

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:15-7:45 MS *	Best Butt Ever <i>Annalisa Brown</i>	7:15-8:00 YS *	Pilates Rise <i>Jordanna Dworkin</i>	7:15-8:00 YS *	Pilates Fusion <i>Gina Soberanis</i>	7:15-8:15 YS *	Sculpted Yoga™ <i>Marinna Kus</i>	7:30-8:20 MS *	360 Strength <i>Chris Turner</i>
7:45-8:15 MS *	Best Abs Ever <i>Annalisa Brown</i>	7:20-8:05 MS *	Stacked <i>Matthew Modleski</i>	12:00-12:50 YS *	Power Vinyasa <i>Kiley Holliday</i>	7:20-8:05 MS *	Limited Series: Stronger Women <i>NinaAnn Phan</i>	12:00-1:00 YS *	Vinyasa Yoga <i>Warren Lange</i>
12:00-12:45 YS *	Pilates Rise <i>Sarah Emmons</i>	12:00-12:30 CS *	Beats Ride 30 <i>NinaAnn Phan</i>	12:15-1:00 MS *	Pilates Fusion <i>Jai Mac Neil</i>	12:00-12:30 CS *	Beats Ride 30 <i>Tess Monahan</i>	4:00-4:45 YS *	Pilates at the Barre <i>Kate Wiles</i>
12:15-1:00 RG *	The Rig: Circuit <i>Jai Mac Neil</i>	12:35-1:20 YS *	Pilates Fusion <i>Jordanna Dworkin</i>	4:00-4:45 MS *	Rhythmic Sculpt <i>Kate Wiles</i>	12:35-1:20 YS *	Pilates Rise <i>Precious Moreno</i>	4:15-5:00 MS *	Rounds: Boxing <i>Eric Guerra</i>
4:00-4:45 MS *	MetCon Monday <i>Mark Protacio</i>	4:00-4:45 YS *	Pilates at the Barre <i>Kate Wiles</i>	4:00-4:45 YS *	Yin Yoga <i>Warren Lange</i>	4:00-4:45 YS *	Pilates Rise <i>Vanessa Wilkins</i>	5:00-6:00 YS *	Weekend Wind Down Yoga <i>Cecily Guest</i>
4:00-4:45 YS *	Power Vinyasa <i>Haley Havelock</i>	4:05-4:35 MS *	Best Butt Ever <i>Annalisa Brown</i>	5:00-5:45 MS *	Stacked <i>Lauren Settembrino</i>	4:05-4:55 MS *	360 Strength <i>NinaAnn Phan</i>	5:15-6:00 MS *	MetCon3 <i>Lauren Settembrino</i>
5:00-5:45 MS *	Best Butt Ever <i>Rich Morris</i>	4:35-5:05 MS *	Best Abs Ever <i>Annalisa Brown</i>	5:00-5:45 YS *	Pilates Fusion <i>Gina Soberanis</i>	5:00-6:00 YS *	Vinyasa Yoga <i>Usha Moss</i>	6:00-6:15 MS *	Best Abs Ever <i>Lauren Settembrino</i>
5:00-5:45 YS *	True Barre <i>Jessica Rae</i>	5:00-6:00 YS *	Vinyasa Yoga <i>Rachel Soon</i>	5:15-6:05 TR *	Precision Run + Strength <i>Chris Turner</i>	5:15-6:00 MS *	Best Butt Ever <i>Vanessa Wilkins</i>		
5:15-6:00 TR *	Precision Run® <i>Garrett Kale</i>	5:15-6:00 MS *	Stronger <i>Mark Protacio</i>	5:45-6:30 CS *	Beats Ride <i>Willy Kellogg</i>	5:30-6:15 CS *	Anthem Ride <i>Trevor Yip</i>		
5:45-6:30 CS *	Beats Ride <i>Elaine Wang</i>	5:30-6:15 CS *	Beats + Bands Ride <i>NinaAnn Phan</i>	6:00-6:45 MS *	Cardio Dance <i>Natalie Padron</i>	6:15-7:00 MS *	Body Sculpt <i>Edgardo Villanueva</i>		
6:00-6:45 MS *	Studio Dance: Hip Hop <i>Jessica Rae</i>	6:15-7:05 MS *	360 Strength <i>Lauren Settembrino</i>	6:00-6:50 YS *	Vinyasa Yoga <i>Mary Hayano</i>	6:15-7:00 YS *	True Barre <i>Annalisa Brown</i>		
6:00-7:00 YS *	Vinyasa Yoga (L2) <i>Cecily Guest</i>	6:15-7:00 YS *	Pilates Fusion <i>Precious Moreno</i>	7:00-7:45 MS *	Stronger <i>Mario Godiva</i>	7:00-7:15 MS *	Best Abs Ever <i>Edgardo Villanueva</i>		
7:00-7:45 MS *	Pilates Fusion <i>Mary Hayano</i>	7:15-8:00 YS *	True Barre <i>Danielle Joseph</i>	7:00-7:45 YS *	Sonic Meditation <i>Mary Hayano</i>				
7:15-8:00 YS *	Yin Yoga <i>Ryan Gerard</i>								

EQUINOX

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FRI 05:00 AM 08:00 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
RG The Rig

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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that’s unlike anything you’ve tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a banger playlist to motivate you in this max ride. With zero down time, we’ll have you in and out in 30 minutes. Guaranteed.



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.



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.

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.

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

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.

The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.



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.



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 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 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: 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

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

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, 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 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.

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.