

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * <i>Stronger</i> <i>Elle Young</i>	6:00-6:45 CS * <i>Beats Ride</i> <i>Christina Davis</i>	6:00-6:45 MS * <i>Stacked</i> <i>Celina Vitocruz</i>	6:00-6:45 CS * <i>Beats Ride</i> <i>Christina Davis</i>	6:00-6:45 MS * <i>Athletic Conditioning</i> <i>Dallas Haupt</i>	8:15-9:15 YS * <i>Power Vinyasa</i> <i>(Heated)</i> <i>Micki Duran</i>	8:00-8:45 YS * <i>Pilates Fusion (Heated)</i> <i>Devan Medrano</i>
6:30-7:30 YS * <i>Vinyasa Yoga (Heated)</i> <i>Team Equinox</i>	6:30-7:15 MS * <i>MetCon3</i> <i>Dana Perri</i>	6:30-7:30 YS * <i>Power Vinyasa</i> <i>Paula Rodgers</i>	6:30-7:15 MS * <i>Whipped!</i> <i>Victoria Ralston</i>	6:30-7:30 YS * <i>Vinyasa Yoga</i> <i>Shielu Bharwani</i>	8:30-9:15 MS * <i>Whipped!</i> <i>Maya Abu-Mansour</i>	8:15-9:05 TR * <i>Precision Run@</i> <i>Christina Davis</i>
7:15-8:00 MS * <i>Core6</i> <i>Braxton Brooks</i>	7:00-7:45 YS * <i>Pilates Mat</i> <i>Niki Kramer</i>	7:00-7:50 TR * <i>Precision Run +</i> <i>Strength</i> <i>Jill Karrenbrock</i>	7:00-7:45 YS * <i>Pilates Mat (Heated)</i> <i>Niki Kramer</i>	7:00-7:50 TR * <i>Precision Run@</i> <i>Tanja Djelevic</i>	9:15-10:00 CS * <i>Beats Ride</i> <i>Colette Bowen</i>	9:00-9:45 MS * <i>Stronger</i> <i>Natalie Schervish</i>
8:30-9:15 MS * <i>MetCon3</i> <i>Natalie Schervish</i>	8:30-9:15 MS * <i>Leg Day</i> <i>Sheila Lee</i>	8:30-9:15 MS * <i>Best Butt Ever</i> <i>Annie Kelly</i>	8:30-9:15 MS * <i>Stacked</i> <i>Dana Perri</i>	8:30-9:15 MS * <i>MetCon3</i> <i>Branden Roth</i>	9:30-10:15 MS * <i>Stronger</i> <i>Jayen Wells</i>	9:15-10:00 YS * <i>True Barre</i> <i>Kristyn Evelyn</i>
8:45-9:30 YS * <i>Pilates Fusion</i> <i>Maya Gorodetsky</i>	8:45-9:45 YS * <i>Vinyasa Yoga (Heated)</i> <i>Micki Duran</i>	8:45-9:30 YS * <i>Pilates Mat</i> <i>Sharifa Bailey</i>	8:45-9:45 YS * <i>Vinyasa Yoga</i> <i>Ash Moss</i>	8:45-9:30 YS * <i>Pilates Fusion</i> <i>Maya Gorodetsky</i>	9:45-10:30 YS * <i>True Barre: Cardio</i> <i>Dana Perri</i>	10:00-10:45 MS * <i>MetCon3</i> <i>Ellie Diez</i>
9:45-10:30 YS * <i>True Barre: Off the</i> <i>Barre</i> <i>Dana Perri</i>	9:15-10:05 TR * <i>Precision Walk: Elevate</i> <i>Jill Karrenbrock</i>	9:45-10:30 YS * <i>True Barre: Cardio</i> <i>Dana Perri</i>	9:30-10:15 MS * <i>Stronger</i> <i>Sheila Lee</i>	9:45-10:30 YS * <i>True Barre: Bala Bangle</i> <i>Claire Kampschroeder</i>	10:30-11:00 MS * <i>Athletic Stretch</i> <i>Jayen Wells</i>	10:15-11:15 YS * <i>Sculpted Yoga™</i> <i>Kristyn Evelyn</i>
10:45-11:30 MS * <i>Ropes and Rowers</i> <i>Victoria Ralston</i>	9:30-10:15 MS * <i>Cardio Sculpt</i> <i>Dana Perri</i>	10:45-11:30 MS * <i>Core6</i> <i>Sheila Lee</i>	10:45-11:30 YS * <i>Pilates at the Barre</i> <i>Niki Kramer</i>	10:45-11:45 YS * <i>Yin Yoga (Heated)</i> <i>Shannon Branham</i>	10:45-11:30 YS * <i>Pilates Mat</i> <i>Sharifa Bailey</i>	11:15-12:00 CS * <i>Beats Ride</i> <i>Dana Brawer</i>
10:45-11:45 YS * <i>Power Vinyasa</i> <i>Grace Huang</i>	10:45-11:30 YS * <i>True Barre (Heated)</i> <i>Taylor Marie</i>	10:45-11:30 YS * <i>Pilates Fusion</i> <i>Trevor Kent</i>	12:00-1:00 YS * <i>Vinyasa Yoga (Heated)</i> <i>Jaclyn Winters</i>	12:00-12:45 YS * <i>True Barre</i> <i>Braxton Brooks</i>	11:15-12:00 MS * <i>Stacked</i> <i>Brandon Mayweather</i>	12:15-1:15 YS * <i>Vinyasa Yoga</i> <i>Natalie Burtney</i>
