

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:15-8:05 MS * MetCon3 <u>Team Equinox</u>	7:15-8:05 MS * <b>Core6</b> <b>Hugo Diez</b>	7:15-8:05 PZ * <b>Precision Run®</b> <b>Lucy Usher</b>	7:15-8:05 MS * <b>Pilates Rise</b> <b>Charlotte Alloway</b>	7:30-8:20 MS * <b>Stronger</b> <b>Vitor Metzker Fernandes</b>	10:00-10:45 MS * Stacked <u>Martha Burke</u>
12:15-1:05 MS * MetCon Monday <u>Alex Rennie</u>	12:15-1:05 MS * Stronger <u>Hendrick Famutimi</u>	12:15-1:05 MS * Whipped! <u>Team Equinox</u>	12:15-1:05 MS * Athletic Conditioning <u>Louis Quaye</u>	12:00-12:30 MS * Upper Body Pump <u>Danni Berg</u>	11:00-11:50 MS * Pilates Mat <u>Deena Pierce</u>
1:15-2:00 MS * Pilates Mat <u>Rosalia Panepinto</u>	12:15-1:05 PZ * Precision Run® <u>Nicky Lopez</u>	1:15-2:05 MS * Pilates Mat <u>Michelle Morrey</u>	12:15-1:05 PZ * Precision Run® <u>Deena Pierce</u>	12:30-1:00 MS * Best Abs Ever <u>Danni Berg</u>	12:15-1:05 MS * True Barre <u>Eian Crockatt</u>
5:45-6:35 MS * Stronger <u>Bethany Thomson</u>	1:15-2:05 MS * True Barre: Off the Barre <u>Niall Morris</u>	5:45-6:35 MS * Stronger <u>Team Equinox</u>	1:15-2:05 MS * Power Vinyasa <u>Jordan Stanford</u>	1:15-2:05 MS * Pilates Fusion <u>Rosalia Panepinto</u>	1:20-2:20 MS * Vinyasa Yoga <u>Amanda Helms</u>
6:50-7:50 MS * Yin Yoga <u>Diego Melo</u>	5:45-6:30 MS * Stacked <u>Martha Burke</u>	6:50-7:50 MS * Vinyasa Yoga <u>Antonia Reed-Felstead</u>	5:45-6:35 MS * Rounds: Boxing <u>Jay Revan</u>	5:30-6:30 MS * Yin Yoga <u>Ferdi Skoberla</u>	
7:55-8:25 MS * Sound Meditation <u>Diego Melo</u>	6:50-7:35 MS * Pilates Rise <u>Jordan Stanford</u>		6:50-7:40 MS * Pilates Fusion <u>Abigail Sakari</u>	6:35-7:05 MS * Sound Meditation <u>Ferdi Skoberla</u>	

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES &amp; INSTRUCTORS ARE SUBJECT TO CHANGE

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MON-THU 06:00 AM 09:00 PM  
FRI 06:00 AM 08:00 PM  
SAT 08:00 AM 04:00 PM

GROUP FITNESS MANAGER  
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SIGNATURE CLASSES.  
ACCLAIMED INSTRUCTORS.  
TRANSFORMED BODIES.

STUDIO KEY  
MS Main Studio  
PZ PR Zone

CLASS LEVEL GUIDE  
(All levels welcome unless otherwise noted.)

All All Levels Welcome  
L1 Beginner  
L2 Intermediate  
L3 Advanced

## ❖ Running

**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.

**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.

## ❖ 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 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.

**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.

**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: 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.

## ❖ 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

**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.

## ❖ 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.

**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.