

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Athletic Conditioning Chris Schram	6:15-7:00 MS * Core6 Todd German	6:30-7:20 MS * Stronger Sophie Grise	6:15-7:00 MS * Stacked Skyler Burke	8:45-9:30 MS * Stronger Elle Young	8:30-9:15 MS * MetCon3 Sophie Grise	8:30-9:15 TR * Precision Walk: Elevate Todd German
8:45-9:30 MS * Stacked Molly Bailey	8:45-9:45 YS * Slow Flow Yoga Shannon Branham	8:45-9:30 MS * Rounds: Bags and Mitts Aaron Bryant	9:00-9:50 CS * Beats Ride Molly Bailey	9:00-9:45 YS * Pilates Rise Karen Pascual	8:45-9:30 YS * Pilates Fusion Kerri Scherzay	8:45-9:30 CS * Beats Ride Dan Rappa
9:30-10:20 CS * Beats Ride Trudy Stevens	9:00-9:50 CS * Beats Ride Kerri Scherzay	9:30-10:20 CS * Precision Ride Stephanie Walsh	9:00-9:50 MS * Body Sculpt Trudy Stevens	9:30-10:20 CS * Beats Ride Mikel Weiss	9:30-10:20 CS * Precision Ride Trudy Stevens	9:30-10:15 MS * Circuit Training Todd German
9:45-10:30 MS * Stronger Skyler Burke	9:00-9:45 MS * Rhythmic Sculpt Amy Malloy	9:45-10:30 MS * Best Butt Ever Kerri Scherzay	9:15-9:45 YS * Headstrong Reset Shannon Branham	9:45-10:30 MS * Core6 Blake Sunshine	9:35-10:20 MS * Athletic Conditioning Laura S. Conley	10:00-11:00 YS * Vinyasa Yoga Zen Glenn Crocker
10:30-11:30 YS * Vinyasa Yoga Doug Milliron	10:00-10:50 YS * Pilates Fusion Trevor Kent	10:30-11:30 YS * Slow Flow Yoga Dhanna Stevens	10:00-11:00 YS * Vinyasa Yoga (L2) Shannon Branham	10:30-11:30 YS * Vinyasa Yoga Scarlett McCann	10:30-11:30 YS * Yin Yoga Shannon Branham	10:30-11:15 MS * Stronger Chris Schram
10:45-11:30 MS * Cardio Dance Jodie C. Patterson	12:15-1:15 YS * Power Vinyasa Liz Blanding	10:45-11:15 MS * Upper Body Pump Laura S. Conley	10:30-11:15 MS * Limited Series: Stronger Women Kerri Scherzay	10:45-11:35 MS * Feel Good Friday: Studio Dance Ben Ayers	10:45-11:30 MS * Stronger Trudy Stevens	12:00-12:45 YS * Pilates Mat Chris Stanley
12:15-1:00 YS * Barefoot Sculpt Kerri Scherzay	12:30-1:00 MS * Best Butt Ever Kerri Scherzay	11:15-11:45 MS * Best Abs Ever Laura S. Conley	12:15-1:00 YS * Pilates Fusion Amy Malloy	12:00-12:50 YS * True Barre: Off the Barre Cici Pringle	12:00-12:50 YS * Pilates Fusion Team Equinox	1:00-1:45 YS * Barefoot Sculpt Team Equinox
12:30-1:15 MS * MetCon Monday Laura S. Conley	1:00-1:30 MS * Upper Body Pump Kerri Scherzay	12:15-1:00 YS * Pilates Mat Carrie Samper	12:30-1:15 MS * Core6 Trudy Stevens	12:30-1:15 MS * Stacked Skyler Burke		4:00-4:45 YS * Sound Meditation Skyler Burke
5:30-6:15 MS * Stacked Trudy Stevens	1:30-2:00 YS * Headstrong Reset Liz Blanding	12:30-1:15 MS * Limited Series: Stronger Women Elle Young	4:30-5:15 YS * True Barre: Off the Barre Kadee Sweeney	4:30-5:30 YS * Slow Flow Yoga Zen Glenn Crocker		
5:45-6:45 YS * Yin Yoga Jennifer Elliott	4:30-5:20 YS * Pilates Mat Tatyana Stark	5:30-6:15 MS * Stronger Chris Schram	5:45-6:30 MS * Body Sculpt Becca Buckalew	5:30-6:15 MS * Athletic Conditioning Rufus Dorsey		
6:00-7:00 CS * Endurance Ride 60 Laura S. Conley	5:30-6:15 MS * TRX Max Circuit Kerri Scherzay	6:00-6:50 CS * Precision Ride Laura S. Conley	5:45-6:45 YS * Gentle Yoga Anna Orbison	5:45-6:30 YS * Sound Meditation Saori Soga		
6:30-7:15 MS * Body Sculpt Trudy Stevens	5:45-6:35 YS * True Barre: Off the Barre Anna Orbison	6:30-7:20 MS * Studio Dance: GROOV3 Ben Ayers	7:00-7:45 YS * Barefoot Sculpt Veronica Mejia			
7:15-8:05 YS * Pilates Mat Tatyana Stark	6:30-7:15 MS * Core6 Mikel Weiss	7:15-8:00 YS * Barefoot Sculpt Alexis Rojas	8:00-9:00 YS * Yin Yoga + Sound Meditation Chelsea Elmore			
	7:00-7:45 YS * Best Stretch Ever Doug Milliron					

EQUINOX

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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-FRI 08:00 AM 12:00 PM

SAT 08:00 AM 01:00 PM

SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

kerri.scherzay@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 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.

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.

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.

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.



Barre

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.

Feel Good Friday: Studio Dance Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

Studio Dance: GROOV3 Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!



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.



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.

Headstrong Reset An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. An Equinox exclusive.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



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.