

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 MS* Stronger <i>Veronika Cohen</i>	6:15-7:00 YS* Barefoot Sculpt <i>Annie Murray</i>	6:00-6:45 YS* Pilates Fusion (Heated) <i>Carolina Sanper</i>	6:15-7:00 YS* Barefoot Sculpt <i>Veronika Cohen</i>	6:15-7:05 MS* Stronger Veronika Cohen	8:30-9:20 YS* True Barre <i>Anna Gammill</i>	9:30-10:15 YS* Pilates Fusion <i>Annie Murray</i>
7:15-8:05 YS* Pilates at the Barre <i>Carolina Sanper</i>	6:30-7:15 MS* Athletic Conditioning <i>Veronika Cohen</i>	6:15-7:00 MS* MetCon3 Trip O'Connell	6:30-7:15 MS* Tabata Max <i>Jaime Rauso</i>	7:00-8:00 CL* Precision Run Club (Outdoor) <i>Isaac Salinas</i>	9:15-10:00 MS* Best Butt Ever <i>Elese Rose</i>	10:00-10:50 CS* Beats Ride <i>Alex McCall</i>
7:30-8:15 MS* MetCon Monday Elese Rose	7:15-8:00 YS* Pilates Rise (Heated) <i>Monique French</i>	7:15-8:15 YS* Power Vinyasa (Outdoor) <i>Elese Rose</i>	7:15-8:00 YS* Pilates Fusion (Heated) <i>Annie Murray</i>	7:15-8:00 YS* Pilates Fusion Carolina Sanper	9:15-10:05 TR* Precision Run® <i>Jaime Rauso</i>	10:30-11:15 MS* MetCon3 Tina Silva
8:45-9:30 YS* Pilates Fusion <i>Anna Gammill</i>	7:30-8:15 MS* Rounds: Kickboxing <i>Angela Foster</i>	7:30-8:20 MS* Ropes and Rowers Emma Leeker	7:30-8:20 MS* Stronger <i>Matt Parel</i>	7:30-8:15 MS* Best Butt Ever Emma Leeker	10:00-11:00 YS* Power Vinyasa (Heated) <i>Monique French</i>	10:30-11:30 YS* Athletic Stretch (Heated) <i>Lauren Brown</i>
9:15-10:00 MS* Best Butt Ever <i>Emma Leeker</i>	8:30-9:15 YS* Barefoot Sculpt <i>Christine Goodrich</i>	8:00-8:45 TR* Precision Run + Strength Veronika Cohen	8:30-9:15 YS* True Barre: Bala Bangle <i>Veronika Cohen</i>	8:45-9:30 YS* True Barre <i>Elese Rose</i>	10:15-11:00 CS* Beats + Bands Ride <i>Annie Murray</i>	
10:30-11:15 YS* Barefoot Sculpt Grace Montie	9:15-10:00 MS* Cardio Sculpt <i>Lauren Hart</i>	8:45-9:30 YS* Pilates Fusion (Heated) <i>Elese Rose</i>	9:15-10:00 MS* Best Butt Ever Tina Silva	9:15-10:00 MS* MetCon3 <i>Trip O'Connell</i>	10:15-11:00 MS* Tabata Max <i>Jaime Rauso</i>	11:30-12:20 MS* Stronger Tina Silva
11:30-12:15 CS* Beats Ride <i>Christine Goodrich</i>	9:30-10:15 YS* True Barre <i>Elese Rose</i>	9:15-10:05 MS* Stronger <i>Emma Leeker</i>	9:30-10:15 YS* Pilates Mat Cassie Coulas	10:30-11:15 YS* Pilates Mat <i>Elese Rose</i>	11:15-12:05 MS* Stronger <i>Elese Rose</i>	12:30-1:30 YS* Power Vinyasa (Heated) <i>Julia Veronesi</i>
12:00-12:45 YS* True Barre: Bala Bangle <i>Anna Gammill</i>	10:00-10:50 TR* Precision Run® <i>Matt Parel</i>	10:30-11:20 YS* Pilates at the Barre Monique French	10:45-11:30 YS* True Barre <i>Grace Montie</i>	11:30-12:20 CS* Beats Ride <i>Whitney Roberts</i>	11:30-12:30 YS* Sculpted Yoga™ <i>Bea Love</i>	2:00-2:45 YS* True Barre: Bala Bangle <i>Anna Gammill</i>
12:15-1:05 MS* Stronger <i>Emma Leeker</i>	10:45-11:30 YS* Pilates Mat <i>Cassie Coulas</i>	11:30-12:15 CS* Anthem Ride Jonathan Castillo	12:00-12:45 MS* Body Sculpt <i>Michael Carson</i>	12:00-1:00 YS* Vinyasa Yoga (Heated) <i>Vanush</i>	12:30-1:15 MS* Rounds: Boxing <i>Isaac Salinas</i>	3:30-4:45 YS* Yin Yoga (Heated) <i>Vanush</i>
