

Bold New Class, Instructor, or Time
 ◆ Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS ◆ Cardio Sculpt + Best Abs Ever <i>Delida Torres</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Lauren Anthony</i>	6:15-7:00 MS ◆ STRONG <i>Bransen Gates</i>	6:15-7:00 MS ◆ MET CON3 <i>Genieve Gordon</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Diane LaVon</i>	9:00-9:45 MS ◆ Ropes and Rowers <i>Tim Flores</i>	9:45-10:30 MS ◆ Atletica <i>Nora Bisharat</i>
7:00-7:50 CS ◆ The Pursuit: Build <i>Flaminia Fanale</i>	6:30-7:15 CS ◆ Cycle Power <i>Sabrina Luciano</i>	7:00-7:45 CS ◆ Cycle Beats <i>Taylor Palmby</i>	6:30-7:15 CS ◆ Cycle Power <i>Nikki Bucks</i>	7:00-7:45 CS ◆ Cycle Beats <i>Sabrina Luciano</i>	9:30-10:15 CS ◆ ANTHEM™ <i>Amy Chiu</i>	10:15-11:00 CS ◆ Cycle Beats <i>John Thomhill</i>
7:15-8:15 YS ◆ Vinyasa Yoga (HEATED) <i>Dee Holliday</i>	7:00-7:45 YS ◆ Pilates Mat <i>Richel Ruiz</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Kristina Erikson</i>	7:00-8:00 YS ◆ True Barre <i>Kyla Lloyd</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Colleen Breeckner</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Johan Montijano</i>
7:30-8:15 TR ◆ Precision Run® <i>Delida Torres</i>	7:45-8:30 MS ◆ MET CON3 <i>Shaun Anthony</i>	7:30-8:15 TR ◆ Precision Run® <i>Linette Guelen</i>	7:45-8:30 MS ◆ Firestarter + Best Abs Ever <i>Marina Colonna</i>	7:30-8:15 TR ◆ Precision Run® <i>Diane LaVon</i>	10:15-11:00 TR ◆ Precision Run® <i>Lauren Anthony</i>	11:00-11:45 MS ◆ Athletic Conditioning <i>Stephen Bel Davies</i>
7:45-8:30 MS ◆ Whipped! <i>Alison OConnor</i>	8:00-8:45 CS ◆ Cycle Power <i>Patrick Tae</i>	8:00-8:45 MS ◆ Tabata Max <i>Peyton Royal</i>	8:45-9:45 YS ◆ Vinyasa Yoga <i>Eddie Teboul</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Molly Day</i>	10:30-11:15 MS ◆ MET CON3 <i>Denay Rogers</i>	
8:45-9:30 YS ◆ Pilates Mat <i>Caroline Strong</i>	8:45-9:45 YS ◆ Trilogy Barre <i>Elgin McCargo</i>	8:30-9:15 CS ◆ Cycle Beats <i>Gater</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Kyle White</i>	8:30-9:15 CS ◆ Cycle Beats <i>Elgin McCargo</i>	11:00-11:45 CS ◆ Cycle Power <i>Cara Leggio</i>	12:00-12:45 MS ◆ MET CON3 <i>Marcus Jackson</i>
9:00-9:45 MS ◆ MET CON3 <i>Isabelle Luongo</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Cindy Davis</i>	9:00-9:45 YS ◆ Barre <i>Diane LaVon</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Kyle White</i>	9:00-10:00 YS ◆ Athletic Yoga <i>Kristin Bilella</i>	11:30-12:15 YS ◆ Barre <i>Kyla Lloyd</i>	12:30-1:15 YS ◆ True Barre <i>Cindy Davis</i>
12:15-1:00 YS ◆ True Barre <i>Khaleah London</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Peyton Royal</i>	12:00-1:00 YS ◆ Vinyasa Yoga (HEATED) <i>Damien Alexander</i>	9:15-10:00 MS ◆ Tabata Max <i>Molly Day</i>	12:00-12:45 MS ◆ Stacked! <i>Lauren Anthony</i>	1:00-1:45 CS ◆ Cycle Beats <i>Lynze Schiller</i>
1:15-2:00 TR ◆ Precision Run® <i>Khaleah London</i>	4:00-4:45 YS ◆ Pilates Remix <i>Hannah Bomstein</i>	12:15-1:00 YS ◆ Pilates Fusion <i>Kimmel Yeager</i>	4:00-4:45 YS ◆ Barre <i>Richel Ruiz</i>	12:15-1:00 YS ◆ Pilates Remix <i>Hannah Bomstein</i>	12:15-1:00 CS ◆ Cycle Beats <i>Gater</i>	1:30-2:15 TR ◆ Precision Run® <i>Cindy Davis</i>
5:00-5:45 TR ◆ Precision Run® <i>Miriam Wasmund</i>	5:30-6:15 YS ◆ True Barre <i>Stephanie Yonkovich</i>	1:15-2:00 MS ◆ Best Butt Ever <i>Cindy Davis</i>	5:30-6:15 YS ◆ Pilates Fusion <i>Caroline Strong</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Jena Maenius</i>	1:00-1:45 YS ◆ Pilates Mat <i>Jeffrey Morris</i>	2:00-2:45 MS ◆ Cardio Kickboxing <i>Lynze Schiller</i>
