

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * 360 Strength Sarah MacKay	6:15-7:05 TR * Precision Run® Sarah MacKay	6:00-6:45 MS * Athletic Conditioning <i>Maya Abu-Mansour</i>	6:15-7:05 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i>	6:15-7:00 MS * Stacked <i>Derek Ringold</i>	8:15-9:15 YS * Sculpted Yoga™ <i>Team Equinox</i>	8:00-8:45 YS * True Barre <i>Ash Moss</i>
6:30-7:20 TR * Precision Run® <i>Andre Aultmon</i>	6:30-7:15 MS * Stronger <i>Elle Young</i>	6:30-7:20 Precision Run + Strength <i>Jill Karrenbrock</i>	6:30-7:20 MS * Whipped! <i>Elle Young</i>	7:15-8:00 MS * Stronger <i>Maya Abu-Mansour</i>	8:30-9:15 MS * Stronger <i>Stephanie Czajkowski</i>	8:45-9:35 MS * Whipped! <i>Claire Kampschroeder</i>
7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Micki Duran</i>	7:15-8:00 YS * Pilates Mat <i>Larisa Lotz</i>	7:00-8:00 YS * Yin Yoga Meditation (Heated) <i>Shannon Branham</i>	7:15-8:00 YS * True Barre: Bala Bangle <i>Claire Kampschroeder</i>	7:15-8:00 YS * Pilates Mat <i>Poirsha Woolfork</i>	9:00-9:45 CS * Beats Ride <i>Tiffany Daniels</i>	9:00-9:50 YS * Pilates Mat <i>Chris Stanley</i>
7:15-8:05 MS * MetCon Monday <i>Jenny Ferrero</i>	7:30-8:15 MS * Stacked <i>Elle Young</i>	7:15-8:00 MS * MetCon3 <i>Emily Matt</i>	7:30-8:15 MS * Stacked <i>Nik Andrews</i>	8:30-9:15 MS * Ropes and Rowers <i>Megan Lera</i>	9:30-10:15 MS * MetCon3 <i>Emily Matt</i>	9:45-10:30 TR * Precision Run® <i>Maya Abu-Mansour</i>
8:30-9:15 MS * Limited Series: Stronger Women <i>Elle Young</i>	8:30-9:30 YS * Power Vinyasa (Heated) <i>Grace Huang</i>	8:30-9:15 MS * Best Butt Ever <i>Natalie Yco</i>	8:30-9:30 YS * Power Vinyasa (Heated) <i>Grace Huang</i>	8:45-9:30 CS * Beats Ride <i>Orlando Deral</i>	9:45-10:30 YS * True Barre: Cardio <i>Dana Perri</i>	10:00-10:45 MS * Athletic Conditioning <i>Jenny Ferrero</i>
8:45-9:30 CS * Beats Ride <i>Orlando Deral</i>	8:45-9:35 MS * 360 Strength <i>Team Equinox</i>	9:00-9:45 YS * Pilates Mat <i>Niki Kramer</i>	8:45-9:30 MS * Stronger <i>Blake Sunshine</i>	9:00-9:45 YS * Pilates at the Barre <i>Braxton Brooks</i>	10:15-11:00 CS * Beats Ride <i>Lacey Stone</i>	10:30-11:45 YS * Vinyasa Yoga <i>Nicolas Diiorio</i>
9:00-9:45 YS * True Barre <i>Lorena Ortiz</i>	9:00-9:45 CS * Beats Ride <i>Lacey Stone</i>	9:30-10:15 Studio Dance: GROOV3 <i>Ben Ayers</i>	9:00-9:45 CS * Beats Ride <i>Christina Davis</i>	9:30-10:30 MS * Cardio Sculpt <i>Willis Hao</i>	10:45-11:15 MS * Upper Body Pump <i>Kim Waldauer</i>	10:45-11:30 CS * Beats Ride <i>Christina Davis</i>
9:30-10:20 MS * Body Sculpt <i>Trevor Kent</i>	9:45-10:35 MS * Rhythmic Sculpt <i>Willis Hao</i>	10:00-11:00 YS * Slow Flow Yoga <i>Grace Huang</i>	9:45-10:30 MS * MetCon3 <i>Dana Perri</i>	10:00-11:00 YS * Vinyasa Yoga <i>Trey Jones</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	11:00-11:45 MS * Stronger <i>Maya Abu-Mansour</i>
