

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45 PD * Swim: Skills + Drills <i>Danny Halladay</i>	6:15-7:00 MS * Stacked <i>Derek Ringold</i>	5:45-6:45 PD * Swim: Pro (L2) <i>Danny Halladay</i>	6:15-7:00 MS * Whipped! <i>Derek Ringold</i>	5:45-6:45 PD * Swim: Skills + Drills <i>Danny Halladay</i>	8:00-9:00 CS * Beats Ride 60 <i>Jorge Luna</i>	8:15-9:00 MS * Cardio Dance <i>Dane Sorensen</i>
7:00-7:50 CS * Beats Ride <i>Jorge Luna</i>	7:00-7:50 TR * Precision Walk: Elevate <i>Jorge Luna</i>	6:15-7:00 MS * Core6 <i>Delandis McClam</i>	7:00-7:50 TR * Precision Walk: Elevate <i>Alexis Harrell</i>	6:15-7:00 MS * Stronger <i>Tara Emerson</i>	8:00-8:45 MS * Rounds: Boxing <i>Ronit Koren</i>	9:00-9:50 YS * Pilates Rise Deirdra Martinez
7:00-7:50 MS * Stronger Tara Emerson	7:15-8:15 YS * Vinyasa Yoga <i>Nina Siemaszko</i>	7:00-7:45 CS * Beats Ride <i>Jorge Luna</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Laila Arzouni</i>	7:00-7:50 CS * Anthem Ride <i>Stephanie Walsh</i>	8:15-9:30 YS * Iyengar Yoga <i>Nina Siemaszko</i>	9:15-10:00 MS * Core6 <i>Titus-R'icard Baldwin</i>
8:00-8:50 MS * Body Sculpt <i>Jorge Luna</i>	8:00-8:45 PG * TRX Max (Outdoor) <i>Jorge Luna</i>	8:00-8:45 MS * Body Sculpt <i>Jorge Luna</i>	8:30-9:15 PG * TRX Max (Outdoor) <i>Maeve McCaffrey</i>	9:00-9:50 MS * Feel Good Friday: Cardio Dance <i>Ali Farahanny</i>	8:45-9:45 PD * Swim: Basics (L1) <i>Sofia Shah</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Carrie Curtis</i>
9:00-9:50 MS * Studio Dance: Hip Hop <i>Odell</i>	8:45-9:30 YS * Pilates Mat <i>Susannah Hake</i>	9:00-9:50 MS * Studio Dance: Hip Hop <i>Odell</i>	8:45-9:30 YS * Pilates Fusion <i>Susannah Hake</i>	9:00-10:00 YS * Vinyasa Yoga Jad Kassouf	8:45-9:35 TR * Precision Run® <i>Carrie Curtis</i>	9:30-10:20 CS * Beats Ride <i>Kristin Riddick</i>
9:00-10:00 YS * Vinyasa Yoga <i>Jorge Luna</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Jorge Luna</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jorge Luna</i>	9:30-10:15 MS * Mind Body Fit <i>Maeve McCaffrey</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Saori Soga</i>	9:00-9:45 MS * BootKAMP <i>Kupah James</i>	10:15-11:00 MS * Best Stretch Ever <i>Jad Kassouf</i>
10:00-10:45 MS * Cardio Sculpt <i>Rufus Dorsey</i>	9:30-10:15 MS * Mind Body Fit <i>Maeve McCaffrey</i>	10:00-10:50 MS * Stronger <i>Titus-R'icard Baldwin</i>	9:30-10:15 PD * Hydro Sculpt <i>Katie Harker</i>	10:00-10:50 MS * Cardio Sculpt <i>Rufus Dorsey</i>	9:45-10:45 YS * Barefoot Sculpt <i>Karen Voight</i>	10:15-11:05 PD * Hydro Sculpt <i>Katie Harker</i>
10:15-11:00 YS * True Barre: Bala Bangle <i>Luis Cervantes</i>	9:30-10:20 PD * Hydro Sculpt <i>Sofia Shah</i>	10:15-11:00 YS * True Barre: Off the Barre <i>Joyce Ivonne</i>	10:30-11:15 MS * Best Stretch Ever <i>Jeff McMullen</i>	10:15-11:00 YS * Pilates Mat <i>Pat Soley</i>	10:00-10:45 MS * Mind Body Fit <i>Maeve McCaffrey</i>	10:30-11:45 YS * Hatha Yoga <i>Rachel Kennedy</i>
10:30-11:15 TR * Precision Walk: Elevate Team Equinox	10:30-11:15 MS * Best Stretch Ever <i>Jad Kassouf</i>	10:30-11:15 TR * Precision Walk: Elevate <i>Cosmo Bertollini</i>	10:30-11:30 YS * Vinyasa Yoga <i>Maeve McCaffrey</i>		10:00-10:50 PD * Hydro Sculpt <i>Katie Harker</i>	
10:45-11:00 MS * Best Abs Ever <i>Rufus Dorsey</i>	10:30-11:30 YS * Vinyasa Yoga <i>Maeve McCaffrey</i>			11:15-12:00 YS * Yoga Tune Up® <i>Saori Soga</i>	11:00-11:45 MS * Studio Dance: Hip Hop <i>Odell</i>	4:15-5:30 YS * Restorative Yoga <i>Laila Arzouni</i>
	12:00-12:45 PD * Swim: Skills + Drills <i>Ian Culbertson</i>	11:15-12:05 YS * Barefoot Sculpt <i>Karen Voight</i>	12:00-12:45 PD * Swim: Skills + Drills <i>Ian Culbertson</i>	12:15-1:00 YS * Athletic Stretch <i>Tara Emerson</i>	11:00-12:15 YS * Vinyasa Yoga <i>Maeve McCaffrey</i>	
