

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

**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.

**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.

**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.



## 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.

**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.

**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

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



## 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 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.

**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.



## 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.