

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆ Cycle Power <i>Alex Kerber</i>	6:00-6:45 MS Chisel'd <i>Ron Christopher</i>	6:00-6:45 MS Tabata <i>Patrick Tae</i>	6:15-7:00 BA ◆ Pilates Fusion <i>Kathryn Anta</i>	6:00-6:45 CS ◆ Cycle Beats <i>Mike Harris</i>	6:15-6:50 MS ◆ Ropes and Rowers <i>Joshua Vela</i>	6:00-6:45 BA ◆ True Barre <i>Justine Ayala</i>	6:00-6:45 MS Stacked! <i>Marcus Jackson</i>	6:00-6:45 CS ◆ Cycle Power <i>Robert Pennino</i>	6:00-6:45 MS METCON3 <i>Taylor Speamak</i>	8:00-8:50 MS ◆ Band Bum <i>Lauren Anthony</i>	9:00-9:45 CS ◆ Cycle Beats <i>D Gunnz</i>	9:00-9:45 MS ◆ Master of One <i>Carolann Valentino</i>	9:00-9:45 MS ◆ Cycle Beats <i>Mike Harris</i>
6:15-7:05 TR ◆ Precision Run® <i>Kristina Tatarenko</i>	6:30-7:15 CS ◆ Cycle Beats <i>Serena DiLiberto</i>	6:30-7:15 CS ◆ Pilates Fusion <i>Kathryn Anta</i>	7:00-7:45 MS Master of One <i>Miriam Shestak</i>	6:15-7:05 TR ◆ Precision Run® <i>Diane LaVon</i>	7:00-7:45 MS Tabata <i>Joshua Vela</i>	6:30-7:20 CS ◆ The Pursuit: Bum <i>Warren Perry</i>	6:10-7:00 TR ◆ Precision Run® <i>Kevin Scott</i>	6:10-7:00 TR ◆ Precision Run® <i>Kevin Scott</i>	6:30-7:30 YS ◆ Heated Vinyasa Yoga <i>Margaret Schwarz</i>	9:30-10:20 TR ◆ Precision Run® <i>Mike Harris</i>	10:00-10:45 MS ◆ Fully Loaded <i>Carolann Valentino</i>	10:00-10:45 MS ◆ Fully Loaded <i>Carolann Valentino</i>	10:00-10:45 MS ◆ Fully Loaded <i>Carolann Valentino</i>
7:00-7:45 BA ◆ Barre <i>Lexi Julian</i>	7:00-7:45 MS Master of One <i>Miriam Shestak</i>	7:00-7:45 MS Master of One <i>Miriam Shestak</i>	7:00-7:45 MS Master of One <i>Miriam Shestak</i>	7:00-7:45 MS Tabata <i>Joshua Vela</i>	7:00-7:45 MS Tabata <i>Joshua Vela</i>	7:00-7:45 MS Whipped! <i>Lulu Faria</i>	7:00-7:45 MS Whipped! <i>Lulu Faria</i>	6:30-7:30 YS ◆ Heated Vinyasa Yoga <i>Margaret Schwarz</i>	7:15-8:00 MS ◆ PURE STRENGTH <i>Kevin Scott</i>	9:30-10:20 TR ◆ Precision Run® <i>Mike Harris</i>	9:00-9:45 YS ◆ Vinyasa Yoga <i>Samantha Debicki</i>	10:15-11:15 PG ◆ Playground Experience - PGX <i>Erin Sanders, Jwara Jones</i>	10:15-11:15 PG ◆ Playground Experience - PGX <i>Erin Sanders, Jwara Jones</i>
7:00-7:45 MS METCON3 <i>Alexandra Vasile</i>	7:00-8:00 YS Vinyasa Yoga <i>Tony Bordonaro</i>	7:00-8:00 YS Vinyasa Yoga <i>Tony Bordonaro</i>	7:00-8:00 YS Vinyasa Yoga <i>Tony Bordonaro</i>	7:00-8:00 YS Power Yoga <i>Lauren Musselman</i>	7:00-8:00 YS Power Yoga <i>Lauren Musselman</i>	9:00-9:45 MS Chisel'd <i>Eddie Carrington</i>	9:00-9:45 MS Chisel'd <i>Eddie Carrington</i>	7:15-8:00 MS ◆ PURE STRENGTH <i>Kevin Scott</i>	9:00-10:00 BA ◆ True Barre <i>Bianca Reid</i>	10:00-11:00 BA ◆ Barre <i>Krista Ragaini</i>	10:15-11:00 MS ◆ Cross Fire <i>Lulu Faria</i>	10:15-11:15 YS ◆ Heated Power Yoga (L2) <i>Serena Tom</i>	10:15-11:15 YS ◆ Heated Power Yoga (L2) <i>Serena Tom</i>
