

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Sunrise Vinyasa Yoga (Heated) YS * <i>Kevin Bigger</i>	6:15-7:00 True Barre (Heated) YS * <i>Bella Merritt</i>	6:30-7:15 Barefoot Sculpt YS * <i>Sarah Esser</i>	6:30-7:15 Core6 MS * <i>Michael Keeney</i>	8:00-8:45 Vinyasa Yoga YS * <i>Caitlyn Casson</i>	8:30-9:15 Body Sculpt MS * <i>Alex Ware</i>	9:00-10:00 Power Vinyasa (Heated) YS * <i>Rika Henry</i>
6:45-7:30 Best Butt Ever MS * <i>DeVonte McCray</i>	6:30-7:15 Cardio Sculpt MS * <i>Esteban Deleon</i>	6:45-7:30 Body Sculpt MS * <i>Gaby Moreno</i>	6:45-7:30 Beats Ride CS * <i>Corinne Goldberg</i>	8:15-9:00 Stronger MS * <i>Dario Torres</i>	8:45-9:30 Barefoot Sculpt (Heated) YS * <i>Dyan Tsiumis</i>	9:15-10:00 Ultimate Resistance MS * <i>Alexander</i>
7:15-8:05 Precision Run + Strength TR * <i>Ney Melo</i>	6:45-7:30 Beats Ride CS * <i>Vinnie Smith</i>	7:15-8:05 Precision Run + Strength TR * <i>Isabelle Luongo</i>	7:15-8:00 Pilates Fusion YS * <i>Anna Ciambrone</i>	9:30-10:15 Pilates Rise YS * <i>Elgin McCargo</i>	9:00-9:50 Precision Run® TR * <i>Colleen Wright</i>	10:00-10:45 Anthem Ride CS * <i>Jenny Sun</i>
7:30-8:15 Pilates at the Barre (Heated) YS * <i>Christopher Howard</i>	7:15-8:00 Power Vinyasa (Heated) YS * <i>Rika Henry</i>	7:30-8:15 Pilates Mat YS * <i>Caroline Strong</i>	7:30-8:20 Precision Run® TR * <i>Jaimie Austin</i>	12:00-12:45 Pilates Fusion YS * <i>Emily Snouffer</i>	9:45-10:35 Stronger MS * <i>Dyan Tsiumis</i>	10:15-11:00 True Barre: Bala Bangle YS * <i>Lipe</i>
8:15-9:00 Body Sculpt MS * <i>Gaby Moreno</i>	7:30-8:20 Precision Run® TR * <i>Meaghan McLeod</i>	8:15-9:00 Core6 MS * <i>Isabelle Luongo</i>	7:45-8:30 Best Butt Ever MS * <i>Michael Keeney</i>	1:00-1:45 Core6 MS * <i>Melissa Chisholm</i>	10:00-10:45 Pilates Fusion YS * <i>Colleen Wright</i>	10:30-11:15 Body Sculpt MS * <i>Nyree Brown</i>
9:30-10:15 True Barre: Bala Bangle YS * <i>Sarah Esser</i>	7:45-8:30 Stronger MS * <i>Esteban Deleon</i>	9:30-10:15 Pilates at the Barre YS * <i>Colleen Wright</i>	8:45-9:45 Vinyasa Yoga (Heated) YS * <i>Jaimie Austin</i>	4:00-5:00 Vinyasa Yoga YS * <i>Stephanie Strine</i>	10:15-11:05 Beats Ride CS * <i>Jaimie Austin</i>	11:15-12:00 Pilates Fusion YS * <i>Dara Adler</i>
12:00-12:45 Barre YS * <i>April Shipp-Medcalf</i>	8:45-9:30 Barefoot Sculpt YS * <i>Meaghan McLeod</i>	12:00-12:45 Power Vinyasa (Heated) YS * <i>Jaimie Austin</i>	9:15-10:00 Cardio Sculpt MS * <i>Marie Jasmin</i>	5:15-6:05 Pilates Fusion (Heated) YS * <i>Andre Rivera</i>	11:00-11:45 Rhythmic Sculpt MS * <i>Alex Ware</i>	11:45-12:30 TRX Max Circuit MS * <i>Nyree Brown</i>
12:15-1:05 Precision Ride CS * <i>Jaimie Austin</i>	9:15-10:00 Body Sculpt MS * <i>Or Artzi</i>	12:15-1:00 Anthem Ride CS * <i>Katie Horwitch</i>	10:15-11:00 Sonic Meditation YS * <i>Katey Lewis</i>	6:00-6:45 Stronger MS * <i>Wyatt Slone</i>	11:15-12:30 Vinyasa Yoga (Heated) YS * <i>Babette Godefroy</i>	12:45-1:30 Cardio Sculpt MS * <i>Molly Day</i>
