

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * <b>MetCon Monday</b> <b>Daniel Neale</b>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Jessie Wren</i>	6:30-7:15 MS * <b>Lower Body Blast</b> <b>Andrew Muscarella</b>	6:15-7:00 MS * <b>Stronger</b> <i>Elsa Saatela</i>	6:45-7:30 YS * Pilates Mat <i>Dana Tarasavage</i>	8:30-9:15 MS * <b>Best Butt Ever</b> <i>Tim Flores</i>	9:00-10:00 YS * Vinyasa Yoga (Heated) <i>Damien Alexander</i>
6:45-7:30 YS * <b>Pilates Mat</b> <b>Angie Arias</b>	7:00-8:00 PD * Swim: Skills + Drills <i>Daniel Neale</i>	6:45-7:30 YS * Barre (Heated) <i>Nina Marchione</i>	6:30-7:30 YS * Slow Flow Yoga (Heated) <i>Kevin Bigger</i>	7:15-7:45 MS * <b>SUMMER SETS: Quick HIIT</b> <b>Tim Flores</b>	9:00-10:00 YS * Vinyasa Yoga <i>Lizzie Falkner</i>	9:45-10:30 MS * MetCon3 <i>Gerren Liles</i>
7:00-7:50 TR * Precision Run® <i>Bryce Wood</i>	7:15-8:00 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	7:00-7:50 TR * Precision Run® <i>Taj Harris</i>	7:00-8:00 PD * Swim: Skills + Drills <i>Torello Cabrol</i>	7:30-8:20 TR * Precision Run® <b>Evan Wood</b>	9:30-10:15 MS * Stronger <i>Tim Flores</i>	10:00-10:45 CS * Beats Ride <i>Betty Kasper</i>
7:30-8:15 MS * <b>Stronger</b> <b>Daniel Neale</b>	7:30-8:15 CS * Beats Ride <b>Betty Kasper</b>	7:30-8:20 MS * Ropes and Rowers <i>Keenen Johns-Harris</i>	7:15-8:00 MS * MetCon3 <i>Elsa Saatela</i>	7:45-8:15 MS * <b>SUMMER SETS: Best Butt Ever</b> <b>Tim Flores</b>	9:45-10:30 CS * Anthem Ride <i>Leah Clark</i>	10:30-11:15 YS * Pilates Mat (Heated) <i>Angie Arias</i>
7:45-8:45 YS * Vinyasa Yoga (Heated) <i>Dee Holliday</i>	8:00-8:45 YS * Pilates at the Barre <i>Kyla Lloyd</i>	7:45-8:45 MS * Power Vinyasa (Heated) <i>Damien Alexander</i>	7:30-8:15 CS * Beats Ride <i>Davie Donofrio</i>	7:45-8:45 YS * Power Vinyasa <i>Dana Tarasavage</i>	10:15-11:00 YS * Pilates Fusion <i>Stephanie Russo</i>	10:45-11:35 MS * Whipped! <i>Gerren Liles</i>
9:15-10:00 YS * Pilates Fusion <i>Sammy Tuchman</i>	8:15-9:00 MS * MetCon3 <i>DeVonte McCray</i>	8:30-9:15 PD * Hydro Sculpt <i>Taj Harris</i>	8:00-8:45 YS * Pilates Rise (Heated) <i>Colleen Wright</i>	8:30-9:15 MS * <b>MetCon3</b> <b>Tim Flores</b>	10:30-11:15 MS * MetCon3 <i>Joey Ledonio</i>	11:30-12:30 YS * Sculpted Yoga™ <i>Kumiko Buckman</i>
10:15-11:15 YS * Vinyasa Yoga <b>James Donegan</b>	9:15-10:15 YS * Sculpted Yoga™ <i>Kyla Lloyd</i>	9:00-9:45 MS * Rhythmic Sculpt <i>LaDarius Lee</i>	8:15-9:05 MS * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	9:15-10:05 YS * Pilates Fusion <i>Stephanie Russo</i>	11:00-11:45 CS * <b>Beats Ride</b> <b>Betsy Mallonee</b>	12:00-12:45 MS * <b>Body Sculpt</b> <b>Shelby Finnie</b>
12:30-1:00 MS * SUMMER SETS: Best Butt Ever <i>Tim Flores</i>	10:30-11:15 YS * Pilates Mat <i>Jennifer Kalajian</i>	9:45-10:30 CS * <b>Beats Ride</b> <b>Leah Clark</b>	9:15-10:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	12:15-1:00 MS * Stacked <i>Diego Guevara</i>	11:30-12:00 MS * SUMMER SETS: Quick HIIT <i>Joey Ledonio</i>	1:00-1:45 YS * Barre <i>Monica Colino</i>
1:00-1:30 MS * SUMMER SETS: Best Abs Ever <i>Tim Flores</i>	12:00-12:45 YS * True Barre <i>Minga Prather</i>	10:15-11:00 YS * Best Stretch Ever (Heated) <i>Rika Henry</i>	10:30-11:15 YS * <b>True Barre</b> <b>JP Maddock</b>	1:15-2:00 YS * Best Stretch Ever <i>Diego Guevara</i>	11:45-12:45 YS * Power Vinyasa <i>Caitlyn Casson</i>	1:15-2:00 MS * <b>Cardio Dance</b> <b>Shelby Finnie</b>
1:15-2:00 YS * Silhouette (Heated) <i>Alexis Sweeney</i>	1:15-2:15 YS * Vinyasa Yoga <i>Patrick Millard</i>	12:15-1:00 YS * Pilates at the Barre <i>Colleen Wright</i>	12:00-1:00 YS * Power Vinyasa <i>Lizzie Falkner</i>	3:30-4:30 YS * Vinyasa Yoga <i>Alexa Kerner</i>	12:00-12:30 MS * SUMMER SETS: Best Abs Ever <i>Joey Ledonio</i>	2:00-3:00 YS * Slow Flow Yoga <i>Reed Ridgley</i>
3:30-4:15 YS * Pilates Mat (Heated) <i>Alexis Sweeney</i>	4:30-5:15 YS * Pilates Mat (Heated) <i>Rosie Fiedelman</i>	12:30-1:20 MS * Rounds: Bags and Mitts <i>Khaled Zeidan</i>	1:15-2:00 YS * Pilates Mat <i>Claire Danese</i>	4:45-5:30 YS * Pilates Mat <i>Brian Slaman</i>	12:45-1:45 MS * Cardio Sculpt <i>Betsy Mallonee</i>	3:30-4:15 YS * Pilates Fusion <i>Bret Yamanaka</i>