9:00-9:45 MS THE CUT <i>Eddie Carrington</i>	7:15-8:15 PG ◆ Experience - PGX <i>Felix Ferreira, Chelsea Potter</i>	7:15-8:15 PG ◆ Experience - PGX <i>Felix Ferreira, Chelsea Potter</i>	7:15-8:15 PG ◆ Experience - PGX <i>Felix Ferreira, Chelsea Potter</i>	9:00-10:00 BA ◆ True Barre <i>Bianca Reid</i>	9:00-10:00 BA ◆ True Barre <i>Bianca Reid</i>	9:30-10:30 BA ◆ Barre <i>Stephanie Yonkovich</i>	9:30-10:30 BA ◆ Barre <i>Stephanie Yonkovich</i>	9:00-9:45 MS Athletic Conditioning <i>Daxton Bloomquist</i>	9:00-10:00 BA ◆ True Barre <i>Kevin VerEecke</i>	10:30-11:15 CS ◆ Cycle Power <i>Amanda Treppa</i>	11:00-12:00 YS ◆ Vinyasa Yoga <i>Rebecca Robbins</i>	10:30-11:30 MS ◆ True Barre <i>Elizabeth Portnoy</i>	10:30-11:30 MS ◆ True Barre <i>Elizabeth Portnoy</i>
9:30-10:30 BA ◆ True Barre <i>Pamela Arkin</i>	8:30-9:30 BA ◆ True Barre <i>Matthew Liotine</i>	8:30-9:30 BA ◆ True Barre <i>Matthew Liotine</i>	8:30-9:30 BA ◆ True Barre <i>Matthew Liotine</i>	9:00-9:45 MS Fully Loaded <i>Carolann Valentino</i>	9:00-9:45 MS Fully Loaded <i>Carolann Valentino</i>	9:45-10:30 CS ◆ Cycle Beats <i>Shane Blouin</i>	9:45-10:30 CS ◆ Cycle Beats <i>Shane Blouin</i>	10:00-10:45 TR ◆ Precision Run® <i>Daxton Bloomquist</i>	10:00-10:45 TR ◆ Precision Run® <i>Daxton Bloomquist</i>	11:15-12:00 MS ◆ Tabata Strength <i>Lulu Faria</i>	11:15-12:00 MS ◆ Tabata Strength <i>Lulu Faria</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Jessica Chin</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Jessica Chin</i>
10:00-10:50 TR ◆ Precision Run® <i>Justine Ayala</i>	9:30-10:30 MS Cardio Sculpt <i>Francesca Maria Gambelli</i>	9:30-10:30 MS Cardio Sculpt <i>Francesca Maria Gambelli</i>	9:30-10:30 MS Cardio Sculpt <i>Francesca Maria Gambelli</i>	10:00-10:50 TR ◆ Precision Run® <i>Mike Harris</i>	10:00-10:50 TR ◆ Precision Run® <i>Mike Harris</i>	11:00-12:00 YS Heated Vinyasa Yoga <i>Mary Home</i>	11:00-12:00 YS Heated Vinyasa Yoga <i>Mary Home</i>	10:00-10:45 TR ◆ Precision Run® <i>Daxton Bloomquist</i>	10:00-11:00 YS Slow Flow Yoga <i>Mindy Bacharach</i>	11:15-12:00 MS ◆ Tabata Strength <i>Lulu Faria</i>	11:15-12:00 MS ◆ Tabata Strength <i>Lulu Faria</i>	12:15-1:00 CS ◆ Cycle Beats <i>Kyle OBrien</i>	12:15-1:00 CS ◆ Cycle Beats <i>Kyle OBrien</i>
10:00-11:00 YS Heated Vinyasa Yoga <i>Catherine Yiu</i>	9:45-10:30 CS ◆ Cycle Beats <i>Shweky</i>	9:45-10:30 CS ◆ Cycle Beats <i>Shweky</i>	9:45-10:30 CS ◆ Cycle Beats <i>Shweky</i>	10:00-11:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	10:00-11:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	6:00-7:00 BA ◆ True Barre <i>Kevin VerEecke</i>	6:00-7:00 BA ◆ True Barre <i>Kevin VerEecke</i>	10:00-11:00 YS Slow Flow Yoga <i>Mindy Bacharach</i>	3:50-4:45 MS ◆ Rounds <i>Andrew Schillaci</i>	11:35-12:35 CS ◆ Happy Hour Cycle <i>D Gunnz</i>	12:15-1:00 MS ◆ THE CUT <i>Joanna Romero</i>	12:30-1:25 MS ◆ Rounds <i>Delida Torres</i>	12:30-1:25 MS ◆ Rounds <i>Delida Torres</i>