1:00-1:45 Body Sculpt MS * <i>Marissa Myers</i>	10:15-11:00 True Barre (Heated) YS * <i>Or Artzi</i>	1:00-1:50 Stronger MS * <i>Bonnie Flannery</i>	12:00-12:30 Best Abs Ever MS * <i>Butchie Gamble</i>	6:45-7:45 Yin Yoga Meditation (Heated) YS * <i>Babette Godefroy</i>	12:00-12:45 Core6 MS * <i>Melissa Chisholm</i>	3:00-4:15 Weekend Wind Down YS * <i>Franklin Camacho</i>
4:15-5:00 Pilates Mat YS * <i>Lilly Joergensen</i>	12:00-12:30 Best Butt Ever MS * <i>Paige Bodnar</i>	4:15-5:00 True Barre YS * <i>Or Artzi</i>	12:15-1:00 Pilates at the Barre (Heated) YS * <i>Christopher Howard</i>		12:45-1:30 Headstrong Reset YS * <i>Babette Godefroy</i>	
5:30-6:20 Precision Run® TR * <i>Jaimie Austin</i>	12:00-12:50 Precision Walk: Elevate TR * <i>Amy Amato</i>	5:30-6:20 Precision Run® TR * <i>Or Artzi</i>	12:30-1:00 Best Butt Ever MS * <i>Butchie Gamble</i>			
5:30-6:15 Vinyasa Yoga YS * <i>Suzanne Taylor</i>	12:15-1:00 Pilates Mat YS * <i>Lilly Joergensen</i>	5:30-6:15 Barefoot Sculpt YS * <i>Zach Eisenberg</i>	5:00-6:00 Sculpted Yoga™ (Heated) YS * <i>Andy Santana</i>			
6:00-6:45 Body Sculpt MS * <i>Michelle Sim</i>	12:30-1:00 Best Abs Ever MS * <i>Paige Bodnar</i>	6:00-6:45 Ultimate Resistance MS * <i>Alexander</i>	5:30-6:15 MetCon3 MS * <i>Waz Ashayer</i>			
6:15-7:00 Beats Ride CS * <i>Alejandra Acosta</i>	4:00-4:45 Vinyasa Yoga (Heated) YS * <i>Alexa Kerner</i>	6:15-7:00 Beats Ride CS * <i>Siercia O'Brien</i>	6:15-7:00 Pilates Fusion (Heated) YS * <i>Andy Santana</i>			
6:45-7:30 True Barre (Heated) YS * <i>Monica Colino</i>	5:00-5:50 Pilates Mat YS * <i>Jake Thereault</i>	6:45-7:30 Amplified Vinyasa (L2) (Heated) YS * <i>Rika Henry</i>	6:30-7:15 Stronger MS * <i>Waz Ashayer</i>			
7:00-7:45 Athletic Conditioning MS * <i>Taylor Cooley</i>	5:30-6:15 Cardio Sculpt MS * <i>Molly Day</i>	7:00-7:45 Core6 MS * <i>Brennan Caldwell</i>				
7:45-8:30 Barefoot Sculpt YS * <i>Monica Colino</i>	5:45-6:30 Anthem Ride CS * <i>Molly Mook</i>	7:45-8:30 Pilates at the Barre (Heated) YS * <i>Genieve Gordon</i>				
	6:15-7:00 Barefoot Sculpt YS * <i>Anna Ciambrone</i>					
	6:30-7:15 MetCon3 MS * <i>Molly Day</i>					
	7:15-8:05 Pilates Fusion (Heated) YS * <i>Andre Rivera</i>					

EQUINOX

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NEW YORK NY 10013

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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® 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

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.

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.

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.

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

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.

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.



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.



Regeneration

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

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.