

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 YS * Vinyasa Yoga <i>Jessica Lopez</i>	6:15-7:00 MS * Athletic Conditioning <i>George Dossas</i>	6:30-7:15 YS * Pilates Fusion Melissa Jalali	6:15-7:00 MS * Whipped! <i>George Dossas</i>	7:30-8:20 TR * Precision Run® <i>Courteney Mitchell</i>	9:00-9:45 MS * Tabata Max <i>Samantha Boulay</i>	8:45-9:30 MS * Stronger <i>Austin Sa</i>
6:45-7:30 MS * MetCon Monday <i>Richard G</i>	6:45-7:30 YS * Barefoot Sculpt <i>Cheryl Geiser</i>	6:45-7:35 MS * Stronger <i>Austin Sa</i>	6:45-7:45 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	7:30-8:20 YS * Power Vinyasa <i>Allie Cabrera</i>	9:00-10:00 YS * Vinyasa Yoga <i>Stephanie Lucero</i>	9:00-9:45 YS * Pilates Fusion <i>Susan Connelly</i>
7:30-8:20 TR * Precision Run® <i>Jessica Lopez</i>	7:00-7:45 CS * Beats Ride Ashley Riccio	7:30-8:20 TR * Precision Walk: Elevate <i>Jae Pukma</i>	7:00-7:45 CS * Beats Ride <i>Richard G</i>	8:30-9:15 MS * Stronger <i>Chico Huggins</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Jessica Lopez</i>	9:15-10:00 BR * Rounds: Boxing <i>Rod Shivers</i>
7:30-8:15 YS * True Barre: Bala Bangle <i>Kristy DiScipio</i>	7:15-8:00 MS * Tabata Max <i>George Dossas</i>	7:30-8:15 TR * True Barre: Off the Barre Melissa Jalali	7:15-8:00 MS * Athletic Conditioning <i>George Dossas</i>	9:15-10:15 YS * Vinyasa Yoga <i>Jene Rossi</i>	9:30-10:15 CS * Beats Ride <i>Maryanne Blake</i>	9:30-10:15 CS * Beats Ride <i>Nicole Roach</i>
9:30-10:20 MS * Stronger <i>Samantha Boulay</i>	8:00-8:45 YS * Pilates Fusion <i>Ricki Kalayci</i>	9:30-10:00 MS * Quick HIIT <i>Chico Huggins</i>	8:00-8:45 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>	9:30-10:15 MS * Athletic Conditioning <i>Shai Douty</i>	10:15-11:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	10:00-10:45 MS * MetCon3 <i>Cara Andreoli</i>
10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	9:30-10:15 MS * MetCon3 <i>Emily Southworth</i>	10:00-10:30 MS * Best Abs Ever <i>Chico Huggins</i>	9:30-10:15 MS * Athletic Conditioning <i>Maryanne Blake</i>	10:30-11:15 YS * Barefoot Sculpt <i>Jae Pukma</i>	10:15-11:00 MS * True Barre: Off the Barre <i>Melissa Jalali</i>	10:30-11:30 YS * Vinyasa Yoga <i>Susan Connelly</i>
12:00-12:50 YS * Pilates Rise <i>Alexandra Wheelock</i>	10:30-11:15 YS * Vinyasa Yoga <i>Brenna Oliver</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jene Rossi</i>	10:30-11:30 YS * Vinyasa Yoga <i>Jessica Lopez</i>	12:00-12:45 YS * True Barre: Off the Barre <i>Leia Hockstein</i>	11:15-12:00 YS * Pilates Fusion <i>Melissa Jalali</i>	12:15-1:00 YS * True Barre: Off the Barre <i>Cheryl Geiser</i>
12:15-1:00 MS * Tabata Max <i>Chad Flahive</i>	12:00-12:45 YS * Barefoot Sculpt <i>Alaina Chmielinski</i>	12:00-12:45 YS * Pilates Mat <i>Kim Valentine</i>	12:00-12:45 YS * True Barre: Off the Barre <i>Melissa Jalali</i>	12:15-1:00 MS * MetCon3 Dimitra Moretto	11:30-12:15 MS * Cardio Dance <i>Djenaba Reynolds</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Pat Donaher</i>
4:00-5:00 YS * Vinyasa Yoga <i>Dan Steel</i>	12:15-1:05 MS * Stronger <i>Samantha Boulay</i>	12:15-1:05 MS * 360 Strength <i>Samantha Boulay</i>	12:15-1:05 MS * Ropes and Rowers <i>Samantha Boulay</i>	4:45-5:30 MS * Core6 <i>Austin Sa</i>		5:05-5:20 YS * Meditation Pat Donaher
5:30-6:15 MS * Rhythmic Sculpt <i>Ellie Gonyeau</i>	4:00-4:45 YS * Pilates Fusion <i>Melissa Jalali</i>	4:00-4:45 YS * Pilates Fusion <i>Olivia Florence</i>	4:00-5:00 YS * Vinyasa Yoga <i>Natalie Wannamaker</i>	5:30-6:30 YS * Vinyasa Yoga <i>Pat Donaher</i>		
5:30-6:15 YS * Pilates Fusion <i>Olivia Florence</i>	5:00-5:45 YS * True Barre: Off the Barre <i>Melissa Jalali</i>	5:15-6:00 BR * Rounds: Boxing <i>Samantha Boulay</i>	5:30-6:15 YS * Pilates Fusion <i>Susan Connelly</i>			
5:45-6:30 CS * Beats Ride <i>Andrew Steele</i>	5:30-6:15 MS * Two Toned Training <i>Shai Douty Leah Douty</i>	5:30-6:15 MS * Core6 <i>Chico Huggins</i>	5:45-6:30 MS * MetCon3 <i>Chico Huggins</i>			
6:30-7:15 MS * MetCon Monday <i>Alicia Tremblay</i>	5:45-6:30 CS * Beats Ride <i>Mahmoud Saleh</i>	5:30-6:15 YS * True Barre: Off the Barre <i>Mackenzie Lafond</i>	6:30-7:15 YS * Barefoot Sculpt <i>Zoe Sundra</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Alaina Chmielinski</i>	5:45-6:35 TR * Precision Run® <i>Courteney Mitchell</i>	5:45-6:30 CS * Beats Ride <i>Austin Sa</i>	6:45-7:30 MS * Cardio Dance <i>Ash Herron</i>			
	6:00-7:00 YS * Power Vinyasa <i>Natalie Wannamaker</i>	6:15-7:05 TR * Precision Run® <i>Marissa Best</i>				
	6:15-7:00 BR * Rounds: Boxing <i>Rod Shivers</i>	6:30-7:30 YS * Vinyasa Yoga <i>Michael Alba</i>				
	6:30-7:20 MS * Stronger <i>Marissa Best</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>David Quiroga Gomez</i>				

EQUINOX

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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 08:00 PM

Kids

MON-SUN 09:00 AM 01:00 PM

GROUP FITNESS MANAGER

samantha.boulay@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



Cycling

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.

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

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.

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.



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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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.

Two Toned Training Dynamic sister duo Shai + Leah Douty presents the Two-Toned Training boot camp experience. Train like an athlete during these 45 Min HIIT style workouts combining plyometric and strength focused exercises to some of your favorite hard hitting beats. #DontToneAlone.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



Barre

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.



Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



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

Meditation Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.