

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 YS * Vinyasa Yoga <i>Taj Harris</i>	6:30-7:15 YS * Vinyasa Yoga <i>Evan Perry</i>	7:00-7:45 CS * Beats Ride <i>Ney Melo</i>	6:30-7:15 YS * Pilates Fusion <i>Jennifer Tarentino</i>	7:00-7:45 CS * Beats Ride <i>Lisa Bosalavage</i>	8:45-9:45 YS * Vinyasa Yoga Jacob Reynolds	9:00-9:45 MS * MetCon3 <i>Lisa Bosalavage</i>
7:15-8:00 MS * Athletic Conditioning <i>Natasha Ross</i>	7:00-7:45 MS * MetCon3 <i>Isabelle Luongo</i>	7:15-8:05 MS * Stronger <i>Diego Guevara</i>	7:00-7:45 MS * Stacked <i>Devin Symone</i>	7:30-8:15 YS * Off the Barre <i>Alyssa Sarnoff</i>	9:00-9:45 MS * Athletic Conditioning <i>Joey Ledonio</i>	9:15-10:00 YS * Pilates Rise <i>Shing Ong</i>
8:15-9:00 MS * Body Sculpt <i>Sara Deberry</i>	7:30-8:30 YS * Sculpted Yoga™ <i>Kristin Condon</i>	9:00-9:45 YS * Pilates Mat <i>Caroline Strong</i>	7:30-8:20 YS * Amplified Vinyasa <i>Rika Henry</i>	8:00-8:45 MS * Atletica <i>Marie Jasmin</i>	9:45-10:30 TR * Precision Run® Sara Hogrefe	10:00-10:45 CS * Beats Ride <i>Lisa Bosalavage</i>
9:00-9:45 YS * Bala Bangle Barre Burn <i>Kevin VerEecke</i>	8:15-9:05 MS * Stronger <i>Isabelle Luongo</i>	12:00-1:00 YS * Vinyasa Yoga Victoria Gibbs	8:15-9:00 MS * Best Butt Ever <i>Alex Fitzgibbon</i>	8:45-9:45 YS * Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:45 YS * Pilates Fusion Bret Yamanaka	10:00-10:45 MS * Rhythmic Sculpt <i>Marissa Myers</i>
12:00-12:45 YS * Pilates Mat <i>Claire Danese</i>	8:45-9:30 YS * Silhouette <i>Alexis Sweeney</i>	12:30-1:15 MS * Rhythmic Sculpt <i>Robert Burke</i>	8:45-9:30 YS * EQX Barre Burn <i>Angela Joy</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Genieve Gordon</i>	10:15-11:00 MS * Body Sculpt <i>Genieve Gordon</i>	10:45-11:45 YS * Vinyasa Yoga <i>Ruah Bhay</i>
12:30-1:20 MS * Stronger <i>Joey Ledonio</i>	9:15-9:45 MS * SUMMER SETS: Best Butt Ever <i>Alex Fitzgibbon</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	9:15-10:00 MS * Stronger <i>Joey Ledonio</i>	1:15-2:15 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	10:45-11:35 CS * Precision Ride Sara Hogrefe	11:15-11:45 MS * SUMMER SETS: Best Butt Ever <i>Jenna Matroni</i>
1:15-2:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	9:45-10:15 MS * SUMMER SETS: Upper Body Pump <i>Alex Fitzgibbon</i>	5:30-6:15 MS * Body Sculpt <i>Genieve Gordon</i>	12:00-12:45 YS * Pilates Fusion Cindya Davis	4:00-4:50 MS * Stronger <i>Dario Torres</i>	11:15-12:05 MS * Stronger <i>Devin Symone</i>	11:45-12:15 MS * SUMMER SETS: Upper Body Pump <i>Jenna Matroni</i>
4:30-5:15 YS * EQX Barre Burn <i>Katherine Menna</i>	12:15-1:05 YS * Pilates Rise <i>Lilly Joergensen</i>	5:45-6:30 TR * Precision Run® <i>Avery Washington</i>	1:00-2:00 YS * Vinyasa Yoga <i>Ruah Bhay</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	11:30-12:20 YS * Pilates Rise <i>Genieve Gordon</i>	12:00-12:45 YS * Pilates Mat <i>Caroline Strong</i>
5:30-6:15 YS * Pilates Fusion <i>Katherine Menna</i>	12:30-1:15 MS * Stacked <i>Jeff Robinson</i>	5:45-6:45 YS * Vinyasa Yoga <i>Julie Dohrman</i>	4:15-5:15 YS * Slow Flow Yoga Kevin Bigger	6:30-7:15 YS * Sonic Meditation <i>Kristin Condon</i>	12:30-1:15 MS * Best Butt Ever Denay Rogers	12:45-1:35 MS * Circuit Training <i>Jeff Robinson</i>
5:45-6:30 MS * Whipped! <i>Scott Gervais</i>	1:15-2:15 YS * Vinyasa Yoga <i>Kristin Bilella</i>	6:30-7:20 MS * Stacked <i>Scott Gervais</i>	5:30-6:15 YS * Pilates Fusion <i>Jennifer Benesch</i>		12:45-1:45 YS * Power Vinyasa <i>Victoria Gibbs</i>	1:15-2:15 YS * Vinyasa Yoga <i>Evan Perry</i>
5:45-6:30 TR * Precision Run® <i>Sara Hogrefe</i>	4:15-5:00 YS * Pilates Mat Shing Ong	6:45-7:45 CS * Endurance Ride 60 <i>Avery Washington</i>	5:45-6:30 MS * Pure Strength <i>Natasha Ross</i>		2:15-3:15 YS * Weekend Wind Down Yoga <i>Kevin Bigger</i>	3:00-3:45 YS * Off the Barre <i>Angela Joy</i>
6:45-7:35 CS * Precision Ride <i>Sara Hogrefe</i>	5:30-6:15 MS * Atletica <i>Nora Bisharat</i>	7:00-7:45 YS * Pilates Mat <i>Jennifer Tarentino</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</i>			4:00-5:00 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i>
6:45-7:30 MS * MetCon Monday <i>Natasha Ross</i>	5:45-6:30 YS * EQX Barre Burn <i>Jennifer Benesch</i>		6:30-7:30 YS * Vinyasa Yoga <i>Erica Chen</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Julie Dohrman</i>	6:00-6:45 CS * Beats Ride <i>Avery Washington</i>		6:45-7:35 MS * Studio Dance: Hip Hop <i>Rob Coglitore</i>			
	6:30-7:20 TR * Precision Run® <i>Nora Bisharat</i>					
	6:45-7:30 MS * Pure Strength <i>Natasha Ross</i>					
	7:00-8:00 YS * Vinyasa Yoga <i>Jessie Wren</i>					

EQUINOX

BROOKLYN HEIGHTS

194 Joralemon Street
BROOKLYN NY 11201
EQUINOX.COM
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MON-THU 05:30 AM 10:00 PM

FRI 05:30 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

felix.ferreira@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

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

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.

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.

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.



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.

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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

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.

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.



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.

Silhouette Silhouette by Alexis Sweeney offers a contemporary take on a low impact, high-intensity Pilates Fusion class to deep house beats that boost muscular endurance, balance, stamina, strength, and flexibility. Seamless moves and creative sequences provide a distinct challenge leaving you eager for more.



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.



Regeneration

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

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

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox Exclusive.

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.