6:00-7:00 BA ◆ True Barre <i>Felicia Csolak</i>	6:00-6:45 BA ◆ Barre <i>Krista Ragaini</i>	6:00-6:45 BA ◆ Barre <i>Krista Ragaini</i>	6:00-6:45 BA ◆ Barre <i>Krista Ragaini</i>	6:00-6:45 BA ◆ True Barre <i>Alexis Sweeney</i>	6:00-6:45 BA ◆ True Barre <i>Alexis Sweeney</i>	6:30-7:15 CS ◆ Cycle Beats <i>Meghan Cox</i>	6:30-7:15 CS ◆ Cycle Beats <i>Meghan Cox</i>	3:50-4:45 MS ◆ Rounds <i>Andrew Schillaci</i>	5:00-5:30 MS Firestarter <i>Khaleah London</i>	12:15-1:00 MS ◆ THE CUT <i>Joanna Romero</i>	1:00-2:00 PG ◆ Playground Experience - PGX <i>Jan Erik Navoa, Ashley Underwood</i>	1:15-2:30 YS ◆ Restorative Yoga <i>Mindy Bacharach</i>	1:15-2:30 YS ◆ Restorative Yoga <i>Mindy Bacharach</i>
6:15-7:00 MS ◆ Whipped! <i>Gerren Liles</i>	6:00-6:45 MS Tabata <i>Carolann Valentino</i>	6:00-6:45 MS Tabata <i>Carolann Valentino</i>	6:00-6:45 MS Tabata <i>Carolann Valentino</i>	6:15-7:00 MS Stacked! <i>Patrick Tae</i>	6:15-7:00 MS Stacked! <i>Patrick Tae</i>	6:30-7:20 TR ◆ Precision Run® <i>Diane LaVon</i>	6:30-7:20 TR ◆ Precision Run® <i>Diane LaVon</i>	5:00-5:30 MS Firestarter <i>Khaleah London</i>	5:30-6:15 BA ◆ Pilates <i>Lillian Walton-Masters</i>	1:00-2:00 PG ◆ Playground Experience - PGX <i>Jan Erik Navoa, Ashley Underwood</i>	1:00-2:00 PG ◆ Playground Experience - PGX <i>Jan Erik Navoa, Ashley Underwood</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>
6:30-7:20 TR ◆ Precision Run® <i>Taylor Speamak</i>	6:00-6:45 YS Authentic Mat Pilates <i>Khaleah London</i>	6:00-6:45 YS Authentic Mat Pilates <i>Khaleah London</i>	6:00-6:45 YS Authentic Mat Pilates <i>Khaleah London</i>	6:30-7:20 TR ◆ Precision Run® <i>Mike Harris</i>	6:30-7:20 TR ◆ Precision Run® <i>Mike Harris</i>	6:30-7:20 TR ◆ Precision Run® <i>Diane LaVon</i>	6:30-7:20 TR ◆ Precision Run® <i>Diane LaVon</i>	5:30-6:15 BA ◆ Pilates <i>Lillian Walton-Masters</i>	5:45-6:35 TR ◆ Elevate <i>Khaleah London</i>	1:00-2:00 PG ◆ Playground Experience - PGX <i>Jan Erik Navoa, Ashley Underwood</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>
6:45-7:45 YS ◆ Heated Vinyasa Yoga <i>Bee Bosnak</i>	6:30-7:20 CS ◆ The Pursuit: Bum <i>Amanda Treppa</i>	6:30-7:20 CS ◆ The Pursuit: Bum <i>Amanda Treppa</i>	6:30-7:20 CS ◆ The Pursuit: Bum <i>Amanda Treppa</i>	7:00-7:45 CS ◆ Cycle Power <i>Shawn Kobetz</i>	7:00-7:45 CS ◆ Cycle Power <i>Shawn Kobetz</i>	7:00-7:45 MS Zumba® <i>Joanna Romero</i>	7:00-7:45 MS Zumba® <i>Joanna Romero</i>	5:45-6:35 TR ◆ Elevate <i>Khaleah London</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Tony Bordonaro</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
7:00-7:45 CS ◆ Cycle Beats <i>Bryan Davis</i>	6:30-7:20 TR ◆ Elevate <i>Taylor Speamak</i>	6:30-7:20 TR ◆ Elevate <i>Taylor Speamak</i>	6:30-7:20 TR ◆ Elevate <i>Taylor Speamak</i>	7:15-8:15 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	7:15-8:15 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	7:00-8:00 YS ◆ Heated Yin Yoga <i>Tara Dhyani Purswani</i>	7:00-8:00 YS ◆ Heated Yin Yoga <i>Tara Dhyani Purswani</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