4:30-5:15 YS * Best Stretch Ever <i>Lauren Anthony</i>	5:15-6:00 MS * <b>Body Sculpt</b> <b>Shelby Finnie</b>	4:30-5:30 YS * Vinyasa Yoga <i>Keith Allen</i>	4:30-5:15 YS * Barre <i>Sammy Tuchman</i>	5:00-5:45 MS * <b>Cardio Dance: 305 Dance</b> <b>Dylan Contreras</b>	1:15-2:00 YS * <b>Best Stretch Ever</b> <b>Robert Nguyen</b>	4:30-5:30 YS * Vinyasa Yoga <i>Katey Lewis</i>
4:45-5:30 PD * Hydro Sculpt <i>Taj Harris</i>	5:30-6:30 YS * Power Vinyasa (Heated) <i>Dee Holliday</i>	5:30-6:15 MS * MetCon3 <i>Joey Ledonio</i>	5:30-6:30 YS * Vinyasa Yoga <i>Natalie Perez</i>	5:45-6:30 YS * Pilates at the Barre <i>Brian Slaman</i>	2:15-3:00 YS * True Barre <i>Kyla Lloyd</i>	5:45-6:30 YS * Sonic Meditation <i>Katey Lewis</i>
5:30-6:15 MS * Stronger <i>Lauren Anthony</i>	6:00-6:45 CS * Beats Ride <i>Vinnie Smith</i>	5:45-6:30 YS * Barre <i>Katherine Menna</i>	5:45-6:45 CL * Precision Run Club (Outdoor) <i>Elsa Saatela</i>	6:00-6:45 CS * Beats Ride <i>Betty Kasper</i>	4:30-5:30 YS * Yin Yoga Meditation (Heated) <i>Kevin Bigger</i>	6:45-7:45 YS * Power Vinyasa <i>Alexa Kerner</i>
5:45-6:30 YS * Pilates Fusion <i>Jake Thereault</i>	6:15-7:00 MS * Stronger <i>Eliza Rose</i>	6:15-7:00 CS * Beats Ride <i>Davie Donofrio</i>	6:00-6:50 CS * Beats Ride <i>Betsy Mallonee</i>	6:15-7:05 MS * Rounds: Boxing <i>Marshall Brockley</i>		
6:00-6:50 CS * Beats Ride <i>Betsy Mallonee</i>	6:45-7:30 YS * True Barre (Heated) <i>Rosie Fiedelman</i>	6:30-7:15 MS * Lower Body Blast <i>Keenen Johns-Harris</i>	6:15-7:05 MS * Whipped! <i>Tim Flores</i>	7:00-8:00 YS * Vinyasa Yoga (Heated) <i>Jess Reidy</i>		
6:30-7:15 MS * <b>MetCon3</b> <b>Andrew Muscarella</b>	7:15-8:00 MS * <b>Cardio Dance: 305 Dance</b> <b>Marielle A</b>	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Lizzie Falkner</i>	6:45-7:35 YS * Pilates Rise <i>Claire Goldes</i>			
6:45-7:45 YS * Vinyasa Yoga <i>Patrick Millard</i>	8:15-9:00 YS * Pilates at the Barre <i>Sammy Tuchman</i>	7:00-7:50 TR * Precision Run + Strength <b>Flaminia Fanale</b>	7:15-8:05 MS * Cardio Sculpt <i>Betsy Mallonee</i>			
7:00-7:50 TR * Precision Run® <i>Lauren Anthony</i>		7:30-8:15 MS * Stronger <i>Keenen Johns-Harris</i>	8:15-9:15 YS * Yin Yoga (Heated) <i>Megan Treiber</i>			
7:15-8:00 CS * Anthem Ride <i>Molly Mook</i>		8:00-8:45 YS * Best Stretch Ever (Heated) <i>Kevin Bigger</i>				
7:30-8:20 MS * Cardio Sculpt <i>Betsy Mallonee</i>						
8:00-8:45 YS * Sonic Meditation <i>Patrick Millard</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

**CL** Club Lobby

## 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.



## 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 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.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this 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

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**SUMMER SETS: Quick HIIT** Take the summer on with this efficient and effective full body HIIT workout. A mix of strength, cardio, and core will bring the summer heat in just 30 minutes. 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

**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 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.

**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.

**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

**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

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**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.



## Swim

**Hydro Sculpt** A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. 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.

**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.



## Strength

**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.

**SUMMER SETS: Best Abs Ever** Take the summer on with 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.

**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.

**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.