

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Stronger <i>Claudia Ossa</i>	6:15-7:00 MS * Core6 <i>Riana Hanle</i>	6:00-6:45 CL * Circuit Training <i>Travis Russo</i>	6:15-7:00 MS * Stronger <i>Angela Tye</i>	6:00-6:45 CS * Beats Ride <i>Tera Riddle</i>	7:10-7:55 CL * Circuit Training <i>Travis Russo</i>	7:45-8:30 MS * Rhythmic Sculpt <i>Taylor K</i>
6:30-7:15 YS * True Barre: Off the Barre (Heated) <i>Taylor K</i>	8:30-9:15 BA * True Barre <i>Chandler Richards</i>	6:30-7:15 YS * Pilates Fusion (Heated) <i>Tera Riddle</i>	8:30-9:15 YS * Slow Flow Yoga <i>Rebekah Faust</i>	6:30-7:15 YS * Barefoot Sculpt (Heated) <i>Riana Hanle</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Tera Riddle</i>	8:00-9:00 YS * Gentle Yoga <i>Delia Cooper</i>
7:15-8:00 CS * Beats Ride <i>Darren Bonilla</i>	8:45-9:35 MS * Rhythmic Sculpt <i>Tera Riddle</i>	7:15-8:00 CS * Beats Ride <i>Sarah Soptic</i>	8:45-9:35 MS * Stronger <i>Chandler Richards</i>	7:15-8:00 CS * Anthem Ride <i>Darren Bonilla</i>	8:15-9:00 BA * True Barre: Bala Bangle <i>Whitney Kessler</i>	8:30-9:00 MS * Best Abs Ever <i>Taylor K</i>
8:15-9:00 MS * Stronger <i>Darren Bonilla</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Darren Bonilla</i>	8:15-9:00 MS * Leg Day <i>Mason Denham</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Angela Tye</i>	8:15-9:00 MS * Best Butt Ever <i>Mason Denham</i>	8:30-9:20 PD * Swim: Skills + Drills <i>Kim Wong</i>	8:30-9:20 PD * Swim: Basics <i>Kim Wong</i>
9:00-9:45 BA * Pilates Mat <i>Chandler Richards</i>	9:45-10:35 BA * Pilates at the Barre <i>Kathe Oster</i>	9:00-9:45 BA * True Barre <i>Sarah Soptic</i>	9:45-10:35 BA * Pilates at the Barre <i>Mandy Limbach</i>	9:00-9:45 BA * Pilates Mat <i>Mandy Limbach</i>	9:00-9:45 CS * Beats Ride <i>Sasha Wootton</i>	8:45-9:35 BA * Pilates at the Barre <i>Sallie Kinser</i>
9:15-10:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	10:00-10:30 MS * Lower Body Blast <i>Chandler Richards</i>	9:15-10:00 CS * Beats Ride <i>Tera Riddle</i>	10:00-10:50 MS * 360 Strength <i>Chandler Richards</i>	9:15-10:00 CS * Beats Ride <i>Jennifer Fernandes</i>	9:15-10:00 MS * Stacked <i>Zeba Kamin</i>	9:15-10:00 CS * Beats Ride <i>Chandler Richards</i>
9:15-10:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	9:15-10:00 MS * Core6 <i>Zeba Kamin</i>	10:15-11:00 CS * Anthem Ride <i>Jennifer Fernandes</i>	9:15-10:05 MS * Stronger Women <i>Angela Tye</i>	9:30-10:30 YS * Vinyasa Yoga <i>Tiffany Sun</i>	9:30-10:20 MS * Rounds: Boxing <i>Mason Denham</i>
10:10-11:10 YS * Vinyasa Yoga <i>Nicole Harrow</i>	10:30-10:50 MS * Upper Body Pump <i>Chandler Richards</i>	10:10-11:10 YS * Vinyasa Yoga <i>Tiffany Sun</i>	11:00-11:45 YS * Power Vinyasa (Heated) <i>Delia Cooper</i>	10:10-11:10 YS * Gentle Yoga <i>Nicole Harrow</i>	9:45-10:35 BA * Pilates Rise <i>Whitney Kessler</i>	10:00-11:00 YS * Vinyasa Yoga (Heated) <i>Judy Rukat</i>
10:15-11:00 BA * True Barre <i>Sallie Kinser</i>	11:00-11:45 YS * True Barre: Off the Barre (Heated) <i>Chandler Richards</i>	10:15-11:00 BA * Pilates Rise <i>Tera Riddle</i>	11:15-12:00 MS * Rhythmic Sculpt <i>Taylor K</i>	10:15-11:00 BA * True Barre <i>Robin Bonaso</i>	10:15-11:00 CS * Beats Ride <i>Darren Bonilla</i>	10:15-11:00 BA * True Barre <i>Chandler Richards</i>
10:30-11:20 MS * Whipped! <i>Jennifer Fernandes</i>	11:15-12:00 MS * Core6 <i>Tera Riddle</i>	10:30-11:20 MS * Stronger <i>Chandler Richards</i>	12:30-1:15 YS * Sonic Meditation <i>Roberta Foster</i>	10:30-11:20 MS * Whipped! <i>Jennifer Fernandes</i>	10:30-11:20 MS * Stronger <i>Angela Tye</i>	10:35-11:25 MS * Leg Day <i>Whitney Kessler</i>
12:00-12:45 YS * Pilates Fusion (Heated) <i>Chandler Richards</i>	12:15-1:00 YS * Best Stretch Ever (Heated) <i>Caramia Tambornino</i>	12:00-12:45 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	1:45-2:30 CL * Circuit Training <i>Travis Russo</i>	11:45-12:45 YS * Athletic Stretch (Heated) <i>Sallie Kinser</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Judy Rukat</i>	11:45-12:35 BA * Pilates Rise <i>Whitney Kessler</i>
