

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS * Beats Ride <i>Bernard Colburn</i>	6:15-7:00 MS * Pilates Fusion <i>Sharifa Bailey</i>	6:30-7:15 CS * Beats Ride <i>Bernard Colburn</i>	6:15-7:00 MS * Core6 <i>Aaron Bryant</i>	6:30-7:15 MS * Pilates Fusion <i>Dane Sorensen</i>	8:00-8:45 MS * MetCon3 <i>Simone Berry</i>	8:45-9:35 YS * Pilates Fusion <i>Monica Diederich</i>
6:30-7:20 MS * Athletic Conditioning <i>Nikki Elliott</i>	7:00-8:00 YS * Vinyasa Yoga <i>Elise Joan</i>	6:30-7:15 MS * Stronger <i>Sara McGowan</i>	7:15-8:00 MS * Barefoot Sculpt <i>Ava Moreno</i>	7:30-8:30 YS * Power Vinyasa <i>Dylan Drew</i>	8:15-9:05 YS * Pilates Rise <i>Sarah Carr</i>	9:00-9:45 MS * Cardio Sculpt <i>Tracy Washburn</i>
7:30-8:20 YS * Pilates Rise <i>Rachel King</i>	7:15-8:05 MS * Stronger <i>Ty Mauro</i>	7:30-8:20 YS * Pilates Fusion <i>Sara McGowan</i>	8:30-9:20 MS * Stronger <i>Derek Ringold</i>	8:30-9:15 MS * Stacked <i>Jada Kelly</i>	9:00-9:45 MS * Best Butt Ever <i>Jude Lizama</i>	10:00-10:50 CS * Beats Ride <i>Jenn Leitzes</i>
8:30-9:15 MS * BootKAMP <i>Jada Kelly</i>	8:30-9:20 MS * Barefoot Sculpt <i>Elise Joan</i>	8:30-9:15 MS * Core6 <i>Drea Marchesi</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jocelyn Solomon</i>	9:00-10:00 YS * Vinyasa Yoga <i>Sarra Morton</i>	9:15-10:05 CS * Beats Ride <i>Simone Berry</i>	10:00-10:50 MS * Stronger <i>Michaeleen Christakos</i>
8:45-9:35 TR * Precision Walk: Elevate <i>Sara McGowan</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jess Ray</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Sara McGowan</i>	9:30-10:20 CS * Beats Ride <i>Rene Wiley</i>	9:30-10:20 CS * Beats Ride <i>Sara McGowan</i>	9:30-10:30 YS * Vinyasa Yoga <i>Valeriya Rimer</i>	10:00-11:00 YS * Slow Flow Yoga <i>Nicolette Ficchi</i>
9:00-10:00 YS * Vinyasa Yoga <i>Steve Jones</i>	9:30-10:20 CS * Beats Ride <i>Sara McGowan</i>	9:00-10:00 YS * Vinyasa Yoga <i>Kishan Shah</i>	9:30-10:20 MS * Beats Ride <i>Bala Bangle</i> <i>Ava Moreno</i>	9:30-10:15 MS * Best Butt Ever <i>Tracy Washburn</i>	10:00-10:50 MS * True Barre: Off the Barre <i>Dane Sorensen</i>	11:00-11:45 MS * Core6 <i>Tracy Washburn</i>
9:30-10:20 CS * Beats Ride <i>Bernard Colburn</i>	9:30-10:20 MS * Limited Series: Stronger Women <i>Caitlyn Moyer</i>	9:30-10:20 CS * Beats Ride <i>Tracy Washburn</i>	10:30-11:15 MS * Best Stretch Ever <i>Sara McGowan</i>	10:30-11:15 MS * The Cut <i>Marzena Janasik</i>	10:00-10:45 TR * Precision Run® <i>Monique Bell</i>	12:30-1:20 MS * True Barre: Bala Bangle <i>Tessa Southwell</i>
9:30-10:20 MS * True Barre: Bala Bangle <i>Sydney Belina</i>	10:30-11:15 MS * Best Stretch Ever <i>Sara McGowan</i>	9:30-10:15 MS * Body Sculpt <i>Marzena Janasik</i>	12:15-1:00 MS * Cardio Dance <i>Dane Sorensen</i>	10:30-11:30 YS * Gentle Yoga <i>Lotem Porat</i>	11:00-11:50 MS * Cardio Dance <i>Ali Farahanny</i>	12:30-1:30 YS * Power Vinyasa <i>Jay Cruz</i>
