

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 MS * Stronger <i>Brandon Mayweather</i>	6:30-7:20 TR * Precision Run + Strength <i>Stephanie Walsh</i>	8:30-9:15 MS * Best Butt Ever <i>Sheila Lee</i>	6:30-7:00 TR * Precision Run 30 <i>Skip Jennings</i>	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Margaret Buckley</i>	8:30-9:15 MS * Cardio Sculpt <i>Dana Perri</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Sadie Black</i>
8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Margaret Buckley</i>	8:30-9:15 MS * Cardio Sculpt <i>Dana Perri</i>	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Zen Glenn Crocker</i>	7:05-7:35 MS * Athletic Stretch <i>Skip Jennings</i>	9:00-9:45 CS * Beats Ride <i>Sheila Lee</i>	8:45-9:45 YS * Yin Yoga (HEATED) <i>Shannon Branham</i>	9:15-9:45 SUMMER SETS: Quick HIIT <i>Jason Brown</i>
9:00-9:45 CS * Beats Ride <i>Emily Cruz</i>	9:00-9:50 YS * Pilates Mat <i>Pia Kamonsit</i>	9:00-9:45 CS * Precision Ride <i>Trudy Stevens</i>	8:30-9:15 MS * Athletic Conditioning <i>Scott Haddock</i>	9:30-10:15 MS * Stronger <i>Brandon Mayweather</i>	9:00-9:50 CS * Beats Ride <i>Mikel Weiss</i>	MS * 9:45-10:00 SUMMER SETS: Upper Body Pump <i>Jason Brown</i>
9:30-10:15 MS * MetCon3 <i>Jason Brown</i>	9:15-10:00 CS * Beats Ride <i>Branden Roth</i>	9:30-10:15 MS * Body Sculpt <i>Blake Sunshine</i>	9:00-9:50 YS * Pilates Mat <i>Karen Pascual</i>	10:30-11:00 MS * SUMMER SETS: Best Abs Ever <i>Brandon Mayweather</i>	9:30-10:20 MS * Stronger <i>Blake Sunshine</i>	MS * 10:00-10:15 SUMMER SETS: Best Abs Ever <i>Jason Brown</i>
10:30-11:15 YS * EQX Barre Burn <i>Braxton Brooks</i>	9:30-10:15 MS * Rounds: Bags and Mitts <i>Aaron Bryant</i>	12:00-12:45 MS * Best Butt Ever <i>Natalie Yco</i>	9:30-10:15 MS * Studio Dance: Contemporary <i>Odell</i>	MS * 12:00-12:30 MS * Best Butt Ever <i>Natalie Yco</i>	10:00-10:45 YS * Off the Barre (HEATED) <i>Natalie Schervish</i>	MS * 10:00-10:15 SUMMER SETS: Best Abs Ever <i>Jason Brown</i>
12:00-12:45 MS * Stronger <i>Eile Young</i>	10:30-11:15 MS * Stacked <i>Blake Sunshine</i>	12:45-1:30 YS * Off the Barre <i>Maya Gorodetsky</i>	10:30-11:00 MS * SUMMER SETS: Upper Body Pump <i>Blake Sunshine</i>	12:30-1:00 MS * Upper Body Pump <i>Natalie Yco</i>	10:30-11:15 MS * Best Butt Ever <i>Linda Fluis</i>	MS * 10:15-11:00 CS * Beats Ride <i>Dan Rappa</i>
12:45-1:45 YS * Vinyasa Yoga <i>Micki Duran</i>	11:30-12:00 TR * Precision Run 30 <i>Trudy Stevens</i>	4:30-5:20 MS * Rhythmic Sculpt <i>Amy Malloy</i>	11:00-11:30 MS * SUMMER SETS: Best Abs Ever <i>Blake Sunshine</i>	12:45-1:45 YS * Sculpted Yoga™ <i>Shielu Bharwani</i>	11:00-12:00 YS * Power Vinyasa <i>Shielu Bharwani</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Masha Sapron</i>
4:30-5:20 YS * Pilates Fusion (HEATED) <i>Maya Gorodetsky</i>	12:15-12:45 MS * SUMMER SETS: Upper Body Pump <i>Trudy Stevens</i>	4:45-5:35 TR * Precision Run® <i>Greg Cohen</i>	12:15-1:00 TR * Precision Walk: Elevate <i>Saori Soga</i>	4:30-5:15 MS * TRX Max Circuit <i>Skyler Burke</i>	12:00-12:45 MS * Rounds: Boxing <i>Rufus Dorsey</i>	11:00-11:50 MS * Stronger <i>Jason Brown</i>
5:15-5:45 MS * SUMMER SETS: Quick HIIT <i>Sheila Lee</i>	12:45-1:15 MS * SUMMER SETS: Best Abs Ever <i>Trudy Stevens</i>	5:30-6:15 YS * Pilates Mat <i>Chris Stanley</i>	4:30-5:15 YS * Off the Barre (HEATED) <i>Cici Pringle</i>	5:30-6:15 MS * Stacked <i>Cody Stoute</i>	12:15-1:00 YS * Pilates Mat <i>Chris Stanley</i>	12:30-1:20 YS * Pilates Rise <i>Larisa Lotz</i>
5:45-6:00 MS * SUMMER SETS: Upper Body Pump <i>Sheila Lee</i>	4:30-5:15 MS * Best Butt Ever <i>Candyce Heather</i>	5:45-6:30 MS * MetCon3 <i>Rocco Stowe</i>	5:30-6:15 MS * Upper Body Pump <i>Natalie Yco</i>	5:45-6:45 YS * Sound Meditation <i>Skyler Burke</i>		4:00-5:00 YS * Sound Meditation <i>Saori Soga</i>
5:45-6:45 YS * Power Vinyasa (HEATED) <i>Jaelyn Winters</i>	5:30-6:15 MS * Stronger <i>Candyce Heather</i>	6:30-7:15 CS * Beats Ride <i>Stephanie Walsh</i>	6:15-6:30 MS * Best Abs Ever <i>Natalie Yco</i>			
6:00-6:15 MS * SUMMER SETS: Best Abs Ever <i>Sheila Lee</i>	6:00-7:00 YS * Restorative Yoga <i>Masha Sapron</i>	6:45-7:45 YS * Yin Yoga + Sound Meditation <i>Zen Glenn Crocker</i>	6:15-7:15 YS * Sculpted Yoga™ <i>Tanja Johnston</i>			
6:30-7:15 CS * Anthem Ride <i>Sheila Lee</i>	7:00-7:45 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i>		6:30-7:15 MS * Best Butt Ever <i>Natalie Yco</i>			
6:30-7:20 MS * Stronger <i>Chris Schram</i>	7:30-8:15 YS * Pilates Fusion <i>Poirsha Woolfork</i>		7:30-8:15 YS * Pilates Fusion <i>Tanja Johnston</i>			

EQUINOX

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

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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

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.

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.

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.

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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.

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.

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.

TRX Max Circuit A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

Barre

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.

Off the Barre (HEATED) This heated 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 Fusion (HEATED) 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.

Dance

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

Studio Dance: Jazz Groove Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.

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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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 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.

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: 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.

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.