

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 BA * Pilates Fusion <i>Tory Asmus</i>	6:30-7:15 MS * MetCon3 <i>Katie Thrasher</i>	6:30-7:15 BA * True Barre <i>Mel Gallo</i>	6:30-7:15 MS * MetCon3 <i>Erin Puskar</i>	6:15-7:05 MS * Stronger <i>Katie Thrasher</i>	8:00-8:45 CS * Beats Ride <i>Leah Clark</i>	8:30-9:15 BA * Barre <i>Lindsey Miller</i>
6:45-7:35 TR * Precision Run® <i>Chelsea Amengual</i>	6:45-7:30 CS * Beats Ride <i>Serena DiLiberto</i>	6:30-7:20 MS * Stronger <i>Carolann Valentino</i>	6:45-7:35 CS * Precision Ride <i>Angela Rice</i>	6:30-7:20 TR * Precision Run® <i>Isabelle Luongo</i>	8:30-9:15 BA * Barre <i>Lindsey Miller</i>	9:00-9:45 MS * Body Sculpt <i>Jeff Robinson</i>
7:00-8:00 PG * Playground Experience - PGX <i>Felix Ferreira Jevone Watt</i>	7:15-8:05 BA * Pilates Rise <i>Mia Wenger</i>	7:00-8:00 YS * Vinyasa Yoga <i>Lauren Harris</i>	7:15-8:00 BA * Barre <i>Cindya Davis</i>	7:00-8:00 YS * Vinyasa Yoga <i>Margaret Schwarz</i>	9:00-9:45 MS * Stacked <i>Abbey Hunt</i>	9:15-10:15 CS * Endurance Ride 60 <i>D Gunnz</i>
7:30-8:15 MS * Athletic Conditioning <i>Diego Guevara</i>	7:15-7:30 MS * Best Abs Ever <i>Katie Thrasher</i>	7:15-8:00 CS * Beats Ride <i>Leah Clark</i>	7:30-8:15 MS * Rhythmic Sculpt <i>Erin Puskar</i>	7:15-8:00 CS * Beats Ride <i>Brandon Green</i>	9:30-10:15 CS * Beats Ride <i>Brandon Green</i>	9:45-10:30 BA * Barre <i>Jaedyn Andreotti</i>
7:45-8:35 BA * True Barre <i>Mel Gallo</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Izzy VanHall</i>	7:35-8:20 MS * Cardio Sculpt <i>Mel Gallo</i>	7:30-8:30 YS * Vinyasa Yoga (HEATED) <i>Lipe</i>	7:30-8:00 MS * Best Butt Ever <i>Isabelle Luongo</i>	10:00-11:15 YS * Vinyasa Yoga <i>Esco Wilson</i>	9:45-10:00 MS * Best Abs Ever <i>Jeff Robinson</i>
8:00-9:00 YS * Vinyasa Yoga <i>Annette Vetere</i>	9:00-9:45 BA * Barre <i>Mia Wenger</i>	7:45-8:40 TR * Precision Run® <i>Shaun Anthony</i>	8:30-9:15 MS * Best Butt Ever <i>Cindya Davis</i>	7:45-8:30 BA * Barre <i>Melinda Porto</i>	10:15-11:00 BA * Pilates Fusion <i>Kayla Prestel</i>	10:00-11:00 YS * Slow Flow Yoga <i>Aarti Ruparell</i>
9:15-10:00 MS * The Cut <i>Eddie Carrington</i>	9:30-10:20 MS * Stronger <i>Carolann Valentino</i>	8:45-9:35 BA * Barre <i>Elgin McCargo</i>	9:00-9:45 BA * Pilates Fusion <i>Elgin McCargo</i>	8:00-8:30 MS * Upper Body Pump <i>Isabelle Luongo</i>	10:30-11:15 MS * Cardio Sculpt <i>Melissa Birnbaum</i>	10:15-11:05 MS * MetCon3 <i>Jeff Robinson</i>
9:45-10:45 YS * Sculpted Yoga™ <i>Diane LaVon</i>	10:30-11:30 YS * Vinyasa Yoga <i>Johan Montijano</i>	9:00-9:45 MS * Rounds: Boxing Circuit <i>Christian Reyes</i>	9:30-10:15 MS * Athletic Conditioning <i>Shaun Anthony</i>	8:45-9:45 YS * Sculpted Yoga™ <i>Jess Anson</i>		11:00-11:45 BA * Barre <i>James Ervin</i>
10:30-11:15 BA * Barre <i>James Ervin</i>	12:15-1:00 BA * Pilates Fusion <i>Kat Steers</i>	10:00-10:50 BA * Trilogy Barre <i>Elgin McCargo</i>	10:30-11:30 YS * Vinyasa Yoga <i>Serena Tom</i>	9:15-10:00 MS * MetCon3 <i>Shanice Reyes</i>	11:15-12:00 CS * Beats Ride <i>D Gunnz</i>	11:45-12:45 YS * Vinyasa Yoga <i>Dylan Evans</i>
11:00-11:45 MS * Best Stretch Ever <i>Diane LaVon</i>	1:45-2:45 YS * Restorative Yoga <i>Mary Aranas</i>	10:15-10:45 MS * Best Butt Ever <i>Bryna Carracino</i>	12:15-1:05 BA * Pilates Rise <i>Genevieve Gordon</i>	10:15-11:00 BA * Barre <i>Emily Naim</i>	12:15-1:15 YS * Vinyasa Yoga <i>Kristin Bilella</i>	12:00-12:45 MS * Cardio Dance: Zumba® <i>Monique Alhaddad</i>
12:00-1:00 YS * Vinyasa Yoga <i>Rosie DaAngelo</i>	4:30-5:15 BA * Barre <i>Rachel Bonet</i>	10:45-11:00 MS * Upper Body Pump <i>Bryna Carracino</i>	12:15-1:05 BA * Pilates Rise <i>Genevieve Gordon</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristin Bilella</i>	12:15-1:15 PG * Playground Experience - PGX <i>Zach Schanne Shanice Reyes</i>	1:00-1:45 MS * Best Stretch Ever <i>Monique Alhaddad</i>
5:15-6:15 YS * Power Vinyasa (HEATED) <i>Serena Tom</i>	5:15-6:05 MS * Stronger <i>Shanice Reyes</i>	12:00-1:00 YS * Power Vinyasa (HEATED) <i>Esco Wilson</i>	4:30-5:15 BA * Pilates Fusion <i>Alex Dill</i>	12:15-1:15 PG * Playground Experience - PGX <i>Zach Schanne Shanice Reyes</i>	1:00-2:00 PG * Playground Experience - PGX <i>Felix Ferreira Dario Torres</i>	1:15-2:00 BA * Trilogy Barre <i>James Ervin</i>
