

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 YS * <b>Pilates Rise</b> <b>Miriam Shestack</b>	6:15-7:00 YS * Barefoot Sculpt <i>Dyan Tsumis</i>	6:15-6:45 MS * <b>SUMMER SETS: Quick HIIT</b> <b>Joey Ledonio</b>	6:15-7:00 YS * Pilates Rise <i>Pavee Kwun</i>	6:45-7:30 TR * Precision Run® <i>Miriam Shestack</i>	9:00-9:45 MS * Body Sculpt <i>Jose Rivera Jr.</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Nicky Venditti</i>
7:30-8:15 CS * Anthem Ride <i>Amy Chiu</i>	6:30-7:15 MS * Stronger <i>Scott Gervais</i>	6:45-7:15 MS * <b>SUMMER SETS: Upper Body Pump</b> <b>Joey Ledonio</b>	6:30-7:15 MS * Athletic Conditioning <i>Melissa Chisholm</i>	7:00-7:50 YS * Bala Bangle Barre Burn <i>Elgin McCargo</i>	9:15-10:00 CS * Beats Ride <i>Angela Rice</i>	9:30-10:15 MS * Cardio Sculpt <i>Diane LaVon</i>
7:45-8:30 MS * Stronger <i>Philippe Bowgen</i>	7:00-7:45 CS * Beats Ride <i>Leah Clark</i>	7:00-7:50 YS * Amplified Vinyasa <i>Rika Henry</i>	7:00-7:45 CS * Beats Ride <i>Laison Dunnivant</i>	7:30-8:15 CS * Anthem Ride <i>Jaclyn Michelle</i>	9:30-10:15 YS * EQX Barre Burn <i>Erin Giordano</i>	9:45-10:30 CS * Anthem Ride <i>Corinne Goldberg</i>
8:00-8:45 YS * Bala Bangle Barre Burn <i>Robert Burke</i>	7:30-8:15 YS * Vinyasa Yoga <i>Jessica Stickler</i>	7:15-8:00 CS * Beats Ride <i>Angela Rice</i>	7:30-8:15 YS * Vinyasa Yoga <i>Caitlyn Casson</i>	7:45-8:30 MS * Stacked <i>Miriam Shestack</i>	10:00-10:45 MS * Stronger <i>Dario Torres</i>	10:30-10:45 MS * SUMMER SETS: Best Butt Ever <i>Denay Rogers</i>
12:00-12:45 YS * Pilates Mat <i>Alison O'Connor</i>	7:45-8:30 MS * Athletic Conditioning <i>Eddie Carrington</i>	7:45-8:30 MS * Body Sculpt <i>Sammy Tuchman</i>	7:45-8:30 MS * Rhythmic Sculpt <i>JP Prishwalko</i>	8:00-8:45 YS * Pilates Fusion <i>Elgin McCargo</i>	10:30-11:15 YS * Pilates Fusion <i>Jose Rivera Jr.</i>	10:30-11:15 YS * Bala Bangle Barre Burn <i>Diane LaVon</i>
12:30-1:15 MS * Body Sculpt <i>Jose Rivera Jr.</i>	12:00-12:45 YS * EQX Barre Burn <i>Khaleah London</i>	8:00-8:45 YS * Pilates Mat <i>Erin Ginn</i>	12:00-12:45 YS * Bala Bangle Barre Burn <i>Jose Rivera Jr.</i>	12:00-12:45 YS * Pilates Mat <i>Sammy Tuchman</i>	11:00-11:45 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	10:45-11:15 MS * SUMMER SETS: Quick HIIT <i>Denay Rogers</i>
4:45-5:30 YS * Pilates Fusion <i>Bret Yamanaka</i>	4:45-5:30 YS * Bala Bangle Barre Burn <i>Melinda Porto</i>	12:00-12:50 YS * Pilates Rise <i>Rose Kotopka</i>	4:45-5:30 YS * Pilates Fusion <i>Brian Slaman</i>	12:30-1:15 MS * Stronger <i>Shaun Anthony</i>	11:30-12:30 YS * Sculpted Yoga™ <i>Alyssa Sarnoff</i>	11:15-11:30 MS * SUMMER SETS: Upper Body Pump <i>Denay Rogers</i>
5:15-5:45 MS * <b>SUMMER SETS: Best Butt Ever</b> <b>Butchie Gamble</b>	5:30-6:15 MS * Stronger <b>Joey Ledonio</b>	12:30-1:15 MS * Cardio Sculpt <i>Jeff Robinson</i>	5:30-6:20 MS * Rounds: Boxing <i>Michelle Sim</i>	4:30-5:30 YS * Power Vinyasa <i>Kyle Adam</i>	12:00-12:50 MS * Rounds: Bags and Mitts <i>Jermaine Bailey</i>	11:45-12:45 YS * Power Vinyasa <i>Kat Suda</i>
5:45-6:15 MS * <b>SUMMER SETS: Quick HIIT</b> <b>Butchie Gamble</b>	5:45-6:45 YS * Power Vinyasa <i>Karla Beltchenko</i>	4:45-5:30 YS * Barefoot Sculpt <i>Jose Rivera Jr.</i>	5:45-6:45 YS * Power Vinyasa (L2) <i>Serena Tom</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Jess Strohmyer</i>		
5:45-6:30 YS * Pilates Mat <i>Rose Kotopka</i>	6:30-7:15 MS * Cardio Sculpt <i>Emily Collin</i>	5:30-6:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	6:30-7:15 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	5:45-6:30 YS * Pilates Mat <i>Erin Ginn</i>		4:00-4:45 YS * Pilates Mat <i>Jill Weinstein</i>
6:00-6:45 TR * Precision Run® <i>Evan Wood</i>	7:00-7:45 YS * Pilates Fusion <i>Elgin McCargo</i>	5:45-6:30 YS * Bala Bangle Barre Burn <i>Mia Wenger</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Emily Naim</i>			
6:15-7:00 CS * Anthem Ride <i>Corinne Goldberg</i>	8:00-9:00 YS * Sculpted Yoga™ <i>Dorian Shorts</i>	6:15-7:00 CS * Beats Ride <i>Nowani Rattray</i>				
6:30-7:15 MS * Kickbox Burn <i>Akin</i>		6:30-7:00 MS * SUMMER SETS: Best Abs Ever <i>Lynsey F</i>				
7:00-8:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>		6:45-7:45 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>				
8:00-8:50 MS * Rhythmic Sculpt <i>Paige Bodnar</i>		7:00-7:30 MS * SUMMER SETS: Quick HIIT <i>Lynsey F</i>				
		8:00-8:50 YS * Pilates Rise <i>Lilly Joergensen</i>				

