

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Riley Weeks-Wynne</i>	5:30-6:00 MS * Best Abs Ever <i>Jarred Reid-Dixon</i>	6:00-6:45 CS * Beats Ride <i>Roxana Viesca</i>	5:30-6:15 YS * Pilates Fusion <i>Michelle Ballon</i>	6:00-6:50 MS * Stronger <i>Riley Weeks-Wynne</i>	8:00-8:45 CS * Beats Ride <i>Roxana Viesca</i>	8:00-8:45 MS * Pilates Fusion <i>Asia Feiss Castro</i>
6:00-6:45 MS * Stacked <i>Danielle Johnston</i>	6:00-6:50 CS * Precision Ride <i>Riley Weeks-Wynne</i>	6:00-6:45 MS * Barefoot Sculpt <i>Jarred Reid-Dixon</i>	6:00-6:50 CS * Beats Ride <i>Roxana Viesca</i>	6:30-7:30 Power Vinyasa (Heated) <i>Claire Laurie</i>	8:15-9:00 MS * Stronger <i>Marty Ignacio</i>	8:30-9:30 YS * Slow Flow Yoga <i>Hannah Denton</i>
6:30-7:30 YS * Sunrise Vinyasa Yoga (Heated) <i>Claire Laurie</i>	6:15-7:00 MS * Athletic Conditioning <i>Jarred Reid-Dixon</i>	6:30-7:20 YS * True Barre <i>Megan Hollyfield</i>	6:15-7:00 MS * MetCon3 <i>Grace Recka</i>	YS * 7:15-8:05 MS * Ropes and Rowers <i>Sophie Hecht</i>	8:30-9:15 YS * Pilates Mat (Heated) <i>Jennifer Ruiz</i>	9:00-9:45 MS * MetCon3 <i>Asia Feiss Castro</i>
6:50-7:20 MS * Best Abs Ever <i>Danielle Johnston</i>	6:30-7:20 YS * Pilates Fusion (Heated) <i>France-Marie Stiewel</i>	6:50-7:20 MS * Best Abs Ever <i>Jarred Reid-Dixon</i>	6:30-7:20 YS * Pilates Mat (Heated) <i>Jennifer Ruiz</i>	7:45-8:30 YS * Pilates at the Barre <i>Asia Feiss Castro</i>	9:15-10:00 MS * Core6 <i>Marty Ignacio</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>
8:30-9:15 YS * Pilates Fusion (Heated) <i>Team Equinox</i>	7:45-8:35 YS * Pilates at the Barre <i>France-Marie Stiewel</i>	8:30-9:15 YS * Barefoot Sculpt <i>Sophie Hecht</i>	7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Jake Ferree</i>	9:00-9:50 YS * Barefoot Sculpt <i>Sophie Hecht</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Wendy Garafalo</i>	9:30-10:15 CS * Beats Ride <i>Donovan Littles</i>
9:30-10:15 MS * Rounds: Boxing <i>Dominick Lanzetta</i>	9:30-10:15 MS * Stronger <i>Kyla Dickerson</i>	9:30-10:15 MS * Rounds: Boxing <i>Dominick Lanzetta</i>	9:30-10:15 MS * TRX Max Circuit <i>Danny Adams</i>	10:00-10:45 MS * Lower Body Blast <i>Kyla Dickerson</i>	10:00-10:45 MS * Precision Ride <i>Emily Safii</i>	10:10-11:00 MS * Ropes and Rowers <i>Skyler Stillings</i>
9:30-10:30 YS * Vinyasa Yoga <i>Megan Hollyfield</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Wendy Garafalo</i>	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Jake Ferree</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Claire Laurie</i>	11:15-12:05 YS * Slow Flow Yoga <i>Wendy Garafalo</i>	10:15-11:00 MS * MetCon3 <i>Riley Weeks-Wynne</i>	10:15-11:15 YS * Vinyasa Yoga (Heated) <i>Sarah Dominguez</i>
10:30-11:15 MS * Barefoot Sculpt <i>Grace Recka</i>	11:15-12:15 YS * Power Vinyasa <i>Karina Fernandez-Ross</i>	10:30-11:15 MS * Pilates Mat <i>Kerry Silverstone</i>	11:15-12:15 YS * Vinyasa Yoga <i>Jake Ferree</i>	11:30-12:15 CS * Beats Ride <i>Alexa Lambarri</i>	10:45-11:35 YS * True Barre <i>Megan Hollyfield</i>	11:15-12:00 MS * Best Stretch Ever <i>Wendy Garafalo</i>
11:15-12:05 YS * Pilates at the Barre <i>Wendy Garafalo</i>	12:00-12:45 TR * Precision Walk: Elevate <i>Angel Chelik</i>	11:15-12:00 YS * Pilates Fusion (Heated) <i>Karina Fernandez-Ross</i>	12:00-12:45 TR * Precision Run + Strength <i>Angel Chelik</i>	12:15-1:00 YS * Headstrong Reset Meditation <i>Wendy Garafalo</i>	12:00-12:45 CS * Barefoot Sculpt (Heated) <i>Justin Dominguez</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Veronica Monique</i>
11:30-12:15 CS * Beats Ride <i>Donovan Littles</i>	12:30-1:20 YS * Pilates Rise (Heated) <i>Karina Fernandez-Ross</i>	12:15-12:45 MS * Upper Body Pump <i>Trace Faubel</i>	12:30-1:20 YS * Pilates Mat <i>Kerry Silverstone</i>	12:30-1:15 MS * The Cut <i>Alexa Lambarri</i>	12:00-12:45 YS * Barefoot Sculpt (Heated) <i>Justin Dominguez</i>	