5:30-6:20 BA * True Barre <i>James Ervin</i>	5:30-6:30 YS * Sculpted Yoga™ <i>Randi Cerini</i>	12:15-1:00 BA * Barre <i>Erin Monteleone</i>	5:15-6:00 MS * Rounds: Boxing Circuit <i>Christian Reyes</i>	4:30-5:30 YS * Yin Yoga Meditation <i>Jessica Metz</i>	1:30-2:15 BA * Barre <i>Claire Crause</i>	2:00-3:00 YS * Power Vinyasa (HEATED) <i>Serena Tom</i>
5:45-6:30 MS * MetCon Monday <i>Isabelle Luongo</i>	5:45-6:30 BA * Pilates Fusion <i>Erin Ginn</i>	5:15-6:15 YS * Yin Yoga Meditation <i>Emily Naim</i>	5:30-6:15 CS * Beats Ride <i>Michael Keeney</i>	5:00-5:50 BA * Pilates Rise <i>Laeticia Emmanuel</i>	2:00-3:00 YS * Slow Flow Yoga <i>Kristina Erikson</i>	4:15-5:05 BA * True Barre <i>Maureen Duke</i>
6:00-6:45 CS * Beats Ride <i>Brandon Green</i>	6:30-7:20 MS * Ropes and Rowers <i>Christian Reyes</i>	5:30-6:15 BA * Barre <i>Lindsey Miller</i>	5:30-6:30 YS * Vinyasa Yoga <i>Jenny Mendez</i>	5:15-6:10 TR * Precision Run® <i>Shweky</i>		5:00-6:00 YS * Weekend Wind Down <i>Yoga Tom Jermain</i>
6:45-7:35 TR * Precision Run® <i>Isabelle Luongo</i>	6:45-7:30 CS * Beats Ride <i>Shweky</i>	5:45-6:30 MS * Rhythmic Sculpt <i>Erin Puskar</i>	5:45-6:35 BA * Trilogy Barre <i>Kevin VerEecke</i>	5:45-6:30 MS * Body Sculpt <i>Vanita Iyer</i>	4:00-5:00 YS * Restorative Yoga <i>Anubha Elaine Boudouris</i>	5:30-6:20 BA * Pilates Rise <i>Maureen Duke</i>
7:00-8:00 YS * Vinyasa Yoga <i>Serena Tom</i>	7:00-7:50 BA * True Barre <i>James Ervin</i>	6:00-6:45 CS * Beats Ride <i>Ev Autio</i>	6:30-7:30 PG * Playground Experience - PGX <i>Michael Keeney Miriam Shestack</i>	6:15-7:00 BA * Barre <i>Laeticia Emmanuel</i>		
7:15-8:05 MS * Stronger <i>Brian Ahn</i>	7:30-8:30 PG * Playground Experience - PGX <i>Dario Torres Shanice Reyes</i>	7:00-8:00 YS * Vinyasa Yoga <i>Andrea Borrero</i>	6:45-7:45 MS * Studio Dance: DANCEology <i>James Ervin</i>	6:15-7:15 YS * Vinyasa Yoga (HEATED) <i>Andrea Borrero</i>		
7:30-8:15 BA * Barre <i>Emily Naim</i>	7:30-8:45 YS * Vinyasa Yoga (HEATED) <i>Evan Perry</i>	7:15-8:05 MS * Circuit Training <i>Denay Rogers</i>	7:00-7:50 BA * True Barre <i>Kevin VerEecke</i>			
		7:30-8:15 BA * Barre <i>Nicole Kinzel</i>	7:30-8:30 YS * Power Vinyasa <i>Lipe</i>			

# EQUINOX

## EAST 92ND STREET

203 East 92nd Street  
NEW YORK NY 10128  
EQUINOX.COM  
@EQUINOX

MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

james.erin@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

PG The Playground

## 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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**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.

## 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.

**Power Vinyasa (HEATED)** 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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**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.

**Vinyasa Yoga (HEATED)** 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 Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## 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.

**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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**Playground Experience - PGX** Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

**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.

## Barre

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**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.

## Dance

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

**Studio Dance: DANCEology** An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

## Boxing

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals 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

**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.

## Sculpt

**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.

**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 addictive 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.

**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.