

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Body Sculpt <i>Jeff Robinson</i>	6:15-7:00 YS * Pilates Mat <i>Justin Flexen</i>	7:00-7:45 MS * Rhythmic Sculpt <i>Christopher Vo</i>	6:15-7:00 YS * Trilogy Barre <i>Alexis Campbell</i>	7:00-8:00 YS * Vinyasa Yoga <i>Mardi Sykes</i>	8:30-9:15 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	9:30-10:15 CS * Anthem Ride <i>Amy Chiu</i>
6:45-7:45 PD * Swim: Skills + Drills <i>Jenna Deangelis</i>	7:00-7:45 CS * Anthem Ride <i>Or Artzi</i>	7:00-7:45 YS * Barre (HEATED) <i>Nicole Uribaldi</i>	7:00-7:50 CS * Precision Ride <i>Alex Joy Pucci</i>	7:30-8:15 CS * Beats Ride <i>Moses Alcid</i>	8:45-9:45 PD * Swim: Pro <i>Ester Kim</i>	9:45-10:30 YS * Pilates Mat (HEATED) <i>Jeffrey Morris</i>
7:00-7:45 YS * Bala Bangle Barre Burn <i>Michael J. Clark</i>	7:00-7:45 MS * Stacked <i>Denay Rogers</i>	7:15-8:05 TR * Precision Run® <i>Steven Goldsmith</i>	7:00-7:30 MS * Best Butt Ever <i>Jack McGowan</i>	7:45-8:30 MS * MetCon3 <i>Jack McGowan</i>	9:00-9:45 MS * Stronger <i>John Peterson</i>	10:00-10:50 MS * Rounds: Pro (L3) <i>Khaled Zeidan</i>
7:30-8:15 CS * Beats Ride <i>Steven Goldsmith</i>	7:00-7:30 TR * Precision Run 30 <i>Chaz Jackson</i>	7:30-8:20 CS * Beats Ride <i>Mario Martinez</i>	7:15-8:00 YS * Pilates Fusion <i>Michael Apuzzo</i>	9:00-9:50 YS * True Barre <i>Lucas Blankenhorn</i>	9:45-10:45 YS * Vinyasa Yoga <i>Jessica Chin</i>	10:30-11:20 TR * Precision Run® <i>Amy Chiu</i>
7:45-8:35 MS * Stronger <i>TomJohn Mershon</i>	7:15-8:00 YS * Power Vinyasa (HEATED) <i>Jade Alexis</i>	7:30-8:15 PD * Swim: Pro <i>Hilary Hebrank</i>	7:45-8:35 TR * Precision Run + Strength <i>Jack McGowan</i>	9:30-10:15 MS * Athletic Conditioning <i>TomJohn Mershon</i>	10:00-10:50 MS * Ropes and Rowers <i>Robert Burke</i>	11:00-12:00 PD * Swim: Pro <i>Jason Strong</i>
8:00-8:45 YS * Pilates Fusion <i>Lipe</i>	7:45-8:15 TR * Precision Run 30 <i>Chaz Jackson</i>	8:00-8:45 MS * MetCon3 <i>Christopher Vo</i>	8:00-8:45 MS * Stronger <i>Peyton Royal</i>	11:00-12:00 PD * Swim: Pro <i>TomJohn Mershon</i>	10:15-11:00 CS * Beats Ride <i>Kris Wilkins</i>	11:15-12:00 MS * Stronger <i>Katie Thrasher</i>
9:30-10:30 YS * Vinyasa Yoga (HEATED) <i>Colleen Murphy</i>	8:00-8:45 MS * Athletic Conditioning <i>Or Artzi</i>	8:00-9:00 YS * Vinyasa Yoga (HEATED) <i>Michael Gervais</i>	8:15-9:05 YS * Vinyasa Yoga <i>Jessica Chin</i>	12:15-1:00 YS * Silhouette <i>Alexis Sweeney</i>	11:00-11:45 MS * Cardio Sculpt <i>Stephanie Levinson</i>	11:30-12:30 YS * Vinyasa Yoga <i>Robert Nguyen</i>
11:45-12:35 TR * Precision Run® <i>Corky Corkum</i>	8:15-9:05 YS * Pilates Rise (HEATED) <i>Jeffrey Morris</i>	9:30-10:20 YS * Pilates Rise <i>Brian Slaman</i>	12:00-12:50 YS * Pilates Rise <i>Taylor Phillips</i>	4:00-4:50 TR * Precision Run® <i>Jan Erik Navoa</i>	11:15-12:00 YS * Bala Bangle Barre Burn <i>Michael J. Clark</i>	12:00-12:15 MS * Best Abs Ever <i>Katie Thrasher</i>
12:15-1:00 MS * Circuit Training <i>Michael Keeney</i>	12:15-1:00 MS * Body Sculpt <i>Kyla Lloyd</i>	12:15-1:00 MS * Athletic Conditioning <i>Or Artzi</i>	12:15-1:05 MS * MetCon3 <i>KaRa Dizon</i>	4:15-5:00 YS * Trilogy Barre <i>Karla Beltchenko</i>	11:45-12:35 TR * Precision Run® <i>Andrew Briedis</i>	12:30-1:15 MS * MetCon3 <i>Denay Rogers</i>