12:15-12:45 MS * Athletic Conditioning <i>Grace Recka</i>	4:45-5:30 YS * Barefoot Sculpt <i>Sophie Hecht</i>	12:45-1:15 MS * Best Butt Ever <i>Trace Faubel</i>	4:45-5:30 YS * True Barre <i>France-Marie Stiewel</i>	4:00-4:45 MS * Rounds: Boxing <i>Dominick Lanzetta</i>		
12:30-1:30 YS * Power Vinyasa <i>Jake Ferree</i>	5:45-6:30 CS * Precision Ride <i>Sandy Blumberg</i>	12:30-1:20 YS * Slow Flow Yoga <i>Karina Fernandez-Ross</i>	5:45-6:30 CS * THEME RIDE: <i>Sandy Blumberg</i>	4:15-5:00 YS * Barefoot Sculpt (Heated) <i>Justin Dominguez</i>		
12:45-1:15 MS * Best Abs Ever <i>Grace Recka</i>	5:45-6:30 MS * Core6 <i>Danny Adams</i>	4:15-5:15 YS * Vinyasa Yoga <i>Loren Yandoc</i>	5:45-6:30 MS * Athletic Conditioning <i>Justin Meli</i>	5:00-5:45 MS * Stronger <i>Danny Adams</i>		
4:15-5:15 YS * Vinyasa Yoga <i>Veronica Monique</i>	6:00-6:45 TR * Precision Walk: Elevate <i>Kerry Silverstone</i>	4:30-5:15 MS * TRX Max Circuit <i>Trace Faubel</i>	6:00-6:45 TR * Precision Run + Strength <i>Trace Faubel</i>	5:30-6:30 YS * Yin Yoga + Sound Meditation <i>Adrea Barros</i>		
4:30-5:15 MS * Kettlebell Power <i>Skyler Stillings</i>	6:15-7:00 YS * Pilates Fusion (Heated) <i>Asia Feiss Castro</i>	5:30-6:20 YS * Pilates at the Barre <i>Asia Feiss Castro</i>	6:15-7:00 YS * Pilates Fusion (Heated) <i>France-Marie Stiewel</i>	6:00-7:00 MS * Feel Good Friday: Cardio Dance <i>Megan Hollyfield</i>		
5:30-6:00 MS * Upper Body Pump <i>Trace Faubel</i>	7:00-7:30 MS * Athletic Stretch <i>Kerry Silverstone</i>	5:45-6:30 CS * Beats Ride <i>Emily Safii</i>	7:00-7:30 MS * Athletic Stretch <i>Trace Faubel</i>			
5:30-6:15 YS * Pilates Fusion <i>Asia Feiss Castro</i>	7:30-8:30 YS * Yin Yoga <i>Adrea Barros</i>	5:45-6:30 MS * Stronger <i>Danny Adams</i>	7:30-8:30 MS * Yin Yoga + Sound Meditation <i>Veronica Monique</i>			
6:00-6:30 MS * Best Butt Ever <i>Trace Faubel</i>		6:00-6:45 CL * Precision Run Club (Outdoor) <i>Danielle Johnston Ian Corcoran</i>				
6:45-7:15 MS * Best Abs Ever <i>Trace Faubel</i>		6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Claire Laurie</i>				
6:45-7:45 YS * Power Vinyasa (Heated) <i>Sarah Dominguez</i>						
7:15-7:45 MS * Athletic Stretch <i>Trace Faubel</i>						

EQUINOX

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EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER

wendy.garafalo@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CL Club Lobby

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

THEME RIDE: A cycling experience that exclusively explores a musical artist, genre, or decade -- with a playlist carefully curated by an Equinox instructor. All new, every time.

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 Club Join the Equinox running community with outdoor run adventures that incorporates running to famous landmarks (approximately 3 miles) + outdoor conditioning. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

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.

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.

Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

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.

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

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.

Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

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 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

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.

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.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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 Meditation 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.

Sculpt

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

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.

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.