

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 YS * Vinyasa Yoga <i>Taj Harris Lee</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>	8:45-9:30 YS * EQX Barre Burn <i>Carolina Rivera</i>	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 * MetCon3 <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>	7:30-8:20 TR * Precision Run® <i>Isabelle Luongo</i>	7:30-8:20 YS * Amplified Vinyasa <i>Rika Henry</i>	8:00-8:45 MS * Atletica <i>Marie Jasmin</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	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>	9:00-9:45 YS * Pilates Mat <i>Caroline Strong</i>	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 TR * Precision Run® <i>Sara Hogrefe</i>	10:00-10:45 MS * Rhythmic Sculpt <i>Marissa Myers</i>
	8:45-9:30 YS * Silhouette <i>Alexis Sweeney</i>		8:45-9:30 YS * EQX Barre Burn <i>Angela Joy</i>		10:15-11:00 MS * Body Sculpt <i>Genieve Gordon</i>	10:45-11:45 YS * Vinyasa Yoga <i>Ruah Bhay</i>
	9:15-10:00 MS * Best Butt Ever <i>Alex Fitzgibbon</i>	12:00-12:45 YS * Bala Bangle Barre Burn <i>Jennifer Benesch</i>	9:15-10:00 MS * Stronger <i>Joey Ledonio</i>	12:15-1:00 TR * Precision Run® <i>Jacob Reynolds</i>	11:00-11:50 CS * Precision Ride <i>Sara Hogrefe</i>	
12:00-12:45 YS * Pilates Mat <i>Claire Danese</i>		12:30-1:15 MS * Rhythmic Sculpt <i>Robert Burke</i>		12:15-1:00 YS * Bala Bangle Barre Burn <i>Genieve Gordon</i>		11:15-11:45 MS * Best Butt Ever <i>Jenna Matroni</i>
12:30-1:20 MS * Stronger <i>Joey Ledonio</i>			12:00-12:45 YS * Pilates Fusion <i>Alexis Sweeney</i>	1:15-2:15 YS * Vinyasa Yoga <i>Jacob Reynolds</i>	11:15-12:05 MS * Stronger <i>Devin Symone</i>	11:45-12:15 MS * Upper Body Pump <i>Jenna Matroni</i>
1:15-2:15 YS * Vinyasa Yoga <i>Kevin Bigger</i>	12:15-1:05 YS * Pilates Rise <i>Lilly Joergensen</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Kristin Bilella</i>	12:30-1:15 MS * Atletica <i>Marie Jasmin</i>		11:30-12:20 YS * Pilates Rise <i>Genieve Gordon</i>	12:00-12:45 YS * Pilates Mat <i>Caroline Strong</i>
	12:30-1:15 MS * Stacked <i>Jeff Robinson</i>	5:30-6:15 MS * Body Sculpt <i>Genieve Gordon</i>	1:00-2:00 YS * Vinyasa Yoga <i>Ruah Bhay</i>	4:00-4:50 MS * Stronger <i>Bonnie Flannery</i>	12:30-1:15 MS * Off the Barre <i>Minga Prather</i>	12:45-1:35 MS * Circuit Training <i>Jeff Robinson</i>
4:30-5:15 YS * Off the Barre <i>Pavee Kwun</i>	1:15-2:15 YS * Vinyasa Yoga <i>Kristin Bilella</i>	5:45-6:30 TR * Precision Run® <i>Avery Washington</i>		5:15-6:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	12:45-1:45 YS * Power Vinyasa <i>Victoria Gibbs</i>	1:15-2:15 YS * Vinyasa Yoga <i>Evan Perry</i>
5:30-6:15 YS * Pilates Fusion <i>Katherine Menna</i>		5:45-6:45 YS * Vinyasa Yoga <i>Julie Dohrman</i>	4:30-5:15 MS * Best Stretch Ever <i>Kevin Bigger</i>	5:30-6:15 MS * Powerstrike! <i>Nora Bisharat</i>	2:15-3:15 YS * Yin Yoga Meditation <i>Kevin Bigger</i>	3:00-3:45 YS * Off the Barre <i>Angela Joy</i>
5:45-6:30 MS * Whipped! <i>Scott Gervais</i>	4:30-5:15 YS * Pilates Mat <i>Shing Ong</i>	6:30-7:20 MS * Stacked <i>Scott Gervais</i>	5:30-6:15 YS * Pilates Fusion <i>Jennifer Benesch</i>	6:30-7:15 YS * Sonic Meditation <i>Kristin Condon</i>		
5:45-6:30 TR * Precision Run® <i>Sara Hogrefe</i>	5:30-6:15 MS * Atletica <i>Nora Bisharat</i>	6:45-7:45 CS * Endurance Ride 60 <i>Avery Washington</i>	5:45-6:30 MS * Pure Strength <i>Natasha Ross</i>			4:00-5:00 YS * Vinyasa Yoga <i>Alyssa Sarnoff</i>
6:45-7:35 CS * Precision Ride <i>Sara Hogrefe</i>	5:45-6:30 YS * EQX Barre Burn <i>Jennifer Benesch</i>	7:00-7:45 YS * Pilates Mat <i>Jennifer Tarentino</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</i>			
6:45-7:30 MS * MetCon Monday <i>Natasha Ross</i>	6:00-6:45 CS * Beats Ride <i>Avery Washington</i>		6:30-7:30 YS * Vinyasa Yoga <i>Erica Chen</i>			
7:00-8:00 YS * Vinyasa Yoga <i>Julie Dohrman</i>	6:30-7:20 TR * Precision Run® <i>Nora Bisharat</i>		6:45-7:35 MS * Studio Dance: Hip Hop <i>Rob Coglitore</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

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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 additive 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.

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 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.

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.



Boxing

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.



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.

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.

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.