

Bold New Class, Instructor, or Time

◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
6:30-7:15 MS ◆ METCON3 <i>Parker Krug</i>	6:30-7:15 MS ◆ Cardio Kickboxing <i>Akin Williams</i>	6:30-7:15 MS ◆ Cardio Kickboxing <i>Akin Williams</i>	6:30-7:15 MS ◆ Cardio Kickboxing <i>Akin Williams</i>	6:30-7:15 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	6:30-7:15 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	6:30-7:15 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	6:30-7:15 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	6:30-7:15 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	6:30-7:15 MS ◆ STRONG <i>Patrick Tae</i>	6:30-7:15 MS ◆ STRONG <i>Patrick Tae</i>	8:30-9:30 YS ◆ Athletic Yoga <i>Ali Cramer</i>	8:30-9:30 YS ◆ Vinyasa Yoga (L2) <i>Kat Suda</i>	8:30-9:30 YS ◆ Vinyasa Yoga (L2) <i>Kat Suda</i>	
6:45-7:30 CS ◆ Cycle Power <i>D Gunnz</i>	6:45-7:30 CS ◆ Cycle Power <i>Javier Ortega</i>	6:45-7:30 CS ◆ Cycle Power <i>Javier Ortega</i>	6:45-7:30 CS ◆ Cycle Power <i>Javier Ortega</i>	7:00-7:45 CS ◆ Cycle Power <i>D Gunnz</i>	7:00-7:45 CS ◆ Cycle Power <i>D Gunnz</i>	6:45-7:30 TR ◆ Precision Run® <i>Or Artzi</i>	6:45-7:30 TR ◆ Precision Run® <i>Or Artzi</i>	6:45-7:30 CS ◆ Cycle Power <i>Jamal</i>	6:45-7:30 CS ◆ Cycle Power <i>Jamal</i>	6:45-7:30 CS ◆ Cycle Power <i>Jamal</i>	8:45-9:30 TR ◆ Precision Run® <i>Steve Mitchell</i>	9:00-9:30 MS ◆ Best Abs Ever <i>Shaun Anthony</i>	9:00-9:30 MS ◆ Best Abs Ever <i>Shaun Anthony</i>	
7:00-8:00 YS ◆ Vinyasa Yoga <i>Katey Lewis</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Serena Tom</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Serena Tom</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Serena Tom</i>	7:15-8:00 YS ◆ EQX Barre Bum <i>Caroline Strong</i>	7:15-8:00 YS ◆ EQX Barre Bum <i>Caroline Strong</i>	7:00-7:45 CS ◆ Cycle Beats <i>Mario Martinez</i>	7:00-7:45 CS ◆ Cycle Beats <i>Mario Martinez</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Vivian Jonokuchi</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Vivian Jonokuchi</i>	7:00-7:45 YS ◆ Pilates Fusion <i>Vivian Jonokuchi</i>	9:00-9:45 MS ◆ METCON3 <i>Mara Gabrielle</i>	9:30-10:15 CS ◆ Cycle Beats <i>Christopher Infantino</i>	9:30-10:15 CS ◆ Cycle Beats <i>Christopher Infantino</i>	
7:30-8:15 TR ◆ Precision Run® <i>Parker Krug</i>	7:30-8:15 MS ◆ Firestarter + Best Abs Ever <i>Javier Ortega</i>	7:30-8:15 MS ◆ Firestarter + Best Abs Ever <i>Javier Ortega</i>	7:30-8:15 MS ◆ Firestarter + Best Abs Ever <i>Javier Ortega</i>	7:30-8:15 MS ◆ Tabata Max <i>Matt Ortel</i>	7:30-8:15 MS ◆ Tabata Max <i>Matt Ortel</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Stephanie Schwartz</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Stephanie Schwartz</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Stephanie Battle</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Stephanie Battle</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Stephanie Battle</i>	9:30-10:15 CS ◆ Cycle Power <i>Kristin Kenney</i>	9:45-10:30 MS ◆ Athletic Conditioning <i>Shaun Anthony</i>	9:45-10:30 MS ◆ Athletic Conditioning <i>Shaun Anthony</i>	