12:00-12:45 CS * <i>Beats Ride</i> <i>Orlando Deral</i>	12:15-1:00 MS * <i>Athletic Conditioning</i> <i>Scott Haddock</i>	12:00-12:45 YS * <i>True Barre</i> <i>Niki Kramer</i>	12:15-1:00 MS * <i>MetCon3</i> <i>Blake Sunshine</i>	12:15-1:00 MS * <i>Rhythmic Sculpt</i> <i>Willis Hao</i>	12:30-1:15 MS * <i>Studio Dance: Jazz</i> <i>Groove</i> <i>Nico O'Connor</i>	12:30-1:15 MS * <i>Core6</i> <i>Delandis McClam</i>
12:15-1:00 YS * <i>Pilates Mat</i> <i>Chris Stanley</i>	4:15-5:00 YS * <i>True Barre</i> <i>Ash Moss</i>	4:15-5:00 YS * <i>Pilates Mat</i> <i>Braxton Brooks</i>	12:15-1:00 TR * <i>Precision Walk: Elevate</i> <i>Brandon Mayweather</i>	4:15-5:00 YS * <i>Pilates Fusion</i> <i>Eka Ekong</i>	1:15-2:15 YS * <i>Power Vinyasa</i> <i>Nicolas Diorio</i>	4:00-5:00 YS * <i>Weekend Wind Down</i> <i>Yoga</i> <i>Newton Campbell</i>
4:15-5:00 MS * <i>Barefoot Sculpt</i> <i>Trevor Kent</i>	5:15-6:15 YS * <i>Vinyasa Yoga</i> <i>Shayla Hess</i>	5:00-5:45 CS * <i>Beats Ride</i> <i>Maxi Wittrak</i>	4:15-5:00 YS * <i>True Barre: Cardio</i> <i>Dana Perri</i>	5:00-5:45 CS * <i>Beats Ride</i> <i>Dana Brawer</i>		
5:15-6:00 MS * <i>Stronger</i> <i>Dallas Haupt</i>	5:30-6:15 MS * <i>Stacked</i> <i>Kaylin Zeren</i>	5:15-5:45 MS * <i>Upper Body Pump</i> <i>Dana Perri</i>	5:15-5:00 YS * <i>Hatha Yoga</i> <i>Eka Ekong</i>	5:00-5:45 YS * <i>Sound Meditation</i> <i>Pete Lee</i>		
5:30-6:30 YS * <i>Vinyasa Yoga</i> <i>Patrick Minas</i>	6:30-7:15 MS * <i>Stronger</i> <i>Brandon Mayweather</i>	5:30-6:30 YS * <i>Vinyasa Yoga</i> <i>Nicolas Diorio</i>	5:30-6:15 MS * <i>Leg Day</i> <i>Orlando Deral</i>			
6:30-7:15 MS * <i>Rounds: Boxing</i> <i>Andrew Kucmierz</i>	6:30-7:15 YS * <i>Pilates Rise</i> <i>Natalia Perzyna</i>	5:45-6:15 MS * <i>Best Abs Ever</i> <i>Dana Perri</i>	6:30-7:15 MS * <i>Best Stretch Ever</i> <i>Delandis McClam</i>			
	7:30-8:30 YS * <i>Yin Yoga</i> <i>Newton Campbell</i>	6:30-7:15 MS * <i>Studio Dance: Hip Hop</i> <i>Sophia Laemmerhirt</i>	7:30-8:15 YS * <i>Pilates Fusion (Heated)</i> <i>Be Solomon</i>			
		7:30-8:15 YS * <i>Sound Meditation</i> <i>Tierney Dale</i>				

EQUINOX

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MON-THU 05:00 AM 10:00 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

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.



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

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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

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.

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.

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: Cardio Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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

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.

Studio Dance: Jazz Groove Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.



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

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.

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

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, 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

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.

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.