1:15-2:00 YS * Sonic Meditation <i>Roberta Foster</i>	1:45-2:30 MS * Leg Day <i>Travis Russo</i>	4:00-4:45 BA * True Barre <i>Sallie Kinser</i>	4:00-4:50 MS * Rounds: Boxing <i>Jennifer Fernandes</i>	12:00-12:45 BA * True Barre <i>Chandler Richards</i>	11:20-11:50 MS * Best Abs Ever <i>Angela Tye</i>	12:00-1:00 YS * Yin Yoga + Sound Meditation <i>Kimberly Peña</i>
4:00-4:45 BA * True Barre <i>Taylor K</i>	4:00-4:50 MS * Stronger <i>Zeba Kamin</i>	4:15-5:00 MS * Rhythmic Sculpt <i>Chandler Richards</i>	4:15-5:00 BA * True Barre <i>Sallie Kinser</i>	12:15-1:00 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	12:15-1:00 YS * Pilates Fusion (Heated) <i>Tera Riddle</i>	
4:15-5:00 MS * MetCon Monday <i>Angela Tye</i>	4:15-5:00 BA * Pilates Mat <i>Whitney Kessler</i>	5:00-5:50 BA * Pilates Rise <i>Whitney Kessler</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Whitney Kessler</i>	4:15-5:00 MS * Stronger <i>Angela Tye</i>	1:30-2:30 YS * Restorative Yoga <i>Kimberly Peña</i>	
5:00-5:45 BA * Pilates Rise <i>Tera Riddle</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	5:30-6:15 MS * 360 Strength <i>Travis Russo</i>	5:30-6:20 BA * Pilates at the Barre <i>Sallie Kinser</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>		
5:15-6:00 CS * Beats Ride <i>Kristy Appleton</i>	4:30-5:15 YS * Pilates Fusion (Heated) <i>Darren Bonilla</i>	5:45-6:45 YS * Vinyasa Yoga <i>Caramia Tambornino</i>	5:30-6:15 MS * Core6 <i>Zeba Kamin</i>	5:30-6:15 MS * Stronger <i>Angela Tye</i>		
5:30-6:15 MS * Stronger <i>Angela Tye</i>	5:30-6:15 BA * True Barre <i>Talia</i>	6:15-7:00 BA * True Barre <i>Whitney Kessler</i>	6:00-7:00 YS * Vinyasa Yoga <i>Malia Hill</i>	4:30-5:30 YS * Slow Flow Yoga <i>Jennifer Miller</i>		
5:30-6:30 YS * Athletic Stretch <i>Roberta Foster</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Angela Tye</i>	6:45-7:30 MS * Cardio Dance: Zumba® <i>Claudia Ossa</i>	6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Kevin Wong</i>		
6:15-7:05 BA * Pilates at the Barre <i>Kathe Oster</i>	6:00-7:00 YS * Power Vinyasa (Heated) <i>Malia Hill</i>	7:15-8:00 YS * Sonic Meditation <i>Caramia Tambornino</i>				
7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Malia Hill</i>	6:30-7:15 CS * Beats Ride <i>Darren Bonilla</i>					
	6:45-7:30 MS * Leg Day <i>Angela Tye</i>					
	7:15-8:15 YS * Yin Yoga <i>Caramia Tambornino</i>					

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FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 06:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

tera.riddle@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PD Pool Deck

CL Club Lobby

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 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.

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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



HIIT

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

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: 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

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.



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

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: 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.

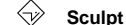


Regeneration

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.

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.

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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

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. 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.