12:15-1:15 YS * Vinyasa Yoga <i>Kristina Erikson</i>	1:15-2:00 YS * Trilogy Barre <i>Kyla Lloyd</i>	12:15-1:15 YS * Sculpted Yoga™ <i>Andy Santana</i>	1:00-2:00 YS * Power Vinyasa <i>Jacob Reynolds</i>	5:00-5:45 MS * Stronger <i>Jan Erik Navoa</i>	12:00-12:45 MS * Best Butt Ever <i>Esteban Deleon</i>	12:45-1:35 YS * Barre Beyond <i>Diane LaVon</i>
1:15-2:00 CS * Beats Ride <i>Michael Keeney</i>	4:15-5:05 MS * Rounds: Boxing Circuit <i>Christopher Vo</i>	1:15-2:00 TR * Precision Run + Strength <i>Javier Ortega</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Michael Gervais</i>	5:10-6:00 YS * Pilates Rise <i>Karla Beltchenko</i>	12:00-12:45 PD * Swim: Basics <i>Ester Kim</i>	2:00-3:00 YS * Power Vinyasa <i>Diane LaVon</i>
4:30-5:15 MS * Stronger <i>Maddie Myers</i>	4:15-5:00 YS * Pilates Fusion <i>Michael J. Clark</i>	4:00-5:00 YS * Vinyasa Yoga <i>Lipe</i>	5:30-6:15 MS * Rhythmic Sculpt <i>Bransen Gates</i>	6:00-6:50 CS * Precision Ride <i>Jan Erik Navoa</i>	12:15-1:00 YS * Pilates Mat (HEATED) <i>Emilee Thero</i>	2:15-3:00 MS * Best Stretch Ever <i>Mike Owczarek</i>
5:15-6:05 YS * Trilogy Barre <i>Alisha Wickering</i>	5:15-6:15 YS * Vinyasa Yoga (HEATED) <i>Jessica Chin</i>	5:00-6:00 PD * Swim: Pro <i>George Fletcher</i>	5:30-6:20 TR * Precision Run + Strength <i>Javier Ortega</i>	6:15-7:05 MS * Cardio Dance <i>Anastasiiia Gavriukhova</i>	1:00-1:45 MS * Cardio Dance: 305 Dance <i>JJ Montell</i>	4:30-5:30 YS * Restorative Yoga <i>Suzanne Taylor</i>
5:30-6:15 MS * Ropes and Rowers <i>Michael J. Clark</i>	5:30-6:15 MS * Stronger <i>Peyton Royal</i>	5:15-6:00 YS * Pilates Mat (HEATED) <i>Susan Mario Carrick</i>	6:00-6:45 CS * Beats Ride <i>Leah Clark</i>	6:15-7:30 YS * Power Vinyasa (HEATED) <i>Karla Beltchenko</i>	1:15-2:15 YS * Vinyasa Yoga (HEATED) <i>Matt D'Amico</i>	5:45-6:30 YS * Sonic Meditation <i>Suzanne Taylor</i>
5:45-6:30 CS * Beats Ride <i>Alex Joy Pucci</i>	6:00-6:45 CS * Anthem Ride <i>Michael Keeney</i>	5:30-6:15 MS * Knockout <i>Erika Hammond</i>	6:30-7:15 MS * Athletic Conditioning <i>Waz Ashayer</i>	6:15-7:30 YS * Yin Yoga Meditation <i>Suzanne Taylor</i>	4:00-5:00 YS * Sculpted Yoga™ (HEATED) <i>Michael J. Clark</i>	
6:15-6:30 MS * Best Abs Ever <i>Michael J. Clark</i>	6:30-7:15 Dance <i>Tom Feeney</i>	5:45-6:30 CS * Beats Ride <i>Keith Irace</i>	6:45-7:30 YS * Silhouette <i>Alexis Sweeney</i>			
6:30-7:15 YS * Pilates Mat <i>Jeffrey Morris</i>	6:45-7:30 YS * True Barre <i>Michael J. Clark</i>	6:30-7:15 MS * Stronger <i>Jesse Corbin</i>	7:15-8:15 PD * Swim: Skills + Drills <i>Jason Strong</i>			
6:45-7:30 MS * MetCon Monday <i>Jim Scholl</i>	7:00-7:50 TR * Precision Walk: Elevate <i>Michael Keeney</i>	6:30-7:15 YS * Trilogy Barre <i>Michael J. Clark</i>	7:30-8:20 MS * Muay Thai <i>Khaled Zeidan</i>			
7:00-7:50 TR * Precision Run® <i>Corky Corkum</i>	7:15-8:15 PD * Swim: Pro (L2) <i>Hilary Hebrank</i>	7:30-8:30 YS * Power Vinyasa <i>Matt D'Amico</i>	7:45-8:30 YS * Restorative Yoga <i>Babette Godefroy</i>			
7:30-8:30 YS * Vinyasa Yoga <i>Katey Lewis</i>	7:30-8:15 MS * Best Stretch Ever <i>Mike Owczarek</i>					
7:45-8:30 MS * Ballet by Equinox x ABT <i>Maureen Duke</i>	8:00-9:00 YS * Yin Yoga (HEATED) <i>Ali Cramer</i>					