# EQUINOX

## PARK AVENUE

1 Park Avenue

NEW YORK NY 10016

EQUINOX.COM

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**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

**SAT-SUN** 08:00 AM 07:00 PM

## GROUP FITNESS MANAGER

jose.rivera01@equinox.com

## 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

**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 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

**Amplified Vinyasa** Improve physical and mental strength, flexibility, and stamina in this fast-paced flow class led by Rika Henry. Challenge yourself with arm balances and inversions seamlessly woven together with creative sequences set to the steady beats of electronic music. A familiarity with vinyasa is recommended.

**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.



## 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.

**SUMMER SETS: Quick HIIT** Take the summer on with this efficient and effective full body HIIT workout. A mix of strength, cardio, and core will bring the summer heat in just 30 minutes. 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.



## Barre

**Bala Bangle Barre Burn** This off-the-barre 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.

**EQX Barre Burn** 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.



## Dance

**Cardio Dance: 305 Dance** Dance like no one's watching in this free-spirited, inclusive dance cardio workout designed for all levels, no dance experience required. 35 minutes of high-intensity cardio followed by 5 minutes of targeted toning, and 5 minutes of stretching for a joyful full body workout.

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



## Boxing

**Kickbox Burn** Kickbox Burn, led by martial arts expert Akinwale, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**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.



## Sculpt

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

**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.

**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 additive music and inspiring coaching.

**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

**SUMMER SETS: Best Abs Ever** Take the summer on with 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.

**SUMMER SETS: Best Butt Ever** Take the summer on with a powerful lower body workout designed to sculpt and strengthen your glutes in 30 minutes or less. Get active. Get strong. Get powerful. Get ready to feel the burn and embrace the summer with confidence. An Equinox exclusive.

**SUMMER SETS: Upper Body Pump** Take the summer on with less than 30 mins of upper body work targeting your arms, chest, and back. Get your quick pump in before heading out to the summer sun. 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.