

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Sunrise Vinyasa Yoga (Heated) YS * Kevin Bigger	6:15-7:00 Barefoot Sculpt (Heated) YS * Bella Merritt	6:30-7:15 True Barre: Off the Barre (Heated) YS * Sarah Esser	6:15-7:00 Barefoot Sculpt (Heated) YS * Kyla Owen	8:00-8:45 Vinyasa Yoga (Heated) YS * Caitlyn Casson	8:30-9:15 Body Sculpt (Heated) MS * Alex Ware	9:00-10:00 Power Vinyasa (Heated) YS * Rika Henry
6:45-7:35 Stronger MS * Smita Nalluri	6:30-7:15 Cardio Sculpt MS * Esteban Deleon	6:45-7:30 Body Sculpt MS * Kaylyn Eigen	6:30-7:15 Core6 MS * Michael Keeney	8:15-9:00 Stronger MS * Kyle O'Brien	8:45-9:30 Barefoot Sculpt (Heated) YS * Dyan Tsiumis	9:15-10:00 Best Butt Ever MS * Nyree Brown
7:30-8:15 Pilates at the Barre (Heated) YS * Christopher Howard	7:15-8:00 Beats Ride CS * Michael MacNeal	7:15-8:05 Precision Run + Strength TR * Isabelle Luongo	7:15-8:00 Pilates Fusion YS * Anna Ciambrone	9:30-10:15 Pilates Rise YS * Elgin McCargo	9:45-10:35 Stronger MS * Dyan Tsiumis	10:00-10:45 Beats Ride CS * Jenny Sun
8:15-9:00 Body Sculpt MS * Smita Nalluri	7:15-8:00 Power Vinyasa (Heated) YS * Rika Henry	7:30-8:15 Pilates Mat YS * Caroline Strong	7:30-8:20 Precision Run@ TR * Jaimie Austin	10:45-11:30 Barefoot Sculpt (Heated) YS * Paige Bodnar	10:00-10:45 Pilates Fusion YS * Colleen Wright	10:15-11:00 True Barre: Bala Bangle YS * Lipe
9:30-10:15 True Barre: Bala Bangle YS * Sarah Esser	7:45-8:30 Stronger MS * Esteban Deleon	8:15-9:00 Core6 MS * Isabelle Luongo	7:45-8:30 Beats Ride CS * Corinne Goldberg	12:00-12:45 Pilates Fusion (Heated) YS * Deena Parrilla	10:15-11:05 Beats Ride CS * Jaimie Austin	10:30-11:15 Body Sculpt MS * Nyree Brown
11:45-12:30 True Barre (Heated) YS * April Shipp-Medcalf	8:45-9:30 Barefoot Sculpt (Heated) YS * Meaghan McLeod	9:30-10:15 Pilates at the Barre (Heated) YS * Colleen Wright	7:45-8:30 Best Butt Ever MS * Michael Keeney	1:00-1:45 Body Sculpt MS * Melissa Chisholm	11:00-11:45 Rhythmic Sculpt MS * Alex Ware	11:15-12:00 Pilates Fusion YS * Dara Adler
12:00-12:50 Beats Ride CS * Jaimie Austin	9:15-10:00 Body Sculpt MS * Or Artzi	11:45-12:30 Power Vinyasa (Heated) YS * Jaimie Austin	8:45-9:45 Power Vinyasa (Heated) YS * Jaimie Austin	2:45-3:30 True Barre YS * Zach Eisenberg	11:15-12:15 Vinyasa Yoga (Heated) YS * Aaron Cane	11:45-12:30 Stronger MS * Michelle Sim
1:00-1:45 Body Sculpt MS * Marissa Myers	10:15-11:00 True Barre (Heated) YS * Or Artzi	12:00-12:50 Precision Walk: Elevate TR * Amy Amato	10:15-11:00 Vinyasa Yoga (Heated) YS * Katelyn Lewis	4:00-5:00 Power Vinyasa (Heated) YS * Katelyn Thelemaque	12:00-12:45 Leg Day MS * Melissa Chisholm	12:45-1:30 Cardio Sculpt MS * Michelle Sim
4:15-5:00 Pilates Mat YS * Lilly Joergensen	12:00-12:30 Best Butt Ever MS * Isabelle Luongo	1:00-1:50 Stronger Women MS * Bonnie Flannery	12:15-1:00 Pilates at the Barre (Heated) YS * Christopher Howard	5:00-5:50 Pilates Fusion (Heated) MS * Ricardo Drumond	12:45-1:30 True Barre (Heated) YS * Lucas Blankenhorn	2:30-3:30 Weekend Wind Down Yoga (Heated) YS * Franklin Camacho
5:30-6:20 Precision Run@ TR * Jaimie Austin	12:15-1:00 Pilates Mat YS * Lilly Joergensen	4:15-5:00 True Barre YS * Or Artzi	5:00-6:00 Sculpted Yoga™ (Heated) YS * Andy Santana	5:15-6:05 Pilates Fusion (Heated) YS * Andre Rivera	2:00-2:45 Pilates Fusion (Heated) YS * Gillian Popino	4:00-4:45 Pilates Fusion (Heated) YS * Elyse Cowles
5:30-6:15 Vinyasa Yoga YS * Suzanne Taylor	12:30-1:00 Best Abs Ever MS * Isabelle Luongo	5:00-5:45 Rhythmic Sculpt MS * LaDarius Lee	6:15-7:00 Pilates Fusion (Heated) YS * Andy Santana	6:45-7:45 Yin Yoga Meditation (Heated) YS * Babette Godefroy		5:15-6:15 Vinyasa Yoga (Heated) YS * Katelyn Thelemaque
6:00-6:45 Body Sculpt MS * Michelle Sim	4:00-4:45 Vinyasa Yoga (Heated) YS * Alexa Kerner	5:30-6:20 Precision Run@ TR * Or Artzi	6:30-7:15 Stronger MS * Jacquie Scoliard			
6:15-7:00 Beats Ride CS * Alejandra Acosta	5:00-5:50 Pilates Fusion (Heated) YS * Andre Rivera	6:00-6:15 Barefoot Sculpt YS * Zach Eisenberg				
6:45-7:30 True Barre (Heated) YS * Minga Prather	5:30-6:15 Stronger MS * Shannon Kronstadt	6:00-6:45 Leg Day MS * Alison O'Connor				
7:00-7:45 Best Butt Ever MS * Cindy Davis	6:15-7:00 Barefoot Sculpt YS * Anna Ciambrone	6:15-7:00 Anthem Ride CS * Molly Mook				
7:45-8:30 Barefoot Sculpt (Heated) YS * Minga Prather	6:30-7:15 Cardio Sculpt MS * Shelby Finnie	6:45-7:30 Amplified Vinyasa (L2) (Heated) YS * Rika Henry				
	7:15-8:00 Pilates Fusion (Heated) YS * Claire Goldes	7:00-7:45 Body Sculpt MS * Brennan Caldwell				
		7:45-8:30 Pilates at the Barre (Heated) YS * Genevieve Gordon				

# EQUINOX

## HUDSON SQUARE

75 Varick St.

NEW YORK NY 10013

EQUINOX.COM

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**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

jaimie.austin@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.

**Sunrise Vinyasa Yoga** Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

**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

**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.

**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.

**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: Off the Barre** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body 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.



## 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.

**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.

**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.

**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. An Equinox exclusive.