7:15-8:05 BA ◆ Barre <i>Felicia Csolak</i>	6:30-7:20 TR ◆ Elevate <i>Taylor Speamak</i>	6:30-7:20 TR ◆ Elevate <i>Taylor Speamak</i>	6:30-7:20 TR ◆ Elevate <i>Taylor Speamak</i>	7:15-8:15 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	7:15-8:15 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	7:00-8:00 YS ◆ Heated Yin Yoga <i>Tara Dhyani Purswani</i>	7:00-8:00 YS ◆ Heated Yin Yoga <i>Tara Dhyani Purswani</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
7:15-8:00 MS Strength & Sweat <i>Kristina Tatarenko</i>	7:00-7:50 BA ◆ Barefoot Body Conditioning <i>Khaleah London</i>	7:00-7:50 BA ◆ Barefoot Body Conditioning <i>Khaleah London</i>	7:00-7:50 BA ◆ Barefoot Body Conditioning <i>Khaleah London</i>	7:15-8:10 MS ◆ Rounds <i>Sam Wolf</i>	7:15-8:10 MS ◆ Rounds <i>Sam Wolf</i>	7:00-8:00 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	7:00-8:00 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
7:15-8:00 MS Strength & Sweat <i>Kristina Tatarenko</i>	7:00-7:50 BA ◆ Barefoot Body Conditioning <i>Khaleah London</i>	7:00-7:50 BA ◆ Barefoot Body Conditioning <i>Khaleah London</i>	7:00-7:50 BA ◆ Barefoot Body Conditioning <i>Khaleah London</i>	7:15-8:10 MS ◆ Rounds <i>Sam Wolf</i>	7:15-8:10 MS ◆ Rounds <i>Sam Wolf</i>	7:00-8:00 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	7:00-8:00 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
7:30-8:30 PG ◆ Playground Experience - PGX <i>Jwara Jones, Chelsea Potter</i>	7:00-7:45 MS Chisel'd <i>Ron Christopher</i>	7:00-7:45 MS Chisel'd <i>Ron Christopher</i>	7:00-7:45 MS Chisel'd <i>Ron Christopher</i>	8:15-9:15 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	8:15-9:15 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Terrence Monte</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Terrence Monte</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
8:15-9:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	7:15-8:15 YS ◆ InnerHeat Yoga <i>Margaret Schwarz</i>	7:15-8:15 YS ◆ InnerHeat Yoga <i>Margaret Schwarz</i>	7:15-8:15 YS ◆ InnerHeat Yoga <i>Margaret Schwarz</i>	8:15-9:15 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	8:15-9:15 YS ◆ Heated Vinyasa Yoga <i>Britt Anderson</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Terrence Monte</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Terrence Monte</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	6:00-7:00 YS ◆ Heated Vinyasa Yoga <i>Mindy Bacharach</i>	1:00-2:00 YS ◆ Heated Vinyasa Yoga <i>Cathy Dirxx</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>	5:15-6:15 YS ◆ Heated Athletic Yoga <i>Serena Tom</i>
	7:30-8:30 PG ◆ Playground Experience - PGX <i>Caroline Kaczor, Sam Wolf</i>	7:30-8:30 PG ◆ Playground Experience - PGX <i>Caroline Kaczor, Sam Wolf</i>	7:30-8:30 PG ◆ Playground Experience - PGX <i>Caroline Kaczor, Sam Wolf</i>										
	8:00-8:45 MS ◆ METCON3 <i>Mia Wenger</i>	8:00-8:45 MS ◆ METCON3 <i>Mia Wenger</i>	8:00-8:45 MS ◆ METCON3 <i>Mia Wenger</i>										