	12:00-12:45 YS * Pilates Fusion <i>Pat Soley</i>	1:15-2:15 YS * Iyengar Yoga <i>Nina Siemaszko</i>	12:15-1:15 YS * Tai Chi <i>Sandra Kim</i>	1:15-2:00 YS * Headstrong Reset Lindsey Hutterer	12:30-1:15 YS * Yoga Tune Up® <i>Saori Soga</i>	
11:15-12:15 YS * Barefoot Sculpt <i>Karen Voight</i>		5:30-6:30 YS * Vinyasa Yoga <i>Denise Antoine</i>	4:30-5:20 YS * Pilates Fusion <i>Pam Heffler</i>	5:45-6:45 YS * Vinyasa Yoga <i>Jad Kassouf</i>	1:20-1:50 YS * Sound Meditation <i>Saori Soga</i>	
1:15-2:15 YS * Iyengar Yoga <i>Selene Ramirez</i>		5:45-6:30 MS * Cardio Dance <i>Johnny Latin</i>	5:15-6:05 MS * Rounds: Boxing <i>Ronit Koren</i>	6:30-7:15 MS * Cardio Dance <i>Johnny Latin</i>		
	5:30-6:15 MS * Cardio Dance <i>Nicole Steen</i>	6:35-7:05 YS * Sound Meditation <i>Pete Lee</i>	5:30-6:20 TR * Precision Walk: Elevate <i>Kupah James</i>	6:50-7:35 YS * Sonic Meditation <i>Jad Kassouf</i>	4:15-5:30 YS * Weekend Wind Down Yoga <i>Pia Kamonsit</i>	
4:30-5:15 YS * Pilates Rise <i>Cynthia San Luis</i>	5:30-6:20 TR * Precision Walk: Elevate <i>Kupah James</i>	6:45-7:35 MS * Core6 <i>Raneir Pollard</i>	5:30-6:15 YS * True Barre <i>Tierney Dale</i>			
5:30-6:30 YS * Power Vinyasa <i>Denise Antoine</i>	5:30-6:15 YS * True Barre <i>Tierney Dale</i>	7:15-7:45 YS * Barefoot Sculpt <i>Nupeir Garret</i>	6:30-7:20 MS * BootKAMP <i>Kupah James</i>			
5:45-6:30 MS * Cardio Dance <i>Johnny Latin</i>	6:30-7:20 MS * BootKAMP <i>Kupah James</i>	7:45-8:30 YS * Ballet-Style Training <i>Nupeir Garret</i>	6:30-7:45 YS * Iyengar Yoga <i>Vlad Nekrasov</i>			
6:45-7:00 MS * Best Abs Ever <i>Raneir Pollard</i>	6:45-7:45 YS * Slow Flow Yoga <i>Lizbeth Vazquez</i>					
6:45-7:45 YS * Ballet-Style Training <i>Pam Heffler</i>	7:50-8:20 YS * Sound Meditation <i>Lizbeth Vazquez</i>					
7:00-7:50 MS * MetCon Monday <i>Raneir Pollard</i>						
8:00-9:00 YS * Gentle Yoga <i>Pia Kamonsit</i>						

EQUINOX

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FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 07:00 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

PD Pool Deck

PG The Playground

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 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.

Beats Ride 60 An extended rhythmic cycling class so you can ride those extra miles to 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.

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.

Iyengar Yoga An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

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.

Yoga Tune Up® Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.



Hiit

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.

Mind Body Fit Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

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 A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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

Ballet-Style Training This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.

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.



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: Cardio Dance Fridays are all about the “feels”. Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

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: 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.



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.

Swim: Basics An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.



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.

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.

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.

Tai Chi A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.



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 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.

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.