# EQUINOX

## HUDSON YARDS

32 Hudson Yards  
NEW YORK NY 10001  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:30 AM 11:00 PM  
**FRI** 05:30 AM 10:00 PM  
**SAT-SUN** 07:00 AM 09:00 PM

## GROUP FITNESS MANAGER

michael.clark@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## 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.

**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 + Strength** A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## 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.

**Sculpted Yoga™ (HEATED)** 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.

**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.

**Yin Yoga (HEATED)** Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**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.

**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

**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.

**Barre (HEATED)** 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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**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 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 Mat (HEATED)** 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.

**Pilates Rise (HEATED)** 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

**Ballet by Equinox x ABT** Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**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.

## Boxing

**Knockout** Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

**Muay Thai** Master the basic kickboxing strikes of Muay Thai and capture the essence of MMA fighting style in this martial-arts specialty class. Your heart will pound, your feet will fly, and your body will transform into a true fighter's figure. Boxing gloves required.

**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.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## Swim

**Swim: Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

## 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 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.

**Silhouette** Silhouette by NYC fitness pro Alexis Sweeney offers a contemporary take on a low impact, high-intensity Barre class that boosts muscular endurance, balance, stamina, strength, and flexibility. Alexis's seamless moves and creative sequencing provides a distinct challenge leaving you eager for more.