

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * True Barre <i>Richel Kumar</i>	6:00-6:50 YS * Pilates Rise (Heated) <i>Colette Harmon</i>	6:00-6:45 YS * Power Vinyasa (Heated) <i>Steph Vu</i>	6:00-6:45 YS * Pilates Fusion (Heated) <i>Lauren Haden</i>	6:15-7:00 MS * MetCon3 <i>Colby Landry</i>	7:15-8:00 YS * Pilates Fusion <i>Colette Harmon</i>	8:30-9:30 YS * Vinyasa Yoga <i>Mary Hayano</i>
6:15-7:00 MS * MetCon3 <i>Greg Alan</i>	6:30-7:15 MS * Cardio Sculpt <i>Evangeline Alpogianis</i>	6:15-7:00 MS * Best Butt Ever <i>Charlotte Kallerman</i>	6:30-7:15 MS * Stacked <i>Garrett Kale</i>	7:00-7:45 YS * Pilates Fusion (Heated) <i>Elaina Envia</i>	8:00-8:45 MS * MetCon3 <i>Jomar Tagatac</i>	9:00-9:45 MS * Rounds: Boxing <i>Greg Alan</i>
7:00-7:45 CS * Beats Ride <i>Tara Brown</i>	6:30-7:15 TR * Precision Run® <i>Garrett Kale</i>	7:00-7:45 CS * Beats Ride <i>Hannah Byrne</i>	7:15-8:15 YS * Vinyasa Yoga (Heated) <i>Alessandro Lou</i>	7:30-8:15 CS * Beats Ride <i>Hannah Byrne</i>	8:15-9:15 YS * Vinyasa Yoga <i>Warren Lange</i>	9:45-10:30 CS * Beats Ride <i>Elaine Wang</i>
7:00-7:45 YS * Power Vinyasa (Heated) <i>Clare McInerney</i>	7:15-8:00 YS * Pilates Fusion (Heated) <i>Gia Kirkland</i>	7:00-7:45 YS * Pilates Fusion (Heated) <i>Kate Wiles</i>	7:30-8:15 MS * Stronger <i>Iris Vazquez</i>	7:30-8:15 MS * Stronger <i>Jomar Tagatac</i>	8:30-9:15 CS * Beats Ride <i>Garrett Kale</i>	10:00-10:45 MS * Cardio Sculpt <i>Kaitlyn Brennan</i>
7:30-8:15 MS * Rhythmic Sculpt <i>Philip Gleichauf</i>	7:30-8:15 MS * Stronger <i>Iris Vazquez</i>	7:30-8:15 MS * Pilates Fusion <i>Colette Harmon</i>	9:30-10:15 YS * True Barre <i>Jessica Rae</i>	9:30-10:15 MS * Cardio Sculpt <i>Elena Montauti</i>	9:00-9:45 MS * Rhythmic Sculpt <i>Philip Gleichauf</i>	10:00-10:45 YS * True Barre <i>Jaiden De Anda</i>
9:30-10:15 YS * Pilates Fusion <i>Mario Godiva</i>	9:30-10:15 YS * Barefoot Sculpt (Heated) <i>Kaitlyn Brennan</i>	9:30-10:15 MS * Limited Series: Stronger Women <i>Colette Harmon</i>	11:00-11:45 YS * Barefoot Sculpt (Heated) <i>Evangeline Alpogianis</i>	11:00-11:45 MS * True Barre: Bala Bangle <i>Colette Harmon</i>	9:30-10:15 TR * Precision Run® <i>Garrett Kale</i>	11:00-11:45 MS * MetCon3 <i>Greg Alan</i>
12:00-12:45 MS * Stronger <i>Chris Turner</i>	11:00-11:45 YS * True Barre <i>Colette Harmon</i>	12:00-12:50 MS * 360 Strength <i>Chris Turner</i>	2:00-2:45 YS * Pilates at the Barre <i>Kate Wiles</i>	12:00-12:45 MS * MetCon3 <i>Colette Harmon</i>	9:30-10:15 YS * Pilates Fusion (Heated) <i>Lauren Haden</i>	11:30-12:30 YS * Power Vinyasa (Heated) <i>Alessandro Lou</i>
12:15-1:15 YS * Vinyasa Yoga <i>Warren Lange</i>	2:00-2:45 YS * Athletic Stretch <i>Mary Hayano</i>	12:15-1:00 YS * True Barre <i>Cynthia Dawson</i>	4:15-5:00 MS * Stronger <i>Lauren Settembrino</i>	2:00-2:45 YS * Pilates Fusion (Heated) <i>Kailyn Randle</i>	10:00-10:45 MS * Pilates Fusion <i>Colette Harmon</i>	12:00-12:45 MS * Best Butt Ever (Heated) <i>Jaiden De Anda</i>
2:30-3:15 MS * True Barre: Bala Bangle <i>Emily Wiggins</i>	4:15-5:00 MS * Best Butt Ever <i>Lauren Settembrino</i>	2:30-3:20 YS * Pilates Rise (Heated) <i>Colette Harmon</i>	4:15-5:00 YS * Barefoot Sculpt (Heated) <i>Kaitlyn Brennan</i>	3:00-3:45 MS * Stacked <i>Evangeline Alpogianis</i>	10:30-11:30 YS * Power Vinyasa (Heated) <i>Clare McInerney</i>	1:00-1:50 YS * Pilates Rise <i>Carolyn Roney</i>
