

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Sunrise Vinyasa Yoga (Heated) Kevin Bigger YS *	6:15-7:00 True Barre (Heated) Tegan H YS *	6:30-7:15 Barefoot Sculpt Sarah Esser YS *	6:30-7:15 Stacked Michael Keeney MS *	7:30-8:15 Vinyasa Yoga Caitlyn Casson YS *	8:30-9:15 Body Sculpt Alex Ware MS *	9:00-10:00 Power Vinyasa (Heated) Rika Henry YS *
6:45-7:30 MetCon Monday DeVonte McCray MS *	6:30-7:15 Cardio Sculpt Esteban Deleon MS *	6:45-7:30 Body Sculpt Gaby Moreno MS *	6:45-7:30 Beats Ride Corinne Goldberg CS *	8:15-9:00 Stronger Dario Torres MS *	8:45-9:30 Barefoot Sculpt (Heated) Dyan Tsiumis YS *	9:15-10:00 Ultimate Resistance Alexander MS *
7:15-8:05 Precision Run + Strength Ney Melo TR *	6:45-7:30 Beats Ride Vinnie Smith CS *	7:15-8:05 Precision Run + Strength Isabelle Luongo TR *	7:15-8:00 True Barre Anna Ciambrone YS *	12:00-12:45 Pilates Fusion Emily Snuffer YS *	9:00-9:50 Precision Run® Colleen Wright TR *	10:00-10:45 Anthem Ride Jenny Sun CS *
7:30-8:15 Pilates at the Barre (Heated) Christopher Howard YS *	7:15-8:00 Power Vinyasa (Heated) Rika Henry YS *	7:30-8:15 Pilates Mat Caroline Strong YS *	7:30-8:20 Precision Run® Jaimie Austin TR *	1:00-1:45 MetCon3 Melissa Chisholm MS *	9:45-10:30 Stronger Dyan Tsiumis MS *	10:15-11:00 True Barre: Bala Bangle Lipe YS *
8:15-9:00 Body Sculpt Gaby Moreno MS *	7:30-8:20 Precision Run® Meaghan McLeod TR *	8:15-9:00 Tabata Max Isabelle Luongo MS *	7:45-8:30 Best Butt Ever Michael Keeney MS *	4:00-5:00 Vinyasa Yoga (Heated) Jaimie Austin YS *	10:00-10:45 Pilates Fusion Colleen Wright YS *	10:30-11:15 Body Sculpt Nyree Brown MS *
9:30-10:15 True Barre: Off the Barre (Heated) Sarah Esser YS *	7:45-8:30 Stronger Esteban Deleon MS *	9:30-10:15 Pilates at the Barre Colleen Wright YS *	8:45-9:45 Vinyasa Yoga (Heated) Jaimie Austin YS *	5:15-6:05 Pilates Fusion (Heated) Andre Rivera YS *	10:15-11:05 Beats Ride Jaimie Austin CS *	11:15-12:00 Pilates Fusion Dara Adler YS *
12:00-12:45 True Barre: Bala Bangle Alisha Wickering YS *	8:45-9:30 Barefoot Sculpt Meaghan McLeod YS *	12:00-12:45 Power Vinyasa (Heated) Jaimie Austin YS *	10:00-10:45 Aletica Marie Jasmin MS *	6:00-6:45 Stronger Wyatt Slone MS *	11:00-11:45 Rhythmic Sculpt Alex Ware MS *	11:45-12:30 TRX Max Circuit Nyree Brown MS *
12:15-1:05 Precision Ride Jaimie Austin CS *	10:00-10:45 Body Sculpt Or Artzi MS *	12:15-1:00 Anthem Ride Katie Horwitch CS *	11:00-11:45 Sonic Meditation Katey Lewis YS *	6:45-7:45 Yin Yoga + Sound Meditation (Heated) Babette Godefroy YS *	11:15-12:30 Vinyasa Yoga (Heated) Babette Godefroy YS *	3:00-4:00 Weekend Wind Down Yoga (Heated) Frank Camacho YS *
1:00-1:45 Body Sculpt Alisha Wickering MS *	11:00-11:45 Athletic Stretch (Heated) Or Artzi YS *	1:00-1:45 Rhythmic Sculpt Nicky Venditti MS *	12:00-12:30 Precision Run 30 Evan Wood TR *			
4:15-5:00 Pilates Mat Lilly Joergensen YS *	12:00-12:50 Precision Walk: Elevate Amy Amato TR *	4:15-5:00 True Barre Or Artzi YS *	12:15-1:00 Pilates at the Barre Rachel King YS *			
5:15-6:15 Vinyasa Yoga Suzanne Taylor YS *	12:15-1:05 Pilates Rise Lilly Joergensen YS *	5:15-6:00 Barefoot Sculpt Zach Eisenberg YS *	12:30-1:00 Upper Body Pump Butchie Gamble MS *			
5:30-6:20 Precision Run® Jaimie Austin TR *	12:30-1:00 Best Butt Ever Paige Bodnar MS *	5:30-6:20 Precision Run® Or Artzi TR *	12:45-1:15 Precision Run 30 Evan Wood TR *			
6:00-6:45 Rounds: Boxing Michelle Sim MS *	1:00-1:30 Best Abs Ever Paige Bodnar MS *	6:00-6:45 Ultimate Resistance Alexander MS *	1:00-1:30 Best Abs Ever Butchie Gamble MS *			
6:15-7:00 Beats Ride Michelle Koenigsknecht CS *	4:00-4:45 Vinyasa Yoga (Heated) Alexa Kerner YS *	6:15-7:00 Beats Ride Ney Melo CS *	5:00-6:00 Sculpted Yoga™ Andy Santana YS *			
6:45-7:30 True Barre (Heated) Meaghan McLeod YS *	5:00-5:45 Pilates Mat Jake Thereault YS *	6:45-7:30 Amplified Vinyasa (Heated) Rika Henry YS *	5:30-6:15 Circuit Training Waz Ashayer MS *			
7:00-7:45 Athletic Conditioning Taylor Cooley MS *	5:30-6:15 Cardio Sculpt Molly Day MS *	7:00-7:45 TRX Max Circuit Brennan Caldwell MS *	6:15-7:00 Pilates at the Barre (Heated) Andy Santana YS *			
7:45-8:30 Barefoot Sculpt Monica Colino YS *	5:45-6:30 Anthem Ride Molly Mook CS *	7:45-8:30 Pilates at the Barre (Heated) Genieve Gordon YS *	6:30-7:15 MetCon3 Waz Ashayer MS *			
	6:15-7:00 Barefoot Sculpt Anna Ciambrone YS *					
	6:30-7:15 Tabata Max Molly Day MS *					
	7:15-8:05 Pilates Fusion (Heated) Andre Rivera YS *					

EQUINOX

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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

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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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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 + 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.



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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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.

Ultimate Resistance An intense integrated-strength workout created by fitness expert, Alexander Charles using a single weight and resistance tubing. Ignite metabolic burn through a series of strength and core conditioning.



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.



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.



Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Headstrong Reset An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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, 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

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.