7:45-8:30 MS ◆ Cardio Sculpt <i>Bransen Gates</i>	8:00-8:45 CS ◆ Cycle Beats <i>Mario Martinez</i>	8:00-8:45 CS ◆ Cycle Beats <i>Mario Martinez</i>	8:00-8:45 CS ◆ Cycle Beats <i>Mario Martinez</i>	8:15-9:00 CS ◆ Cycle Power <i>Kristin Kenney</i>	8:15-9:00 CS ◆ Cycle Power <i>Kristin Kenney</i>	7:45-8:30 MS ◆ Athletic Conditioning <i>Or Artzi</i>	7:45-8:30 MS ◆ Athletic Conditioning <i>Or Artzi</i>	8:15-9:00 MS ◆ THE CUT <i>Mara Gabrielle</i>	8:15-9:00 MS ◆ THE CUT <i>Mara Gabrielle</i>	8:15-9:00 MS ◆ THE CUT <i>Mara Gabrielle</i>	10:00-10:45 MS ◆ Best Butt Ever <i>Daigi-Ann Thompson</i>	10:15-11:00 YS ◆ Off The Barre <i>Alicia Archer</i>	10:15-11:00 YS ◆ Off The Barre <i>Alicia Archer</i>	
8:00-8:45 CS ◆ Cycle Power <i>Jack McGowan</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Cooper Chou</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Cooper Chou</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Cooper Chou</i>	8:30-9:15 MS ◆ Whipped! <i>Matt Ortel</i>	8:30-9:15 MS ◆ Whipped! <i>Matt Ortel</i>	8:30-9:15 TR ◆ Precision Run® <i>LR Davidson</i>	8:30-9:15 TR ◆ Precision Run® <i>LR Davidson</i>	8:30-9:15 TR ◆ Precision Run® <i>LR Davidson</i>	8:30-9:15 TR ◆ Precision Run® <i>LR Davidson</i>	8:30-9:15 TR ◆ Precision Run® <i>LR Davidson</i>	10:15-11:00 YS ◆ Off The Barre <i>Johnny Anzalone</i>	10:45-11:45 MS ◆ AK! Rope <i>Cole Hickman</i>	10:45-11:45 MS ◆ AK! Rope <i>Cole Hickman</i>	
8:15-9:00 YS ◆ Pilates Mat <i>Itsy Rachatasumrit</i>	9:30-10:15 MS ◆ METCON3 <i>Mara Gabrielle</i>	9:30-10:15 MS ◆ METCON3 <i>Mara Gabrielle</i>	9:30-10:15 MS ◆ METCON3 <i>Mara Gabrielle</i>	9:00-10:00 YS ◆ Pilates Fusion <i>Bonnie Crellin</i>	9:00-10:00 YS ◆ Pilates Fusion <i>Bonnie Crellin</i>	9:00-10:00 CS ◆ Cycle Beats <i>John Thomhill</i>	9:00-10:00 CS ◆ Cycle Beats <i>John Thomhill</i>	9:15-10:00 YS ◆ Off The Barre <i>Johnny Anzalone</i>	9:15-10:00 YS ◆ Off The Barre <i>Johnny Anzalone</i>	9:15-10:00 YS ◆ Off The Barre <i>Johnny Anzalone</i>	11:00-11:45 MS ◆ Whipped! <i>Steve Mitchell</i>	11:00-11:45 MS ◆ Whipped! <i>Steve Mitchell</i>	11:00-11:45 MS ◆ Whipped! <i>Steve Mitchell</i>	
8:45-9:30 MS ◆ Tabata Max <i>Ron Christopher</i>	10:45-11:45 YS ◆ Regeneration Yoga <i>Debby Green</i>	10:45-11:45 YS ◆ Regeneration Yoga <i>Debby Green</i>	10:45-11:45 YS ◆ Regeneration Yoga <i>Debby Green</i>	9:45-10:30 MS ◆ Best Butt Ever + Best Abs Ever <i>Mary O</i>	9:45-10:30 MS ◆ Best Butt Ever + Best Abs Ever <i>Mary O</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Calvin Wiley</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Calvin Wiley</i>	9:30-10:15 MS ◆ Atletica <i>Stephen Bel Davies</i>	9:30-10:15 MS ◆ Atletica <i>Stephen Bel Davies</i>	9:30-10:15 MS ◆ Atletica <i>Stephen Bel Davies</i>	11:00-11:45 MS ◆ Whipped! <i>Steve Mitchell</i>	11:45-12:45 YS ◆ Athletic Yoga <i>Colleen Breckner</i>	11:45-12:45 YS ◆ Athletic Yoga <i>Colleen Breckner</i>	
