

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|--|
| 6:00-6:45 MS * MetCon Monday <i>Cherie Buday</i> | 6:00-6:45 MS * Ropes and Rowers <i>Richard Shaw</i> | 6:00-6:45 MS * Stacked <i>Madeline Peterson</i> | 6:00-6:50 TR * Precision Walk: Elevate <i>Jenn Auchterlonie</i> | 7:00-7:45 CS * Precision Ride <i>Richard Shaw</i> | 8:30-9:15 MS * Stacked <i>Jenn Auchterlonie</i> | 8:45-9:30 YS * True Barre: Bala Bangle <i>Emma Swain</i> |
| 7:00-7:45 YS * Pilates Mat <i>Lara Kornblut</i> | 7:00-7:45 CS * Precision Ride <i>Richard Shaw</i> | 7:00-8:00 YS * Sculpted Yoga™ <i>Ana Al-Atrash</i> | 7:00-7:45 MS * Athletic Conditioning <i>Jenn Auchterlonie</i> | 8:00-8:45 MS * Stronger <i>Richard Shaw</i> | 8:45-9:30 YS * Pilates Fusion <i>Molly Govern</i> | 9:00-9:45 CS * Beats Ride <i>Amy Hilton</i> |
| 8:00-8:45 MS * Body Sculpt <i>Madeline Peterson</i> | 8:00-8:45 YS * Pilates Mat <i>Cagla Giray</i> | 8:00-8:50 MS * Stronger <i>Brit Jones</i> | 8:00-8:45 YS * Barefoot Sculpt <i>Christianna Wood</i> | 9:30-10:15 MS * Rhythmic Sculpt <i>Mike Gray</i> | 9:30-10:15 CS * Beats Ride <i>Eliazar Chacha</i> | 9:15-10:00 MS * Rhythmic Sculpt <i>Gia-Ninh Chuang</i> |
| 9:30-10:15 YS * True Barre <i>Molly Govern</i> | 9:45-10:35 TR * Precision Walk: Elevate <i>Emmanuella St. Juste</i> | 9:30-10:15 YS * Pilates Mat <i>Amy Hilton</i> | 9:45-10:30 YS * Pilates Fusion <i>Veronika Batyan</i> | 10:30-11:15 YS * True Barre <i>Mike Gray</i> | 9:30-10:15 MS * Tabata Max <i>Jenn Auchterlonie</i> | 9:45-10:30 YS * Pilates Rise <i>Emma Swain</i> |
| 10:15-10:45 MS * Best Butt Ever <i>Veronika Batyan</i> | 11:00-11:30 MS * Upper Body Pump <i>Anne Schuyler</i> | 10:15-11:00 CS * Beats Ride <i>Timbo Williams</i> | 11:15-12:00 YS * True Barre: Bala Bangle <i>Molly Govern</i> | 11:30-12:15 YS * Best Stretch Ever <i>Mike Gray</i> | 9:30-10:20 TR * Precision Walk: Elevate <i>Brit Jones</i> | 10:15-11:05 TR * Precision Walk: Elevate <i>Gia-Ninh Chuang</i> |
| 10:45-11:00 MS * Best Abs Ever <i>Veronika Batyan</i> | 11:30-12:00 MS * Best Abs Ever <i>Anne Schuyler</i> | 11:15-12:00 MS * Best Butt Ever <i>Timbo Williams</i> | 12:00-12:45 MS * MetCon3 <i>Manal Maarouf</i> | 12:15-1:00 MS * Stacked <i>Sabrina Benmira</i> | 10:30-11:15 MS * Limited Series: Stronger Women <i>Jenn Auchterlonie</i> | 10:30-11:15 MS * MetCon3 <i>Cherie Buday</i> |
| 11:15-12:00 MS * Stacked <i>Brit Jones</i> | 12:00-1:00 YS * Vinyasa Yoga <i>Jenna Rupert</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Carolyn Weininger</i> | 12:15-1:15 YS * Vinyasa Yoga <i>Jen Lee</i> | 4:30-5:15 YS * Pilates Mat <i>Carolyn Weininger</i> | 10:30-11:20 TR * Precision Run® <i>Brit Jones</i> | 10:45-11:45 YS * Vinyasa Yoga <i>Carolyn Weininger</i> |
| 12:15-1:00 YS * Pilates at the Barre <i>Mike Gray</i> | 12:15-1:05 MS * Stronger <i>Brit Jones</i> | 4:30-5:15 YS * True Barre: Cardio <i>Mike Gray</i> | 5:00-5:45 YS * Vinyasa Yoga <i>Carolyn Weininger</i> | 5:30-6:15 MS * Rounds: Boxing <i>Cherie Buday</i> | 10:45-11:45 YS * Vinyasa Yoga <i>Lisa Ai</i> | 3:30-4:30 YS * Weekend Wind Down Yoga <i>Rita Ramos</i> |
| 4:30-5:20 YS * Vinyasa Yoga <i>Rachel Martin</i> | 5:00-5:45 YS * True Barre <i>Molly Govern</i> | 5:30-6:15 YS * Pilates Mat <i>Carolyn Weininger</i> | 5:45-6:30 MS * Rhythmic Sculpt <i>Gia-Ninh Chuang</i> | 5:30-6:15 MS * Rounds: Boxing <i>Cherie Buday</i> | 12:15-1:15 YS * Yin Yoga + Sound Meditation <i>Ana Al-Atrash</i> | |
| 5:30-6:15 YS * True Barre <i>Veronika Batyan</i> | 5:30-6:15 MS * Rounds: Bags and Mitts <i>Allan Rodas</i> | 5:45-6:30 MS * Ropes and Rowers <i>Jenn Auchterlonie</i> | 6:00-6:45 YS * Barre <i>Samuel Hall</i> | 5:30-6:30 YS * Vinyasa Yoga <i>Carolyn Weininger</i> | | |
| 5:45-6:30 MS * Stacked <i>Brit Jones</i> | 5:45-6:30 TR * Precision Run® <i>Brit Jones</i> | 6:30-7:30 YS * Vinyasa Yoga <i>Cagla Giray</i> | 7:00-7:45 YS * Pilates Rise <i>Gia-Ninh Chuang</i> | | | |
| 6:00-7:00 CS * Endurance Ride 60 <i>Dru Ryan</i> | 6:00-6:45 YS * Pilates at the Barre <i>Jenna Rathe</i> | | | | | |
| 6:30-7:30 YS * Yin Yoga + Sound Meditation <i>Taylor Husereau</i> | 6:30-7:15 MS * MetCon3 <i>Allan Rodas</i> | | | | | |
| | 7:00-8:00 YS * Restorative Yoga <i>Taylor Husereau</i> | | | | | |

EQUINOX

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@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

brit.jones@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

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.

Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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® 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

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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.

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.

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.

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.



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.

True Barre: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.



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.



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.

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.

Limited Series: Stronger Women Introducing 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.

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.