

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Peyton Royal</i>	6:15-7:00 MS * Tabata Max <i>Chayanne Joel</i>	6:30-7:15 MS * <b>Best Butt Ever</b> <b>Daniel Neale</b>	6:15-7:00 MS * Stronger <i>Elsa Saatela</i>	6:45-7:30 YS * Pilates Mat <i>Dana Tarasavage</i>	8:30-9:15 MS * Best Butt Ever <i>Tim Flores</i>	9:00-10:00 YS * Vinyasa Yoga <b>(HEATED)</b> <i>Damien Alexander</i>
7:00-7:50 TR * Precision Run® <i>Bryce Wood</i>	6:30-7:30 YS * Vinyasa Yoga <b>(HEATED)</b> <i>Jessie Wren</i>	6:45-7:30 YS * Barre (HEATED) <i>Nina Marchione</i>	6:30-7:30 YS * Slow Flow Yoga <b>(HEATED)</b> <i>Kevin Bigger</i>	7:00-7:30 TR * Precision Run 30 <i>Evan Wood</i>	9:00-10:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	9:45-10:30 MS * MetCon3 <i>Gerren Liles</i>
7:30-8:15 MS * Stronger <i>Peyton Royal</i>	7:00-8:00 PD * Swim: Skills + Drills <b>Daniel Neale</b>	7:00-7:50 TR * Precision Run® <i>Taj Harris Lee</i>	7:00-8:00 PD * Swim: Skills + Drills <b>Torello Cabrol</b>	7:30-8:15 MS * Best Butt Ever <i>Tim Flores</i>	9:30-10:15 MS * Stronger <i>Tim Flores</i>	10:00-10:45 CS * 10:30-10:45 CS * Beats Ride <b>Diego Lanza</b>
7:45-8:45 YS * Vinyasa Yoga <b>(HEATED)</b> <i>Dee Holliday</i>	7:15-8:00 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	7:15-8:00 CS * Beats Ride <i>Colleen Wright</i>	7:15-8:00 MS * MetCon3 <i>Elsa Saatela</i>	7:45-8:15 TR * Precision Run 30 <i>Evan Wood</i>	9:45-10:30 CS * Beats Ride <i>Leah Clark</i>	10:30-11:15 YS * Precision Run® <i>Stephanie Strine</i>
9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	7:30-8:15 CS * Beats Ride <i>Chayanne Joel</i>	7:30-8:20 MS * Ropes and Rowers <i>Keenen Johns-Harris</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	7:45-8:45 YS * Power Vinyasa <b>(HEATED)</b> <i>Dana Tarasavage</i>	10:00-10:50 TR * Precision Run® <i>Stephanie Strine</i>	10:45-11:35 MS * Whipped! <i>Gerren Liles</i>
10:15-11:15 YS * Slow Flow Yoga <b>James Donegan</b>	8:00-8:45 YS * True Barre <i>Kyla Lloyd</i>	7:45-8:45 YS * <b>Power Vinyasa</b> <b>(HEATED)</b> <b>Damien Alexander</b>	8:00-8:45 YS * Pilates Rise (HEATED) <i>Colleen Wright</i>	9:00-9:45 MS * Tabata Max <i>Tim Flores</i>	10:15-11:05 YS * Pilates Rise <i>Christina Cervenka</i>	11:30-12:30 YS * Sculpted Yoga™ <b>(HEATED)</b> <i>Kumiko Buckman</i>
12:30-1:15 MS * Best Butt Ever <i>Tim Flores</i>	8:15-9:00 MS * MetCon3 <i>DeVonte McCray</i>	8:30-9:15 PD * Aqua Sculpt <i>Taj Harris Lee</i>	8:15-9:05 MS * Rounds: Boxing Circuit <i>Khaled Zeidan</i>	9:15-10:00 YS * <b>Pilates Fusion</b> <b>Stephanie Russo</b>	10:30-11:15 MS * MetCon3 <i>Joey Ledonio</i>	12:00-12:45 MS * Cardio Sculpt <i>Shelby Finnie</i>
1:15-2:00 YS * Silhouette <i>Alexis Sweeney</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Kyla Lloyd</i>	9:00-9:45 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	9:15-10:15 YS * Vinyasa Yoga <b>Patrick Millard</b>	12:15-1:00 MS * Stacked <i>Diego Guevara</i>	11:00-12:00 CS * Beats + Bands Ride: Uncensored <i>Betsy Mallonee</i>	1:00-1:45 YS * Barre <b>Monica Colino</b>
3:30-4:15 YS * Pilates Mat (HEATED) <i>Alexis Sweeney</i>	9:30-10:15 MS * Cardio Dance: 305 Dance <i>Raella Rayside</i>	10:15-11:00 YS * <b>Best Stretch Ever</b> <b>(HEATED)</b> <b>Rika Henry</b>	12:00-1:00 YS * Power Vinyasa <i>Lizzie Falkner</i>	1:15-2:00 YS * Best Stretch Ever <b>(HEATED)</b> <i>Diego Guevara</i>	11:30-12:20 MS * Circuit Training <i>Joey Ledonio</i>	1:15-2:00 MS * Body Sculpt <b>Shelby Finnie</b>
4:30-5:15 YS * Best Stretch Ever <b>(HEATED)</b> <i>Lauren Anthony</i>	10:30-11:15 YS * Pilates Mat <b>Jennifer Kalajian</b>	12:15-1:00 YS * Pilates Mat (HEATED) <i>Jake Thereault</i>	1:15-2:00 YS * Pilates Mat <i>Claire Danese</i>	3:30-4:30 YS * Vinyasa Yoga <b>Alexa Kerner</b>	11:45-12:45 YS * Power Vinyasa <i>Caitlyn Casson</i>	2:00-3:00 YS * Slow Flow Yoga <i>Reed Ridgley</i>
5:30-6:15 MS * Stronger <i>Lauren Anthony</i>	12:00-12:45 YS * True Barre <b>JP Maddock</b>	12:30-1:20 MS * Rounds: Boxing Circuit <i>Khaled Zeidan</i>	4:30-5:15 YS * Barre <i>Sammy Tuchman</i>	4:15-5:00 MS * Cardio Dance: 305 Dance <i>Dylan Contreras</i>	12:45-1:40 MS * Cardio Sculpt <i>Betsy Mallonee</i>	3:30-4:15 YS * Pilates Fusion <i>Alex Dill</i>
