

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * True Barre: Off the Barre (Heated) <i>Kara Laramie</i>	6:00-6:45 CS * Beats Ride <i>Kara Laramie</i>	6:00-6:45 BA * Barefoot Sculpt (Heated) <i>Alie Lukosavich</i>	6:00-6:45 YS * Pilates Fusion (Heated) <i>Kara Laramie</i>	6:00-6:45 YS * Barefoot Sculpt (Heated) <i>KC Chapple</i>	8:00-8:45 MS * MetCon3 <i>Brittanie Chin-Merkerson</i>	8:15-9:00 YS * Pilates Mat (Heated) <i>Shenali Gunaratne</i>
6:15-7:05 MS * Whipped! <i>Erica Jones</i>	6:00-6:45 YS * Pilates Fusion (Heated) <i>Shenali Gunaratne</i>	6:15-7:00 MS * MetCon3 <i>Erica Jones</i>	6:15-7:00 MS * Core6 <i>Lisa Butler</i>	6:15-7:00 MS * Stronger <i>Alie Lukosavich</i>	8:15-9:00 CS * Beats Ride <i>Alie Lukosavich</i>	9:00-9:45 MS * Stronger <i>Lisa Butler</i>
7:15-8:00 YS * Sculpted Yoga™ <i>Rachel Shirey</i>	6:15-7:00 MS * Stronger <i>Brittanie Chin-Merkerson</i>	7:15-8:00 BA * Pilates Fusion (Heated) <i>Emma Jeraffi</i>	7:15-8:00 YS * Barefoot Sculpt (Heated) <i>Lisa Butler</i>	7:15-8:00 YS * Pilates Fusion (Heated) <i>Erica Dutton</i>	8:45-9:30 BA * True Barre: Off the Barre <i>Kara Laramie</i>	9:15-10:00 BA * True Barre: Bala Bangle <i>Sam Cook</i>
8:15-9:00 MS * MetCon Monday <i>Chrissy McGarry</i>	7:15-8:00 YS * Barefoot Sculpt (Heated) <i>Sam Cook</i>	8:15-9:00 MS * Cardio Sculpt <i>Emma Jeraffi</i>	8:45-9:30 BA * True Barre <i>Erica Dutton</i>	8:15-9:00 MS * Whipped! <i>Alie Lukosavich</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Jenny Lingenfelter</i>	9:15-10:00 YS * Slow Flow Yoga (Heated) <i>Nicole Yoder</i>
9:30-10:15 BA * True Barre <i>Sitara Bird</i>	8:45-9:30 YS * True Barre: Off the Barre (Heated) <i>Kara Laramie</i>	9:15-10:00 YS * Slow Flow Yoga <i>Rachel Vurpillat</i>	9:15-10:00 MS * Body Sculpt <i>Sydney Beck</i>	9:15-10:15 YS * Gentle Yoga <i>Rachel Vurpillat</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Natasha Baccari</i>	10:00-10:45 CS * Beats Ride <i>Lisa Butler</i>
9:30-10:15 MS * Leg Day <i>Lisa Butler</i>	9:15-10:00 MS * Body Sculpt <i>Erica Dutton</i>	9:30-10:15 BA * True Barre: Bala Bangle <i>Erica Dutton</i>	9:30-10:15 CS * Beats Ride <i>Lisa Butler</i>	9:30-10:15 BA * Pilates at the Barre <i>Erica Dutton</i>	9:30-10:15 MS * Best Butt Ever <i>Alie Lukosavich</i>	10:00-10:45 MS * Cardio Sculpt <i>Sam Cook</i>
10:45-11:30 YS * Barefoot Sculpt (Heated) <i>Alie Lukosavich</i>	10:00-10:45 YS * Best Stretch Ever <i>Nicole Yoder</i>	9:30-10:15 MS * Stronger <i>Alie Lukosavich</i>	10:00-10:45 YS * Restorative Yoga <i>Nicole Yoder</i>	9:30-10:15 MS * Cardio Sculpt <i>Lisa Butler</i>	10:15-11:00 MS * Best Stretch Ever <i>Nicole Yoder</i>	10:15-11:00 YS * Best Stretch Ever <i>Nicole Yoder</i>
12:30-1:15 MS * Stronger <i>Erica Dutton</i>	10:15-11:00 BA * Pilates Mat <i>Erica Dutton</i>	10:45-11:30 YS * True Barre: Off the Barre (Heated) <i>Sitara Bird</i>	10:15-11:00 BA * Pilates Mat <i>Erica Dutton</i>	10:45-11:30 YS * Barefoot Sculpt (Heated) <i>Lisa Butler</i>	10:30-11:15 PD * Hydro Sculpt <i>Alie Lukosavich</i>	10:30-11:15 BA * Pilates Fusion <i>Shenali Gunaratne</i>
4:45-5:30 MS * Cardio Sculpt <i>Emma Jeraffi</i>	12:00-12:45 BA * Pilates Fusion <i>Kara Laramie</i>	12:15-1:00 YS * Barefoot Sculpt (Heated) <i>KC Chapple</i>	12:00-12:45 YS * Pilates Fusion (Heated) <i>Sydney Beck</i>	12:00-12:45 YS * Pilates Rise (Heated) <i>Kara Laramie</i>	10:30-11:15 YS * Barefoot Sculpt (Heated) <i>Kara Laramie</i>	11:15-12:00 YS * Barefoot Sculpt (Heated) <i>Lisa Butler</i>
5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Natasha Baccari</i>	4:45-5:30 YS * Barefoot Sculpt (Heated) <i>Sydney Beck</i>	4:45-5:30 MS * Body Sculpt <i>Abbie Jankelovitz</i>	4:45-5:30 YS * Pilates Fusion (Heated) <i>Kara Laramie</i>	4:45-5:45 YS * Yin Yoga Meditation <i>Linda Talakic</i>	10:45-11:30 MS * Core6 <i>Abbie Jankelovitz</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Linda Talakic</i>
5:45-6:30 BA * Pilates Fusion <i>Emma Jeraffi</i>	5:30-6:15 CS * Beats Ride <i>Allyson Unger</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Natasha Baccari</i>	5:45-6:30 BA * Barefoot Sculpt <i>Emma Jeraffi</i>	5:15-6:00 BA * Pilates Fusion <i>Jenny Lingenfelter</i>		
5:45-6:30 MS * MetCon Monday <i>Kirbie Watson</i>	5:45-6:30 BA * True Barre: Bala Bangle <i>Jenny Lingenfelter</i>	5:45-6:30 BA * Pilates Fusion <i>Shaniya Raheja</i>	6:30-7:30 YS * Hatha Yoga (Heated) <i>Catherine Leverett</i>		11:45-12:45 YS * Restorative Yoga <i>Catherine Leverett</i>	
6:00-6:45 CS * Beats Ride <i>Maddy Weinert</i>	6:00-6:45 MS * Stronger <i>Brittanie Chin-Merkerson</i>	5:45-6:30 MS * Leg Day <i>Kirbie Watson</i>				
7:00-7:45 YS * Pilates Mat (Heated) <i>Shaniya Raheja</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Catherine Leverett</i>	7:00-7:45 YS * Pilates Mat (Heated) <i>Jenny Lingenfelter</i>				

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

alie.lukosavich@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PD Pool Deck

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 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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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.

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

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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.

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: 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.



Swim

Hydro Sculpt A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.



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.

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.



Strength

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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.