

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS◆ Studio Cycling <i>Stephanie Virchoux</i>	6:00-6:45 MS METCON3 <i>Eiren Shuman</i>	6:00-6:45 MS METCON3 <i>Eiren Shuman</i>	6:00-6:45 MS Athletic Conditioning <i>Justin Walker</i>	6:00-6:30 MS◆ Firestarter <i>Justine Ayala</i>	6:15-7:15 YS◆ True Barre <i>Dexter Carter</i>	6:15-7:15 YS◆ True Barre <i>Dexter Carter</i>	6:15-7:15 YS◆ True Barre <i>Dexter Carter</i>	6:15-7:15 YS◆ True Barre <i>Jane Cracovaner</i>	6:15-7:15 YS◆ True Barre <i>Jane Cracovaner</i>	8:30-9:15 CS◆ Rhythm Revolution <i>D Gunnz</i>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</i>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</i>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</i>
6:15-7:15 YS◆ True Barre <i>Dexter Carter</i>	6:30-7:15 CS◆ Studio Cycling Team Equinox	6:30-7:15 CS◆ Studio Cycling Team Equinox	6:30-7:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	6:30-7:15 CS◆ Studio Cycling <i>Leah Platt</i>	6:30-7:15 CS◆ Studio Cycling <i>Leah Platt</i>	6:30-7:15 CS◆ Studio Cycling <i>Leah Platt</i>	6:30-7:15 CS◆ Studio Cycling <i>Leah Platt</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:00-8:50 YS◆ True Barre <i>Cindya Davis</i>	8:00-8:50 YS◆ True Barre <i>Cindya Davis</i>	8:00-8:50 YS◆ True Barre <i>Cindya Davis</i>
7:15-8:00 MS◆ PURE STRENGTH <i>Billy Cowell</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:00-8:00 YS◆ Barre <i>Bianca Reid</i>	7:00-7:30 YS◆ THE MUSE™ <i>Justine Ayala</i>	7:00-7:30 YS◆ THE MUSE™ <i>Justine Ayala</i>	7:00-7:30 YS◆ THE MUSE™ <i>Justine Ayala</i>	7:00-7:30 YS◆ THE MUSE™ <i>Justine Ayala</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	8:30-9:00 YS◆ THE MUSE™ <i>Bianca Reid</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Avery Washington</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Avery Washington</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Avery Washington</i>
8:30-9:15 MS Tabata Strength <i>Adam Bokunewicz</i>	8:30-9:20 CS◆ The Pursuit: Build <i>Avery Washington</i>	8:30-9:20 CS◆ The Pursuit: Build <i>Avery Washington</i>	7:15-7:45 MS◆ Firestarter <i>Justine Ayala</i>	7:15-8:00 MS◆ Ropes and Rowers Molly Day	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:15-10:00 YS◆ Barre <i>Bianca Reid</i>	9:00-10:15 YS◆ Slow Flow Yoga <i>Michael Lechonczaak</i>	9:00-10:15 YS◆ Slow Flow Yoga <i>Michael Lechonczaak</i>	9:00-10:15 YS◆ Slow Flow Yoga <i>Michael Lechonczaak</i>
8:30-9:30 YS◆ True Barre <i>Kevin VerEecke</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	7:50-8:10 MS Core Conditioning <i>Justine Ayala</i>	8:30-9:20 MS Body Conditioning <i>Miri Greenberg</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:30-10:15 CS◆ Rhythm Revolution <i>D Gunnz</i>	9:30-10:15 MS◆ Ropes and Rowers <i>Dylan Farris</i>	9:30-10:15 MS◆ Ropes and Rowers <i>Dylan Farris</i>	9:30-10:15 MS◆ Ropes and Rowers <i>Dylan Farris</i>
9:30-10:15 MS◆ Studio Cycling <i>Billy Cowell</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	9:00-9:45 CS◆ Studio Cycling Mike Harris	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:30-10:15 MS◆ METCON3 <i>Stephanie Levinson</i>	10:30-11:15 CS◆ Rhythm Revolution D Gunnz	10:30-11:15 CS◆ Rhythm Revolution D Gunnz	10:30-11:15 CS◆ Rhythm Revolution D Gunnz