5:45-6:30 YS * Pilates Fusion <b>Jake Thereault</b>	12:15-1:00 MS * Athletic Conditioning <i>Andrew Muscarella</i>	4:30-5:30 YS * Vinyasa Yoga <i>Kristin Condon</i>	5:30-6:30 YS * Vinyasa Yoga <i>Natalie Perez</i>	4:45-5:30 YS * Pilates Mat <b>Brian Slaman</b>	1:15-2:00 YS * Best Stretch Ever <i>Marissa Myers</i>	4:30-5:30 YS * Vinyasa Yoga <i>Katey Lewis</i>
6:00-6:50 CS * Beats Ride <i>Betsy Mallonee</i>	1:15-2:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	5:30-6:15 MS * MetCon3 <i>Joey Ledonio</i>	6:00-6:45 CS * Beats Ride <i>Betsy Mallonee</i>	5:45-6:30 YS * True Barre <b>Brian Slaman</b>	2:15-3:00 YS * True Barre <i>Kyla Lloyd</i>	5:45-6:30 YS * Sonic Meditation <i>Katey Lewis</i>
6:30-7:15 MS * Stacked <i>Bransen Gates</i>	4:30-5:15 YS * Pilates Fusion <i>Katherine Menna</i>	5:45-6:30 YS * Barre <i>Katherine Menna</i>	6:15-7:05 MS * Whipped! <i>Tim Flores</i>	6:15-7:05 MS * Rounds: Boxing <i>Marshall Brockley</i>	1:50-2:20 MS * Best Abs Ever <i>Betsy Mallonee</i>	6:45-7:45 YS * Power Vinyasa <b>Alexa Kerner</b>
6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	5:00-5:45 MS * Body Sculpt <i>Jose Rivera Jr.</i>	6:00-6:50 TR * Precision Run® <i>Betsy Mallonee</i>	6:45-7:35 YS * Pilates Rise <i>Claire Goldes</i>	6:45-7:45 YS * Vinyasa Yoga <b>(HEATED)</b> <b>Jess Reidy</b>	2:30-3:30 MS * Precision Run Club <b>Elsa Saatela</b>	
7:00-7:50 TR * Precision Run® <i>Lauren Anthony</i>	5:30-6:30 YS * Power Vinyasa <b>(HEATED)</b> <i>Dee Holliday</i>	6:15-7:00 CS * Anthem Ride <i>Kidd Solomon</i>	7:15-8:10 MS * Cardio Sculpt <i>Betsy Mallonee</i>		4:15-5:05 MS * Rounds: Boxing Circuit <i>Ugo Peter-Obiagwu</i>	
7:15-8:00 CS * Beats Ride <b>Davie Donofrio</b>	5:45-6:35 TR * Precision Run® <i>Elsa Saatela</i>	6:30-7:15 MS * Rhythmic Sculpt <i>Bransen Gates</i>	8:15-9:15 YS * Yin Yoga (HEATED) <i>Megan Treiber</i>		4:30-5:30 YS * Yin Yoga Meditation <b>(HEATED)</b> <i>Kevin Bigger</i>	
7:30-8:25 MS * Cardio Sculpt <i>Betsy Mallonee</i>	6:00-6:45 CS * Beats Ride <i>Vinnie Smith</i>	6:45-7:45 YS * Vinyasa Yoga <b>(HEATED)</b> <i>Lizzie Falkner</i>				
8:00-8:45 YS * Sonic Meditation <b>Patrick Millard</b>	6:15-7:00 MS * MetCon3 <i>Eliza Rose</i>	7:30-8:15 MS * Stronger <i>Bransen Gates</i>				
	6:45-7:30 YS * True Barre (HEATED) <i>Jose Rivera Jr.</i>	8:00-8:45 MS * Best Stretch Ever <b>(HEATED)</b> <i>Kevin Bigger</i>				
	7:15-8:00 MS * Circuit Training <i>Eliza Rose</i>					
	8:15-9:00 YS * Pilates Mat (HEATED) <i>Sammy Tuchman</i>					

# EQUINOX

## DOMINO

24 River St

BROOKLYN NY 11249

EQUINOX.COM

@EQUINOX

MON-THU 05:30 AM 11:00 PM

FRI 05:30 AM 10:00 PM

SAT-SUN 08:00 AM 09:00 PM

## GROUP FITNESS MANAGER

betsy.mallonee@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 + Bands Ride: Uncensored** Beats + Bands Ride combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

## Running

**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 Club** Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

**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.

**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.

**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.

**Slow Flow Yoga (HEATED)** 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.

**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 (HEATED)** 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.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**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

**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.

**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.

**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.

**True Barre (HEATED)** 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

**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

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**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.

## Swim

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap 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.

**Best Stretch Ever (HEATED)** 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

**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.

## 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.

**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.

**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.