5:15-6:00 MS ◆ Body Sculpt <i>Calvin Wiley</i>	5:45-6:30 MS ◆ Ropes and Rowers <i>Luis Weber</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Kumiko Buckman</i>	5:45-6:30 MS ◆ Firestarter + Best Abs Ever <i>Allie Lewis-Towbes</i>	6:00-6:45 MS ◆ Stacked! <i>David Robert</i>	1:30-2:15 MS ◆ Best Butt Ever <i>Bransen Gates</i>	2:15-3:15 YS ◆ Ashtanga Yoga <i>Kumiko Buckman</i>
5:30-6:30 YS ◆ Vinyasa Yoga <i>Mkee Richardson</i>	6:00-6:45 CS ◆ Cycle Beats <i>Ally Raisian</i>	5:15-6:00 MS ◆ Tabata Max <i>Antonio Hudson</i>	6:00-6:45 CS ◆ ANTHEM™ <i>Amy Chiu</i>	6:15-7:00 CS ◆ Cycle Power <i>Mario Martinez</i>	2:15-3:15 YS ◆ Athletic Yoga (HEATED) <i>Jamison Goodnight</i>	
6:15-7:05 CS ◆ The Pursuit: Build <i>Nikki Bucks</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Seth Barron</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Megna Paula</i>	6:15-7:00 TR ◆ Precision Run® <i>Delida Torres</i>		2:45-3:30 MS ◆ Tabata Max <i>Bransen Gates</i>	
6:30-7:20 MS ◆ Calvinography <i>Calvin Wiley</i>	7:15-8:00 MS ◆ Athletic Conditioning <i>Laura Hayes</i>	5:45-6:30 CS ◆ Cycle Power <i>Alfonso Alchaer</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Dee Holliday</i>		4:00-5:00 YS ◆ Regeneration Yoga (HEATED) <i>Jessica Metz</i>	
7:15-8:00 YS ◆ Pilates Mat <i>Will Taylor</i>	7:15-8:00 MS ◆ Athletic Conditioning <i>Laura Hayes</i>	6:30-7:15 MS ◆ Atletica <i>Stephen Bel Davies</i>	7:15-8:00 MS ◆ THE CUT <i>Delida Torres</i>			
7:30-8:15 MS ◆ MET CON3 <i>Justin Goldman</i>	7:30-8:15 CS ◆ Cycle Beats <i>Gater</i>	6:45-7:30 TR ◆ Precision Run® <i>Alfonso Alchaer</i>				
		7:00-7:45 YS ◆ True Barre <i>Genieve Gordon</i>				
		7:15-8:00 CS ◆ Cycle Beats <i>John King</i>				
		7:30-8:15 MS ◆ Studio Dance <i>Anastasiia Gaviukhova</i>				

ORCHARD STREET

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EQUINOX.COM
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MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

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

GROUP FITNESS MANAGER

jenn.hamlin@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

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

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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

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 grow 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.

ATHLETIC YOGA (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.

REGENERATION YOGA (HEATED) 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.

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.

ATHLETIC TRAINING

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, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. 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

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.

TRIOLOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

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 REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

DANCE

CALVINOGRAPHY Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

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.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

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.

CARDIO SCULPT + BEST ABS EVER A combination of rhythmic sculpting and core conditioning. Build abdominal strength and endurance as you shape and define your entire body.