9:30-10:15 MS◆ Fully Loaded <i>Carolann Valentino</i>	9:30-10:15 MS METCON3 <i>Shane Blouin</i>	9:30-10:15 MS METCON3 <i>Shane Blouin</i>	8:45-9:35 TR◆ Precision Running® <i>Billy Cowell</i>	9:30-10:00 MS◆ Firestarter <i>Joshua Vela</i>	9:30-10:15 MS◆ ANTHEM™ <i>Sarah May Epstein</i>	9:30-10:15 MS◆ ANTHEM™ <i>Sarah May Epstein</i>	9:30-10:15 MS◆ ANTHEM™ <i>Sarah May Epstein</i>	9:30-10:15 MS◆ ANTHEM™ <i>Sarah May Epstein</i>	9:30-10:15 MS◆ ANTHEM™ <i>Sarah May Epstein</i>	10:15-11:15 YS◆ True Barre <i>Pamela Arkin</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>
9:45-10:15 YS◆ THE MUSE™ <i>Kevin VerEecke</i>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	9:30-10:15 CS◆ ANTHEM™ <i>Betsy Mallonee</i>	9:30-10:20 YS◆ Barre <i>Miri Greenberg</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	10:30-11:20 MS◆ Athletic Conditioning <i>Abby Goldenberg</i>	10:30-11:15 YS◆ Barre <i>Dillon Spicer</i>	10:30-11:15 YS◆ Barre <i>Dillon Spicer</i>	10:30-11:15 YS◆ Barre <i>Dillon Spicer</i>
10:30-11:20 MS Zumba® <i>Carolann Valentino</i>	10:30-11:30 YS Vinyasa Yoga Ana Sussmann	10:30-11:30 YS Vinyasa Yoga Ana Sussmann	9:30-10:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	10:00-10:25 MS Above the Belt <i>Joshua Vela</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	10:45-11:30 CS◆ Studio Cycling <i>Mike Harris</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>
10:30-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	12:00-12:50 TR◆ Precision Running® <i>Kevin St-Fort</i>	12:00-12:50 TR◆ Precision Running® <i>Kevin St-Fort</i>	9:30-10:30 YS Vinyasa Yoga <i>Britt Anderson</i>	10:00-10:50 TR◆ Elevate Mike Harris	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	11:30-12:30 MS NYC Dance Project <i>Abby Goldenberg</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>
12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	12:15-1:00 YS Pilates <i>Niki Kramer</i>	12:15-1:00 YS Pilates <i>Niki Kramer</i>	10:30-11:15 MS Zumba® <i>Angie Colonna</i>	10:30-11:20 MS pureMUSCLE <i>Leon Joseph</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	11:30-12:30 YS◆ Power Yoga <i>Leeann Walton</i>	1:30-2:30 YS Vinyasa Yoga Victoria Greene	1:30-2:30 YS Vinyasa Yoga Victoria Greene	1:30-2:30 YS Vinyasa Yoga Victoria Greene
4:30-5:30 YS◆ Trilogy Barre <i>Alexis Sweeney</i>	6:00-6:45 MS Athletic Conditioning Chris Gilbert	6:00-6:45 YS◆ EQX Barre Burn <i>Daigi-Ann Thompson</i>	10:45-11:35 YS◆ True Barre <i>James Ervin</i>	10:30-11:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	12:45-1:30 MS◆ Fully Loaded <i>Carolann Valentino</i>	4:00-4:45 CS◆ Studio Cycling <i>Ryan Lingle</i>	4:00-4:45 CS◆ Studio Cycling <i>Ryan Lingle</i>	4:00-4:45 CS◆ Studio Cycling <i>Ryan Lingle</i>
6:00-6:45 MS Athletic Conditioning Chris Gilbert	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Warren Perry</i>	12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	11:30-12:15 MS Zumba® <i>Wilber Escobar</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Dancia Ambron</i>	1:30-2:15 YS Pilates <i>Brooke Chaffee</i>	4:00-4:45 YS◆ Barre Dillon Spicer	4:00-4:45 YS◆ Barre Dillon Spicer	4:00-4:45 YS◆ Barre Dillon Spicer
