

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Athletic Conditioning <i>Emmanuel Griffin</i>	6:00-6:45 CS * Beats Ride <i>Nikki Cucurullo</i>	6:15-7:00 MS * Stronger <i>Matt Devanney</i>	6:00-6:45 CS * Beats Ride <i>Liz Butler</i>	6:00-6:45 MS * MetCon3 <i>Darryl Crosier</i>	8:30-9:15 MS * Whipped! <i>Rachel Dugan</i>	8:45-9:30 YS * True Barre <i>Amber Immordino</i>
7:00-7:45 MS * MetCon Monday <i>Matt Devanney</i>	6:15-7:00 MS * Stacked <i>Nas Analouei</i>	7:00-7:45 BR * Rounds: Boxing <i>Angel Alicea</i>	7:00-7:45 MS * Stronger <i>Liz Butler</i>	7:00-7:45 MS * Rounds: Boxing <i>Darryl Crosier</i>	9:00-10:00 YS * Pilates Fusion <i>Paul Richardson</i>	9:00-9:45 BR * Rounds: Boxing <i>Angel Alicea</i>
7:00-7:50 YS * Pilates at the Barre <i>Carol Alvarez</i>	7:00-8:00 YS * Vinyasa Yoga <i>Papa Guru</i>	7:30-8:15 CS * Beats Ride <i>Amber Roach</i>	8:15-9:00 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	7:00-7:45 YS * Barefoot Sculpt <i>Justine Ayala</i>	9:30-10:15 CS * Beats Ride <i>KC Della-Fera</i>	9:00-9:45 CS * Beats Ride <i>Taliah Mekki</i>
7:30-8:15 CS * Beats Ride <i>Meera Lakhavani</i>	7:15-8:00 MS * Body Sculpt <i>Nikki Cucurullo</i>	7:45-8:15 BR * Best Abs Ever <i>Angel Alicea</i>	9:15-10:05 YS * Pilates at the Barre <i>Lauren Lampa</i>	7:30-8:15 CS * Beats Ride <i>Rachel Morales</i>	9:45-10:30 MS * Pilates at the Barre <i>Rachel Dugan</i>	9:45-10:15 BR * Body Sculpt <i>Angel Alicea</i>
8:30-9:15 MS * Stronger <i>Nas Analouei</i>	8:15-9:00 YS * True Barre <i>Amber Immordino</i>	8:30-9:15 MS * Best Butt Ever <i>Amber Roach</i>	9:45-10:30 CS * Beats Ride <i>Dominic Manfredi</i>	8:30-9:15 MS * Core6 <i>Rachel Morales</i>	10:45-11:30 CS * Beats Ride <i>Dominic Manfredi</i>	10:00-10:50 TR * Precision Run® <i>JP Shami</i>
9:30-10:20 MS * Body Sculpt <i>Amber Roach</i>	8:30-9:15 CS * Beats Ride <i>Robin Retherford</i>	8:30-9:15 YS * Pilates Fusion <i>Lauren Lampa</i>	10:30-11:30 YS * Slow Flow Yoga <i>Paul Richardson</i>	8:30-9:15 YS * Pilates Fusion <i>Rachel Dugan</i>	10:45-11:30 MS * Stronger <i>Alex Barreto</i>	10:00-11:00 YS * Vinyasa Yoga <i>Steven Herbst</i>
10:15-11:00 YS * Pilates Mat <i>Paul Richardson</i>	9:15-10:00 MS * Athletic Conditioning <i>Alex Barreto</i>	9:30-10:15 MS * Body Sculpt <i>Liz Butler</i>	10:45-11:30 MS * MetCon3 <i>Rachel Dugan</i>	9:30-10:15 MS * Stronger <i>Rachel Dugan</i>	11:00-11:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	10:30-11:15 MS * Best Butt Ever <i>Carol Alvarez</i>
10:30-11:00 CS * Beats Ride 30 <i>Amber Roach</i>	9:30-10:15 YS * Pilates Mat <i>Sue Spinelli</i>	10:45-11:30 MS * Athletic Conditioning <i>Rachel Dugan</i>	12:00-12:50 YS * True Barre <i>Amber Immordino</i>	9:30-10:15 YS * Studio Dance: Latin Rhythms (L2) <i>Jonathan Lara Castillo</i>	11:45-12:30 MS * Best Stretch Ever <i>Alex Barreto</i>	11:15-12:15 YS * Hatha Yoga <i>Steven Herbst</i>
11:15-12:15 YS * Restorative Yoga <i>Emilia Garth</i>	10:30-11:30 YS * Strength and Stillness Yoga <i>Steven Herbst</i>	11:00-12:00 YS * Restorative Yoga <i>Linda Pedrosa</i>	12:15-1:00 MS * Body Sculpt <i>Andrew Blake Ames</i>	10:30-11:00 CS * Beats Ride 30 <i>Rachel Dugan</i>	11:45-12:30 YS * True Barre: Bala Bangle <i>Robin Retherford</i>	11:20-11:50 MS * Best Abs Ever <i>Carol Alvarez</i>