9:15-10:00 YS ◆ EQX Barre Bum <i>Bianca Reid</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Lisa-Marie Lewis</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Lisa-Marie Lewis</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Lisa-Marie Lewis</i>	10:00-11:00 PD ◆ Swim Team <i>Alex Ward</i>	10:00-11:00 PD ◆ Swim Team <i>Alex Ward</i>	10:45-11:30 YS ◆ Pilates Fusion <i>Elgin McCargo</i>	10:45-11:30 YS ◆ Pilates Fusion <i>Elgin McCargo</i>	11:00-11:45 MS ◆ Stacked! <i>Matt Ortel</i>	11:00-11:45 MS ◆ Stacked! <i>Matt Ortel</i>	11:00-11:45 MS ◆ Stacked! <i>Matt Ortel</i>	11:30-12:30 YS ◆ Vinyasa Yoga <i>Elitza Ivanova</i>	12:00-12:45 MS ◆ METCON3 <i>Peyton Royal</i>	12:00-12:45 MS ◆ METCON3 <i>Peyton Royal</i>	
10:00-11:00 PD ◆ Aqua Sport <i>Lisa Raphael</i>	12:30-1:15 MS ◆ Cardio Sculpt <i>Calvin Wiley</i>	12:30-1:15 MS ◆ Cardio Sculpt <i>Calvin Wiley</i>	12:30-1:15 MS ◆ Cardio Sculpt <i>Calvin Wiley</i>	11:30-12:15 TR ◆ Precision Run® <i>Andrew Slane</i>	11:30-12:15 TR ◆ Precision Run® <i>Andrew Slane</i>	12:15-1:15 YS ◆ Yoga Strong <i>Kumiko Buckman</i>	12:15-1:15 YS ◆ Yoga Strong <i>Kumiko Buckman</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	12:00-12:45 MS ◆ Stacked! <i>Antonio Hudson</i>	12:45-1:30 TR ◆ Precision Run® <i>Alfonso Alchaer</i>	12:45-1:30 TR ◆ Precision Run® <i>Alfonso Alchaer</i>	
11:30-12:15 TR ◆ Precision Run® <i>Bryce Wood</i>	5:00-5:45 TR ◆ Precision Run® <i>John Cianca</i>	5:00-5:45 TR ◆ Precision Run® <i>John Cianca</i>	5:00-5:45 TR ◆ Precision Run® <i>John Cianca</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	4:00-4:45 YS ◆ Barefoot Body Sculpt <i>Alicia Archer</i>	4:00-4:45 YS ◆ Barefoot Body Sculpt <i>Alicia Archer</i>	4:00-4:45 YS ◆ Pilates Mat <i>Khaleah London</i>	4:00-4:45 YS ◆ Pilates Mat <i>Khaleah London</i>	4:00-4:45 YS ◆ Pilates Mat <i>Khaleah London</i>	12:15-1:00 CS ◆ Cycle Beats <i>Alfonso Alchaer</i>	1:00-1:45 MS ◆ Cardio Sculpt <i>Peyton Royal</i>	12:15-1:00 CS ◆ Cycle Beats <i>Alfonso Alchaer</i>	
12:15-1:00 YS ◆ Off The Barre <i>Maureen Duke</i>	5:15-6:00 MS ◆ STRONG <i>Justin Goldman</i>	5:15-6:00 MS ◆ STRONG <i>Justin Goldman</i>	5:15-6:00 MS ◆ STRONG <i>Justin Goldman</i>	4:00-4:45 YS ◆ Barefoot Body Sculpt <i>Alicia Archer</i>	4:00-4:45 YS ◆ Barefoot Body Sculpt <i>Alicia Archer</i>	5:00-5:45 TR ◆ Precision Run® <i>Miriam Shestack</i>	5:00-5:45 TR ◆ Precision Run® <i>Miriam Shestack</i>	5:15-6:00 MS ◆ METCON3 <i>TomJohn Mershon</i>	5:15-6:00 MS ◆ METCON3 <i>TomJohn Mershon</i>	5:15-6:00 MS ◆ METCON3 <i>TomJohn Mershon</i>	12:45-1:30 CS ◆ Cycle Beats <i>Alfonso Alchaer</i>	1:00-1:45 MS ◆ Cardio Sculpt <i>Peyton Royal</i>	12:45-1:30 CS ◆ Cycle Beats <i>Alfonso Alchaer</i>	
