

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 MS * Stacked <i>Arielle Miller</i>	6:30-7:20 MS * Stronger <i>Emily Matt</i>	6:30-7:20 MS * 360 Strength <i>Elle Young</i>	6:30-7:20 MS * Stacked <i>Arielle Miller</i>	7:00-7:45 CS * Anthem Ride <i>Jill Karrenbrock</i>	8:00-8:50 PD * Swim: Basics <i>Katie Harker</i>	8:30-9:15 MS * Stacked <i>Cosmo Bertollini</i>
7:30-8:30 YS * Power Vinyasa <i>Joseph Seeman</i>	7:00-7:45 CS * Beats Ride <i>Simone Berry</i>	7:30-8:30 MS * Switch Up: Run + Strength <i>Kate Willson Lyo Reneau</i>	7:00-7:45 CS * Beats Ride <i>Simone Berry</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Annie Kelly</i>	8:45-9:35 MS * 360 Strength <i>Kate Willson</i>	8:45-9:45 YS * Slow Flow Yoga (Heated) <i>Natalie Burtney</i>
8:00-8:45 MS * Core6 <i>Kate Willson</i>	7:15-8:00 YS * Pilates Fusion (Heated) <i>Devan Medrano</i>	7:30-8:20 YS * Pilates at the Barre <i>Shielu Bharwani</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Scarlett McCann</i>	8:00-8:45 MS * Athletic Conditioning <i>Paul Katami</i>	9:00-9:50 CS * Beats Ride Tarek Cotran	9:30-10:20 CS * Beats Ride <i>Cosmo Bertollini</i>
8:45-9:35 CS * Beats Ride <i>Joseph Seeman</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i>	7:45-8:35 MS * Beats Ride <i>Joseph Seeman</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Ayanna Contreras</i>	8:00-8:50 TR * Precision Run® <i>Jill Karrenbrock</i>	9:00-9:50 TR * Precision Run® <i>Lyo Reneau</i>	10:00-10:45 YS * Pilates Mat <i>Cynthia San Luis</i>
9:00-9:30 MS * Best Butt Ever <i>Kate Willson</i>	8:00-8:50 MS * Stacked <i>Simone Berry</i>	8:00-8:50 PD * Swim: Basics <i>Katie Harker</i>	8:00-8:50 MS * Stronger <i>Simone Berry</i>	9:30-10:15 MS * Stronger <i>Cosmo Bertollini</i>	9:15-10:15 YS * Power Vinyasa <i>Gina Brown</i>	10:30-11:15 MS * Studio Dance: GROOV3 Ben Ayers
9:15-10:00 YS * True Barre <i>Taylor Marie</i>	8:30-9:20 YS * Pilates at the Barre <i>Niki Kramer</i>	9:00-9:50 MS * Stronger <i>Andre Aultmon</i>	8:30-9:20 YS * Pilates Mat <i>Ayanna Contreras</i>	10:30-11:15 CS * Beats Ride <i>Cosmo Bertollini</i>	10:00-10:45 MS * Athletic Conditioning <i>Paul Katami</i>	11:00-11:45 YS * Ballet-Style Training <i>Sadie Black</i>
9:30-10:00 MS * Upper Body Pump <i>Kate Willson</i>	9:30-10:15 MS * Rounds: Pro <i>Elle Young</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Kate Willson</i>	9:30-10:20 MS * Best Butt Ever <i>Elle Young</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:30-11:20 CS * Beats Ride <i>Lyo Reneau</i>	11:00-11:45 MS * Upper Body Pump <i>Andre Aultmon</i>
11:00-11:50 YS * Pilates Mat <i>Pia Kamonsit</i>	11:00-12:00 YS * Vinyasa Yoga <i>Erin Grossman</i>	11:00-11:50 YS * Pilates Fusion <i>Jonathan Jedrzejewski</i>	11:00-12:00 YS * Power Vinyasa <i>Alex Dawson</i>	12:00-12:50 MS * Best Butt Ever <i>Lyo Reneau</i>	10:45-11:35 YS * True Barre <i>Nikita Chaudhry</i>	12:00-12:30 MS * Best Abs Ever <i>Andre Aultmon</i>
12:00-12:50 MS * Athletic Conditioning <i>Juan Hidalgo</i>	12:15-1:05 YS * Pilates Fusion <i>Be Solomon</i>	12:00-12:50 MS * Athletic Conditioning <i>Mandee Miller</i>	12:15-1:05 YS * True Barre: Bala Bangle <i>Andre Aultmon</i>	12:30-1:20 YS * Pilates Mat <i>Lesley Greer</i>	11:00-11:50 MS * Stronger <i>Larisa Lotz</i>	12:00-1:15 YS * Power Vinyasa (Heated) <i>Gavriella Rubin</i>