12:15-1:00 MS * Stacked <i>Andrew Blake Ames</i>	10:45-11:30 MS * Core6 <i>Amber Roach</i>	12:15-1:00 YS * MetCon3 <i>PJ Venturino</i>	5:30-6:30 YS * Vinyasa Yoga <i>Steven Herbst</i>	11:00-12:00 YS * Yin Yoga <i>Papa Guru</i>	12:45-1:45 MS * Studio Dance: Latin Rhythms <i>Boris Garrido</i>	12:15-1:00 MS * Athletic Conditioning <i>Darryl Crosier</i>
5:30-6:15 MS * Stronger <i>Emmanuel Griffin</i>	12:00-12:50 YS * True Barre: Bala Bangle <i>Amber Immordino</i>	12:15-1:00 YS * True Barre: Cardio <i>Carol Alvarez</i>	5:45-6:35 MS * 360 Strength <i>Amber Roach</i>	12:15-1:00 MS * Athletic Conditioning <i>Darryl Crosier</i>	3:45-4:45 YS * Vinyasa Yoga <i>Javier Lopez</i>	1:00-1:50 YS * Pilates Rise <i>Carol Alvarez</i>
5:45-6:45 YS * Power Vinyasa <i>Javier Lopez</i>	12:15-1:00 MS * Limited Series: Stronger Women <i>Rachel Dugan</i>	5:30-6:20 MS * Pilates Rise <i>Natalie Rivera</i>	6:15-7:00 BR * Rounds: Boxing <i>Aurelio Figari</i>	12:15-1:15 YS * Pilates Mat <i>Natalie Rivera</i>		3:30-4:30 YS * Yin Yoga <i>Shakti Reyna</i>
6:00-6:45 CS * Beats Ride <i>Dominic Manfredi</i>	4:45-5:30 MS * Studio Dance: Latin Rhythms <i>Jonathan Lara Castillo</i>	5:30-6:30 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:45-7:30 MS * Body Sculpt <i>Amber Roach</i>	5:00-5:45 YS * Pilates Fusion <i>Jil Deviscour</i>		4:45-5:30 YS * Sonic Meditation <i>Shakti Reyna</i>
6:30-7:15 MS * Rhythmic Sculpt <i>Andrew Blake Ames</i>	5:30-6:15 YS * Barefoot Sculpt <i>Amber Roach</i>	6:00-6:45 CS * Beats Ride <i>Nicole Ramos</i>	7:00-7:45 YS * Sonic Meditation <i>Steven Herbst</i>	5:30-6:15 MS * Rounds: Kickboxing <i>Darryl Crosier</i>		
6:45-7:30 BR * Rounds: Boxing <i>Emmanuel Griffin</i>	5:45-6:30 MS * Stacked <i>Alex Barreto</i>	6:45-7:30 MS * Whipped! <i>Matt Devanney</i>		6:00-7:00 YS * Vinyasa Yoga (L2) <i>Jil Deviscour</i>		
7:00-8:00 YS * Vinyasa Yoga <i>Javier Lopez</i>	6:00-6:45 BR * Rounds: Boxing <i>Darryl Crosier</i>	6:45-7:30 YS * True Barre <i>Natalie Rivera</i>				
7:30-8:00 MS * Best Butt Ever <i>Angel Alicea</i>	6:30-7:20 CS * Anthem Ride <i>Amber Roach</i>	7:45-8:30 MS * Studio Dance: Latin Rhythms <i>Martin Mitchel</i>				
8:00-8:30 MS * Best Abs Ever <i>Angel Alicea</i>	6:30-7:20 TR * Precision Run® <i>Matt Devanney</i>					
	6:30-7:45 YS * Yin Yoga Meditation <i>Steven Herbst</i>					
	6:45-7:30 MS * Stronger <i>Alex Barreto</i>					
	7:45-8:30 MS * Best Stretch Ever <i>Alex Barreto</i>					

EQUINOX

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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
BR Boxing Studio

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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

Strength and Stillness Yoga A practice that balances dynamic vinyasa with deep recovery, taught by Steven Herbst. Build strength, increase flexibility, and find mental clarity in this transformative practice.

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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

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 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.

Dance

Studio Dance: Latin Rhythms A choreography-driven dance class using the Latin dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.

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.

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.

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.