10:30-11:30 YS * Slow Flow Yoga <i>Jocelyn Solomon</i>	12:15-1:00 MS * Barefoot Sculpt <i>Maeve McCaffrey</i>	10:30-11:30 YS * Slow Flow Yoga <i>Jess Ray</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Denise Antoine</i>	12:15-1:30 YS * Vinyasa Yoga <i>Daphne Driscoll</i>	11:15-12:15 YS * Yin Yoga <i>Lotem Porat</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Kiyomi Takahashi</i>
12:15-1:00 YS * Pilates Fusion <i>Sara McGowan</i>	4:30-5:30 YS * Vinyasa Yoga <i>Laila Arzouni</i>	12:15-1:00 YS * Pilates Fusion <i>Sarah Carr</i>	5:15-5:45 MS * Best Butt Ever <i>Heidi Carignan</i>	4:15-5:05 MS * True Barre: Bala Bangle <i>Michelle Razavi</i>	12:15-1:05 MS * Rounds: Bags and Mitts <i>Cody Stoute</i>	
4:15-5:00 MS * Cardio Dance <i>Nkechi Okonkwo</i>	5:15-6:00 MS * Pilates Fusion <i>Drea Marchesi</i>	4:15-5:05 MS * Studio Dance: Hip Hop <i>Arthur Crenshaw</i>	5:45-6:30 MS * Body Sculpt <i>Heidi Carignan</i>	5:15-6:00 YS * Pilates Fusion <i>Drea Marchesi</i>	12:30-1:15 YS * Sound Meditation <i>Tiffany Leonardo</i>	
4:30-5:15 YS * Pilates Fusion <i>Chris Stanley</i>	5:45-6:45 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	5:00-6:00 YS * Power Vinyasa <i>Michelle Razavi</i>	5:45-6:45 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	5:30-6:20 MS * Stronger <i>Titus-R'icard Baldwin</i>	4:00-5:00 YS * Vinyasa Yoga <i>Laila Arzouni</i>	
5:15-6:05 MS * 360 Strength <i>Jeff McMullen</i>	6:15-7:00 CS * Beats Ride <i>G.G. Aizcorbe</i>	5:15-6:00 TR * Precision Run® <i>Rene Wiley</i>	6:45-7:30 MS * Best Stretch Ever <i>Jay Cruz</i>	6:15-7:15 YS * Weekend Wind Down Yoga <i>Trey Jones</i>		
5:45-6:45 YS * Vinyasa Yoga <i>Raphie Chiaramonte</i>	6:15-7:00 MS * Stronger <i>Ty Mauro</i>	5:30-6:15 MS * Stacked <i>Kathy Habert</i>	7:00-7:50 YS * Pilates Fusion <i>Maya Fiorella</i>			
6:15-7:05 CS * Beats Ride <i>Latif Diop</i>	7:00-8:00 YS * Restorative Yoga <i>Newton Campbell</i>	6:15-7:05 CS * Beats Ride <i>Rene Wiley</i>				
6:15-7:00 MS * MetCon Monday <i>Emma Brown</i>	7:15-8:00 MS * Best Butt Ever <i>Michaeleen Christakos</i>	6:15-7:00 YS * Pilates Mat <i>Darryl Whiting</i>				
7:00-8:00 YS * Sculpted Yoga™ <i>Kate Stone</i>		6:30-7:15 MS * True Barre: Cardio <i>Dane Sorensen</i>				
		7:30-8:15 YS * Sonic Meditation <i>Pua Hall</i>				

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

sara.mcgowan@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® 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

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.

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.



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.

BootKAMP BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

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.



Barre

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.



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.

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.



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.

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.

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.

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 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.