12:30-1:15 MS ◆ Firestarter + Best Abs Ever <i>Mara Gabrielle</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Mardi Sykes</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Mardi Sykes</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Mardi Sykes</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Stephanie Schwartz</i>	5:15-6:15 YS ◆ Athletic Yoga <i>Stephanie Schwartz</i>	5:30-6:15 YS ◆ Pilates Fusion <i>Kimmel Yeager</i>	5:30-6:15 YS ◆ Pilates Fusion <i>Kimmel Yeager</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Jen Diaz</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Jen Diaz</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Jen Diaz</i>	12:45-1:30 YS ◆ Off The Barre <i>Sarah Marchetti Gleim</i>	4:00-4:45 MS ◆ STRONG <i>Ianthe Mellors</i>	12:45-1:30 YS ◆ Off The Barre <i>Sarah Marchetti Gleim</i>	
4:00-5:15 YS ◆ Ashtanga Yoga <i>Evan Perry</i>	5:45-6:30 CS ◆ Cycle Power <i>Jacqueline Kouri</i>	5:45-6:30 CS ◆ Cycle Power <i>Jacqueline Kouri</i>	5:45-6:30 CS ◆ Cycle Power <i>Jacqueline Kouri</i>	5:30-6:15 MS ◆ THE CUT <i>Mara Gabrielle</i>	5:30-6:15 MS ◆ THE CUT <i>Mara Gabrielle</i>	5:45-6:30 CS ◆ Cycle Power <i>Ney Melo</i>	5:45-6:30 CS ◆ Cycle Power <i>Ney Melo</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Yanik Faylayev</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Robert Nguyen</i>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Yanik Faylayev</i>	
5:15-6:00 MS ◆ Stacked! <i>Christopher Vo</i>	6:30-7:15 MS ◆ METCON3 <i>John Cianca</i>	6:30-7:15 MS ◆ METCON3 <i>John Cianca</i>	6:30-7:15 MS ◆ METCON3 <i>John Cianca</i>	5:45-6:30 CS ◆ Cycle Power <i>Ney Melo</i>	5:45-6:30 CS ◆ Cycle Power <i>Ney Melo</i>	5:30-6:15 YS ◆ Athletic Conditioning <i>David Robert</i>	5:30-6:15 YS ◆ Athletic Conditioning <i>David Robert</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	4:30-5:15 MS ◆ Tabata Max <i>Gerard Thelemaque</i>		4:30-5:15 MS ◆ Tabata Max <i>Gerard Thelemaque</i>	
5:30-6:30 YS ◆ Vinyasa Yoga <i>Casey Redler</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Nick Potenzieri</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Nick Potenzieri</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Nick Potenzieri</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>David Robert</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>David Robert</i>	6:30-7:15 MS ◆ Stacked! <i>Christopher Vo</i>	6:30-7:15 MS ◆ Stacked! <i>Christopher Vo</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>		5:00-6:00 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	
5:45-6:30 CS ◆ Cycle Power <i>Alfonso Alchaer</i>	7:15-8:00 CS ◆ Cycle Power <i>Nikki Bucks</i>	7:15-8:00 CS ◆ Cycle Power <i>Nikki Bucks</i>	7:15-8:00 CS ◆ Cycle Power <i>Nikki Bucks</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>David Robert</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>David Robert</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	6:45-7:45 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>			6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	
6:30-7:15 MS ◆ Whipped! <i>Christopher Vo</i>	7:30-8:15 MS ◆ Best Butt Ever <i>Abbey Hunt</i>	7:30-8:15 MS ◆ Best Butt Ever <i>Abbey Hunt</i>	7:30-8:15 MS ◆ Best Butt Ever <i>Abbey Hunt</i>	6:45-7:30 YS ◆ EQX Barre Bum <i>Adam Bokunewicz</i>	6:45-7:30 YS ◆ EQX Barre Bum <i>Adam Bokunewicz</i>	7:30-8:15 MS ◆ Whipped! <i>Ron Christopher</i>	7:30-8:15 MS ◆ Whipped! <i>Ron Christopher</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>			6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	