6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 YS◆ True Barre <i>Alexis Sweeney</i>	6:30-7:15 CS◆ The Pursuit: Burn <i>Warren Perry</i>	4:30-5:15 YS Pilates Power <i>Cathe Thompson</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	1:45-2:30 MS Tabata <i>Carolann Valentino</i>	5:00-6:00 YS◆ Power Yoga <i>Rika Henry</i>	5:00-6:00 YS◆ Power Yoga <i>Rika Henry</i>	5:00-6:00 YS◆ Power Yoga <i>Rika Henry</i>
6:30-7:15 YS◆ True Barre <i>Alexis Sweeney</i>	6:30-7:15 MS◆ PURE STRENGTH <i>Matthew Johnson</i>	6:30-7:15 MS◆ PURE STRENGTH <i>Matthew Johnson</i>	6:00-6:30 YS◆ THE MUSE™ <i>Kathryn Blaze</i>	6:45-7:30 MS pureMUSCLE Justin Walker	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	2:30-3:30 YS Vinyasa Yoga <i>Mikee Richardson</i>	6:15-7:15 YS◆ Restorative Yoga <i>Rika Henry</i>	6:15-7:15 YS◆ Restorative Yoga <i>Rika Henry</i>	6:15-7:15 YS◆ Restorative Yoga <i>Rika Henry</i>
7:00-7:45 MS METCON3 <i>Jan Erik Navoa</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</i>	6:00-6:30 YS◆ THE MUSE™ <i>Kathryn Blaze</i>	7:15-8:15 YS Vinyasa Yoga <i>Samantha Debicki</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	5:30-6:15 CS◆ Cycle Beats <i>Lauren Berman</i>			
7:45-8:45 YS Power Yoga <i>Britt Anderson</i>	7:30-8:30 YS Restorative Yoga & Meditation <i>Jennifer Harvey</i>	7:30-8:30 YS Restorative Yoga & Meditation <i>Jennifer Harvey</i>	6:30-7:00 MS◆ Firestarter Dylan Farris										
	7:35-8:20 CS◆ Studio Cycling <i>Warren Perry</i>	7:35-8:20 CS◆ Studio Cycling <i>Warren Perry</i>	6:45-7:30 YS◆ Barre <i>Kathryn Blaze</i>										
			7:15-8:00 MS◆ Ropes and Rowers Dylan Farris										
			7:30-8:20 TR◆ Precision Running® <i>Caroline Kaczor</i>										

EAST 85TH STREET

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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 7:00AM - 9:00PM

GROUP FITNESS MANAGER

PAMELA NEWKIRK-ARKIN
pamela.newkirk-arkin@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

CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Graceful. Intense. Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

RHYTHM REVOLUTION The playlist rules supreme in this beats-based ride. From the classics to the cutting edge, the varying music will motivate you through this high-intensity ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

IYENGAR YOGA Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props. Good for students concerned with injuries.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE YOGA Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

RESTORATIVE YOGA & MEDITATION Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

VINYASA YOGA A vigorous,

more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

BARRE

BARRE Realize the dream of the dancer's body.

Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

TRILOGY BARRE Barre's next evolution. Challenge your entire body with our signature triple-barre system and resistance bands for an intense workout beyond Barre as you know it.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

LONG + LEAN

ABOVE THE BELT Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

DANCE

NYC DANCE PROJECT Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun & flashy. Dare yourself to be truthful & expressive, & dare yourself to really dance!

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.