12:30-1:20 YS * True Barre: Bala Bangle <i>Kirstyn Lazur</i>	12:30-1:20 MS * Body Sculpt <i>Frances Flores</i>	12:15-1:15 YS * Vinyasa Yoga <i>Alex Dawson</i>	12:30-1:20 MS * MetCon3 <i>Kate Willson</i>	4:00-5:00 YS * Yin Yoga <i>Chrissy Gonzalez</i>	12:15-1:00 MS * Rhythmic Sculpt <i>Nikita Chaudhry</i>	4:00-5:00 YS * Weekend Wind Down Yoga (Heated) <i>Shielu Bharwani</i>
4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Gina Brown</i>	1:30-2:30 YS * Slow Flow Yoga <i>Eka Ekong</i>	4:00-4:50 YS * Pilates Rise <i>Patty Wortham</i>	1:30-2:30 YS * Restorative Yoga (Heated) <i>Gina Brown</i>	5:00-5:45 MS * Body Sculpt <i>Trevor Kent</i>	1:00-2:00 YS * Vinyasa Yoga <i>Shannon Branham</i>	
5:00-5:45 MS * MetCon Monday <i>Orlando Deral</i>	4:00-4:45 YS * True Barre: Bala Bangle <i>Lesley Greer</i>	5:00-5:30 MS * Upper Body Pump <i>Nik Andrews</i>	4:00-4:45 YS * Ballet-Style Training Willis Hao	5:15-6:30 YS * Vinyasa Yoga <i>Scarlett McCann</i>	2:30-3:15 YS * Pilates Rise <i>Shannon Branham</i>	
5:30-6:20 YS * Pilates at the Barre <i>Kate Willson</i>	5:00-6:00 YS * Vinyasa Yoga <i>Joseph Seeman</i>	5:30-6:00 MS * Best Butt Ever <i>Nik Andrews</i>	4:15-5:00 MS * Rounds: Boxing <i>Steven Dell</i>	6:00-6:45 MS * Studio Dance: GROOV3 Ben Ayers	4:00-4:45 YS * Sonic Meditation <i>Stephanie Morrell</i>	
6:00-6:50 MS * Stronger <i>Latreal Mitchell</i>	5:15-6:05 MS * Stronger <i>Larisa Lotz</i>	5:30-6:30 YS * Power Vinyasa <i>Scarlett McCann</i>	5:00-6:00 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>			
6:15-7:05 TR * Precision Run + Strength <i>Jill Karrenbrock</i>	6:15-7:05 CS * Beats Ride <i>Joseph Seeman</i>	6:00-6:50 CS * Beats Ride <i>Tiffany Daniels</i>	5:15-6:00 MS * Stronger <i>Kate Willson</i>			
7:00-8:00 YS * Power Vinyasa <i>Lesley Greer</i>	6:15-7:00 MS * Core6 <i>Branden Roth</i>	6:15-7:05 TR * Precision Run® <i>Nik Andrews</i>	6:15-7:05 CS * Beats Ride <i>Wil Ashley</i>			
7:15-8:00 MS * Studio Dance: GROOV3 Ben Ayers	6:30-7:15 YS * Pilates Fusion <i>Larisa Lotz</i>	7:15-8:00 YS * True Barre (Heated) <i>Andre Aultmon</i>	6:30-7:15 YS * Pilates Fusion <i>Patty Wortham</i>			
	7:30-8:30 YS * Yin Yoga (Heated) <i>Stephanie Morrell</i>	8:15-9:00 YS * Sound Meditation <i>Buddy Macuha</i>	7:30-8:20 YS * Yoga Tune Up® (Heated) <i>Patty Wortham</i>			

EQUINOX

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EQUINOX.COM

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MON-THU 05:00 AM 10:30 PM

FRI 05:00 AM 09:00 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

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.

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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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 YogaTM 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.

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

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.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, 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

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.

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

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: 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: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

Swim

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.

Regeneration

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

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, light-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.

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.