2:45-3:30 YS* Pilates Rise <i>Monique French</i>	12:00-12:45 MS* MetCon3 <i>Lauren Hart</i>	12:00-12:45 YS* True Barre: Bala Bangle <i>Whitney Roberts</i>	12:30-1:20 YS* Pilates at the Barre <i>Cassie Coulas</i>	12:15-1:05 MS* Stronger Trip O'Connell	1:00-1:45 YS* Pilates Mat <i>Anna Gammill</i>	
4:00-4:45 YS* Pilates Fusion Carolina Sanper	12:30-1:20 YS* Pilates at the Barre <i>Cassie Coulas</i>	12:15-1:00 MS* Rounds: Boxing <i>Isaac Salinas</i>	4:00-5:00 YS* Vinyasa Yoga Morgan Bosworth	2:45-3:30 YS* True Barre <i>Whitney Roberts</i>	2:15-3:15 YS* Restorative Yoga <i>Vanush</i>	
5:00-5:45 MS* Body Sculpt <i>John Northstar</i>	4:00-5:00 YS* Power Vinyasa (Heated) <i>Julia Veronesi</i>	2:45-3:30 YS* Barefoot Sculpt (Heated) <i>Emma Leeker</i>	5:00-5:45 MS* Stronger <i>Elese Rose</i>	4:00-4:45 YS* Barefoot Sculpt (Heated) <i>Emma Leeker</i>		
5:00-6:00 YS* Power Vinyasa (Heated) <i>Julia Veronesi</i>	5:00-5:45 MS* Best Butt Ever <i>Michael Carson</i>	4:00-4:45 YS* Pilates Mat <i>Elese Rose</i>	5:30-6:20 CS* Beats Ride <i>Alex McCall</i>	5:30-6:45 YS* Yin Yoga <i>Keli Dierings</i>		
5:45-6:35 CS* Beats Ride <i>Whitney Roberts</i>	5:30-6:20 CS* Beats Ride <i>Whitney Roberts</i>	5:00-5:45 MS* Cardio Sculpt Veronika Cohen	5:30-6:15 YS* True Barre <i>Veronika Cohen</i>			
6:00-6:45 MS* MetCon Monday <i>Lauren Hart</i>	5:30-6:15 YS* True Barre: Bala Bangle <i>Elese Rose</i>	5:00-6:00 YS* Vinyasa Yoga (Heated) <i>Vanush</i>	6:15-7:00 MS* Stacked <i>John Northstar</i>			
6:00-6:50 TR* Precision Run® <i>Jaime Rauso</i>	6:15-7:05 MS* Stronger <i>John Northstar</i>	5:45-6:35 CS* Beats Ride <i>Alex McCall</i>	6:30-7:30 YS* Power Vinyasa (Outdoor) <i>Elese Rose</i>			
6:15-7:00 YS* Barefoot Sculpt Cassie Coulas	6:30-7:30 YS* Vinyasa Yoga (Outdoor) <i>Lauren Brown</i>	6:00-6:45 MS* Rounds: Kickboxing <i>Angela Foster</i>	8:00-8:45 YS* Sonic Meditation <i>Keli Dierings</i>			
7:15-8:15 YS* Slow Flow Yoga Penelope Giffort	8:00-8:45 YS* Restorative Yoga <i>Keli Dierings</i>	6:00-6:50 TR* Precision Run® <i>Jaime Rauso</i>				
		6:15-7:00 YS* Pilates Fusion (Heated) <i>Monique French</i>				
		7:15-8:15 YS* Yin Yoga (Heated) <i>Bea Love</i>				

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FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 06:00 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

CL Club Lobby

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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.



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 Club Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

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

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.

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.

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



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

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.



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

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

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.



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.

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.