10:00-11:00 YS * Vinyasa Yoga <i>Kristyn Evelyn</i>	10:30-11:20 YS * True Barre: Off the Barre <i>Luis Cervantes</i>	10:30-11:20 MS * Rhythmic Sculpt <i>Team Equinox</i>	10:30-11:20 YS * Pilates Fusion <i>Trevor Kent</i>	10:45-11:35 MS * Feel Good Friday: Studio Dance Ilyse Cohen		
11:15-12:00 YS * Pilates Mat <i>Niki Kramer</i>	10:45-11:35 MS * Studio Dance: Hip Hop <i>Odell</i>	11:30-12:15 YS * True Barre <i>Lorena Ortiz</i>	10:45-11:30 MS * Best Butt Ever <i>Nicole Steen</i>	11:15-12:05 TR * Precision Run® <i>Orlando Deral</i>	11:15-11:45 MS * Best Butt Ever <i>Kim Waldauer</i>	12:00-12:50 YS * Pilates Fusion <i>Devan Medrano</i>
12:15-1:00 CS * Beats Ride <i>Stephanie Walsh</i>	11:45-12:45 YS * Vinyasa Yoga <i>Shannon Branham</i>	12:15-1:00 CS * Beats Ride <i>Emily Cruz</i>	11:45-12:45 YS * Vinyasa Yoga <i>Joseph Seeman</i>	11:15-12:00 YS * True Barre: Off the Barre <i>Dana Perri</i>	12:00-1:15 YS * Vinyasa Yoga (Heated) <i>Jaclyn Winters</i>	12:15-12:45 MS * Best Butt Ever <i>Natalie Schervish</i>
12:30-1:15 MS * Tabata Max <i>Dana Perri</i>	12:00-12:50 MS * Limited Series: Stronger Women <i>Sheila Lee</i>	12:30-1:15 MS * MetCon3 <i>Brandon Mayweather</i>	12:00-12:50 MS * 360 Strength <i>Orlando Deral</i>	12:15-1:00 CS * Beats Ride <i>Lacey Stone</i>	12:15-1:05 MS * 360 Strength <i>Team Equinox</i>	12:45-1:15 MS * Best Abs Ever <i>Natalie Schervish</i>
1:15-2:15 YS * Yin Yoga <i>Chrissy Gonzalez</i>	1:15-2:00 YS * Pilates Fusion <i>Maya Gorodetsky</i>	1:30-2:15 MS * Best Stretch Ever <i>Trey Jones</i>	1:15-2:05 YS * Pilates at the Barre <i>Team Equinox</i>	12:30-1:15 MS * Best Butt Ever <i>Sheila Lee</i>	1:30-2:20 YS * Pilates Fusion <i>Pia Kamonsit</i>	1:30-2:20 MS * Rounds: Bags and Mitts <i>Aaron Bryant</i>
3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i>	3:00-3:45 MS * Barefoot Sculpt <i>Tanja Djelevic</i>	3:00-3:50 YS * True Barre: Bala Bangle <i>Team Equinox</i>	3:00-3:50 YS * Pilates Rise <i>Larisa Lotz</i>	1:30-2:15 MS * Best Stretch Ever <i>Tanja Djelevic</i>	3:30-4:30 YS * Restorative Yoga <i>Micki Duran</i>	2:00-3:00 YS * Power Vinyasa <i>Shielu Bharwani</i>
4:30-5:20 YS * True Barre: Bala Bangle <i>Team Equinox</i>	4:00-4:45 MS * The Cut <i>Sandra Kim</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Maya Gorodetsky</i>	4:15-5:00 YS * True Barre <i>Ash Moss</i>	3:00-3:50 YS * Pilates Mat <i>Jaclyn Winters</i>	5:00-5:45 YS * Sound Meditation <i>Saori Soga</i>	2:30-3:20 MS * Barefoot Sculpt <i>Tatyana Stark</i>
5:00-5:45 MS * Athletic Conditioning <i>Nik Andrews</i>	4:00-4:50 YS * Pilates at the Barre <i>Niki Kramer</i>	5:00-5:45 MS * MetCon3 <i>Aaron Bryant</i>	5:00-5:30 MS * Upper Body Pump <i>Natalie Schervish</i>	4:00-4:45 MS * Barefoot Sculpt <i>Maya Gorodetsky</i>		4:00-5:00 YS * Weekend Wind Down Yoga <i>Eka Ekong</i>