6:45-7:30 YS ◆ Pilates Fusion <i>Michael Apuzzo</i>	8:00-9:00 PD ◆ Swim Team Pro <i>Alex Ward</i>	8:00-9:00 PD ◆ Swim Team Pro <i>Alex Ward</i>	8:00-9:00 PD ◆ Swim Team Pro <i>Alex Ward</i>	7:00-7:45 CS ◆ ANTHEM™ <i>James Donegan</i>	7:00-7:45 CS ◆ ANTHEM™ <i>James Donegan</i>	8:00-9:00 PD ◆ EQX H2O: Endurance <i>Jason Strong</i>	8:00-9:00 PD ◆ EQX H2O: Endurance <i>Jason Strong</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>			6:15-7:00 CS ◆ Cycle Beats <i>Sage Parker</i>	
7:15-8:00 CS ◆ Cycle Beats <i>Christopher Infantino</i>				7:15-8:00 TR ◆ Precision Run® <i>Gerard Thelemaque</i>	7:15-8:00 TR ◆ Precision Run® <i>Gerard Thelemaque</i>									
7:30-8:30 MS ◆ Cardio Dance <i>Rachel Lauria</i>				7:30-8:30 MS ◆ Studio Dance <i>Emily Naim</i>	7:30-8:30 MS ◆ Studio Dance <i>Emily Naim</i>									
7:45-8:45 YS ◆ Vinyasa Yoga <i>Emma Poole</i>				7:45-8:30 YS ◆ Pilates Mat <i>Sammie Denham</i>	7:45-8:30 YS ◆ Pilates Mat <i>Sammie Denham</i>									

GREENWICH AVENUE

97 GREENWICH AVENUE
NEW YORK NY 10014
EQUINOX.COM
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MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 9:00PM

SAT - SUN: 8:00AM - 7:00PM

GROUP FITNESS MANAGER

mara.feinstein@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

PD	Pool Deck
TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

CYCLE BEATS 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.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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.

YOGA

ASHTANGA YOGA Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

ATHLETIC YOGA 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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

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.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

AK! ROPE Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

ATLETICA A weight training workout using traditional power moves created by global fitness expert, Iliária Montagnani. Build and sculpt muscle and solidify a strong core.

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 Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCONS 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! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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

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.

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.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

POOL

AQUA SPORT Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power.

EQX H2O: ENDURANCE Challenge yourself with long-distance sets inspired by open-water swimming and triathlon training. Build strength and improve cardio fitness. Goggles recommended. An Equinox exclusive.

SWIM TEAM Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form.

SWIM TEAM PRO Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.