3:45-4:30 YS * True Barre <i>Jai Mac Neil</i>	4:15-5:00 YS * Power Vinyasa (Heated) <i>Steph Vu</i>	3:45-4:30 YS * Barefoot Sculpt (Heated) <i>Elena Montauti</i>	5:30-6:15 MS * Athletic Conditioning <i>Garrett Kale</i>	3:00-3:45 MS * Barefoot Sculpt <i>Kailyn Randle</i>	10:45-11:30 TR * Precision Walk: Elevate <i>Jaiden De Anda</i>	2:15-3:00 YS * Barefoot Sculpt (Heated) <i>Carolyn Roney</i>
4:00-4:50 MS * Ropes and Rowers <i>Jomar Tagatac</i>	5:30-6:15 MS * MetCon3 <i>Colby Landry</i>	4:00-4:45 MS * MetCon3 <i>Garrett Kale</i>	5:30-6:15 TR * Precision Walk: Elevate <i>Hannah Byrne</i>	4:00-5:15 YS * Power Vinyasa (L2) (Heated) <i>Ashley Hayes</i>	11:00-11:45 MS * Stronger <i>Garrett Kale</i>	3:45-5:00 YS * Vinyasa Yoga <i>Reza Ebrahimi</i>
5:00-6:15 YS * Power Vinyasa (Heated) <i>Clare McInerney</i>	5:30-6:15 TR * Precision Run® <i>Garrett Kale</i>	5:00-6:00 YS * Power Vinyasa (Heated) <i>Sam Grillo</i>	5:30-6:20 YS * Pilates Rise (Heated) <i>Carolyn Roney</i>	4:45-5:30 MS * Best Butt Ever <i>Melissa Boyd</i>	12:00-12:45 YS * Barefoot Sculpt (Heated) <i>Jaiden De Anda</i>	
5:15-6:00 MS * Cardio Sculpt <i>Colette Harmon</i>	5:30-6:15 YS * True Barre <i>Jai Mac Neil</i>	5:15-6:00 MS * Stronger <i>Garrett Kale</i>	6:30-7:15 CS * Beats Ride <i>Tara Brown</i>	5:45-6:30 MS * Pilates Fusion <i>Grace Lee</i>	12:30-1:15 MS * Rounds: Bags and Mitts <i>Eric Guerra</i>	
5:15-6:00 TR * Precision Run + Strength <i>Jomar Tagatac</i>	6:30-7:15 CS * Anthem Ride <i>Jai Mac Neil</i>	5:30-6:15 CS * Beats Ride <i>Grace Lee</i>	6:30-7:15 MS * True Barre: Bala Bangle <i>Gia Kirkland</i>	5:45-6:30 YS * True Barre <i>Melissa Boyd</i>	1:00-1:50 YS * Pilates Rise (Heated) <i>Kate Wiles</i>	
5:30-6:15 CS * Beats Ride <i>Grace Lee</i>	6:30-7:15 MS * True Barre: Bala Bangle <i>Emily Wiggins</i>	6:30-7:15 MS * Cardio Sculpt <i>Jaiden De Anda</i>	6:45-7:45 YS * Vinyasa Yoga <i>Jenny Clise</i>			
6:30-7:15 MS * MetCon Monday <i>Emma B</i>	6:45-8:00 YS * Vinyasa Yoga <i>Jenny Clise</i>	6:30-7:15 YS * Pilates Mat (Heated) <i>Elaina Envia</i>				
6:30-7:15 YS * Pilates Fusion (Heated) <i>Elaina Envia</i>	7:30-8:15 MS * Pilates Fusion <i>Charlotte Kallerman</i>	7:45-8:30 YS * Slow Flow Yoga <i>Tom Johnson</i>				
7:30-8:15 MS * Rounds: Bags and Mitts <i>Eric Guerra</i>						
7:45-8:30 YS * Sonic Meditation <i>Taylor Chang</i>						

EQUINOX

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EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 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

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.



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.

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.



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.



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.



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.



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.



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.

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.



Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.