5:30-6:15 CS * Beats Ride <i>Pacey Hansen</i>	4:45-5:35 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i>	5:30-6:15 CS * Beats Ride <i>Orlando Deral</i>	5:30-6:00 MS * Best Butt Ever <i>Natalie Schervish</i>	4:45-5:45 YS * Yin Yoga <i>Lizbeth Vazquez</i>		
5:45-6:45 YS * Vinyasa Yoga <i>Alessandra Bonetti</i>	5:00-5:30 MS * Best Abs Ever <i>Natalie Yco</i>	5:45-6:45 YS * Vinyasa Yoga <i>Jaclyn Winters</i>	5:45-7:00 YS * Yin Yoga (Heated) <i>Patrick Minas</i>	5:00-5:30 MS * Best Butt Ever <i>Victoria Ralston</i>		
6:00-6:45 MS * Rounds: Boxing <i>Nik Andrews</i>	5:30-6:00 MS * Upper Body Pump <i>Natalie Yco</i>	6:00-6:45 MS * Limited Series: Stronger Women <i>Tanja Djelevic</i>	6:00-6:45 CS * Beats Ride <i>Emily Cruz</i>	5:30-6:00 MS * Best Abs Ever <i>Victoria Ralston</i>		
7:00-7:45 YS * Pilates Mat (Heated) <i>Sharifa Bailey</i>	5:45-6:45 YS * Sculpted Yoga™ <i>Annie Kelly</i>	7:00-7:50 YS * Pilates at the Barre <i>Braxton Brooks</i>	6:15-7:00 MS * Barefoot Sculpt <i>Tatyana Stark</i>	6:00-6:45 YS * Sound Meditation <i>Lizbeth Vazquez</i>		
7:15-8:00 MS * Stronger <i>Blake Sunshine</i>	6:00-6:45 CS * Beats Ride <i>Tiffany Daniels</i>	7:15-8:05 YS * Studio Dance: Jazz Groove <i>Nico O'Connor</i>	7:15-8:00 MS * Rounds: Boxing <i>Aaron Bryant</i>	6:30-7:20 MS * 360 Strength <i>Victoria Ralston</i>		
8:15-9:05 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i>	6:15-7:00 MS * Best Butt Ever <i>Natalie Yco</i>	8:15-9:00 YS * Sound Meditation <i>Cici Pringle</i>	7:15-8:15 YS * Vinyasa Yoga <i>Alessandra Bonetti</i>			
8:15-9:00 YS * Sound Meditation <i>Stephanie Morrell</i>	7:15-8:00 MS * Tabata Max <i>Blake Sunshine</i>		8:15-9:00 MS * Best Stretch Ever <i>Delandis McClam</i>			
	7:15-8:30 YS * Vinyasa Yoga (Heated) <i>Micki Duran</i>					

EQUINOX

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MON-THU 05:00 AM 10:30 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
lindsey.hutterer@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.



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@ 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

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.

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 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.

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.

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.

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.



Dance

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!

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

Studio Dance: Jazz Groove Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.



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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.



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.

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.

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.

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.

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.