2:15-3:15 YS * Iyengar Yoga <i>Deidra Demens</i>
5:30-6:15 MS * Stronger <i>Katie Robinson</i>	1:15-2:00 YS * True Barre (Heated) <i>Monica Colino</i>	4:30-5:15 YS * <b>True Barre</b> <b>Katherine Menna</b>	5:30-6:15 MS * Stronger <i>Smita Nalluri</i>	1:15-2:00 YS * Best Stretch Ever <i>Kevin Bigger</i>	2:00-2:45 YS * Pilates Mat (Heated) <i>Kyla Lloyd</i>	3:30-4:15 YS * Pilates Fusion <i>Julia Atkin</i>
5:45-6:30 YS * Pilates Fusion <i>Mitchell Allison</i>	4:30-5:15 YS * Pilates Mat (Heated) <i>Rosie Fiedelman</i>	5:30-6:15 MS * Body Sculpt <i>Katherine Menna</i>	5:30-6:15 PD * <b>Hydro Athlete</b> <b>Betsy M</b>	3:30-4:15 YS * Pilates Mat <i>Claire Goldes</i>	3:15-4:00 YS * Best Stretch Ever <i>Katey Lewis</i>	4:30-5:30 YS * Vinyasa Yoga <i>Katey Lewis</i>
6:00-6:45 PD * <b>Hydro Athlete</b> <b>Betsy M</b>	5:15-6:05 TR * <b>Precision Walk:</b> <b>Elevate</b> <b>Flaminia Fanale</b>	5:45-6:30 YS * <b>Pilates Fusion</b> <b>Jack Wunsch</b>	5:45-6:45 YS * Vinyasa Yoga <i>Natalie Perez</i>	4:30-5:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	4:15-5:00 MS * Rounds: Boxing <i>Ugo Peter-Obiagwu</i>	5:15-6:00 MS * Stronger <i>Katie Robinson</i>
6:15-7:00 CS * Beats Ride <i>Nadia Wilemski</i>	5:30-6:15 MS * <b>Leg Day</b> <b>Eliza Rose</b>	6:00-6:45 CS * Beats + Bands Ride <i>Betsy M</i>	6:15-6:30 MS * <b>Best Abs Ever</b> <b>Smita Nalluri</b>	5:30-6:15 MS * <b>Cardio Sculpt</b> <b>Shelby Finnie</b>	4:30-5:30 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	5:45-6:30 YS * Sonic Meditation <i>Katey Lewis</i>
6:30-7:15 MS * MetCon Monday <i>Katie Robinson</i>	5:45-6:45 YS * Power Vinyasa (Heated) <i>Dee Holliday</i>	6:30-7:15 MS * Athletic Conditioning <i>Patrick Flannery</i>	6:45-7:35 MS * <b>Cardio Sculpt</b> <b>Betsy M</b>	5:45-6:30 YS * Pilates at the Barre <i>Deena Parrilla</i>	5:45-6:30 YS * True Barre <i>Betsy M</i>	6:00-6:30 MS * <b>Best Abs Ever</b> <b>Katie Robinson</b>
6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	6:15-7:00 CS * Beats Ride <i>Michael MacNeal</i>	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Lizzie Falkner</i>	7:00-7:45 YS * Pilates Fusion <i>Alec Hynes</i>	6:00-6:45 CS * Beats Ride <i>Michael MacNeal</i>	6:00-6:30 MS * True Barre <i>Betsy M</i>	6:45-7:30 YS * True Barre <i>Chelsea Brite</i>
7:30-8:20 MS * Cardio Sculpt <i>Betsy M</i>	6:30-7:15 MS * Stronger <i>Eliza Rose</i>	7:00-8:00 PD * Swim: Pro <b>Caleb Bright</b>	8:00-9:00 YS * Yin Yoga (Heated) <i>Deidra Demens</i>	6:15-7:15 PD * Swim: Skills + Drills <i>Caleb Bright</i>	6:30-7:15 MS * Rounds: Boxing <i>Marshall Brockley</i>	
8:00-8:45 YS * Sonic Meditation <i>Patrick Millard</i>	7:00-7:45 YS * True Barre <i>Rosie Fiedelman</i>	7:30-8:15 MS * Stronger <i>Joey Ledonio</i>		6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Katelyn Thelemaque</i>		
	7:30-8:15 MS * <b>Body Sculpt</b> <b>Kaelee Albritton</b>	8:00-8:45 YS * Yin Yoga + Sound Meditation <i>Lizzie Falkner</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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

## **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**

**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.

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.