EQUINOX

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MON - THU: 5:30AM - 11:00PM

FRI: 5:30AM - 10:00PM

SAT - SUN: 7:00AM - 9:00PM

KID'S CLUB HOURS

MON - THU: 8:00AM - 2:00PM

MON - THU: 3:30PM - 7:30PM

FRI - SUN: 8:00AM - 2:00PM

GROUP FITNESS MANAGER

taylor.spearnak@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
MS	Main Studio
TR	Treadmill Area
BA	Barre Studio
YS	Yoga Studio
PG	The Playground

WHAT'S NEW THIS MONTH

🚲 CYCLING

CYCLE BEATS Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

CYCLE POWER Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

HAPPY HOUR CYCLE The recipe: 1 high-energy cycling class, 30 biking enthusiasts and stir in some booty shaking music. Look your best and feel great when you hit the town after this heart-pounding ride. Warning: the effects of taking Happy Hour Cycle each week include strength, endurance and extra hotness!

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

🧘 YOGA

HEATED ATHLETIC YOGA A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. This meditation in motion is challenging for all levels.

HEATED POWER YOGA A more vigorous version of Vinyasa Yoga set in a heated room between 85 - 90 degrees. This practice is intensely detoxifying, integrating elements of sun salutations to build strength, flexibility, stamina, balance and focus.

HEATED VINAYASA YOGA A thoughtful, Vinyasa-based class in a heated room. A base temperature of 85-90 degrees will help release toxins, encourage a deep connection to breath and increase strength through flowing sequences. If you like to sweat, this class is for you.

HEATED YIN YOGA A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga. Set in a heated room.

INNERHEAT YOGA Set your intention and build inner strength with our signature heated Yoga experience. Sharpen your mind and center your breath with flowing sequences designed to make you sweat. Flow freely and go further, building heat to stoke the fire within. Transform the body from the inside out.

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.

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 Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

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.

MASTER OF ONE One weight is all it takes. Zero in on results with a next-generation HIIT weight training class that strips your training to the core. Use a single weight for a total body workout. Rise to the challenge with fierce focus, killer cardio training, and supercharged strength, all in one.

METCONS 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.

PLAYGROUND EXPERIENCE - PGX A supercharged team-on-team class that catapults you through the most challenging circuit-training program we've ever developed. Only available at The Playground, our groundbreaking in-club training space.

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.

ROPES AND ROWERS Get a full body circuit with the Ropes and Rowers class from Equinox. Propel your athletic performance during this battle ropes and rowing class.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

💎 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.

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 Experience barre at its most authentic with a True Barre class from Equinox. Get a ballet fitness class with conditioning, core work and stretches.

🏃 LONG + LEAN

BAND BURN Warm up then launch into two blocks of time-under-tension sequences and chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

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 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.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

💎 PILATES

AUTHENTIC MAT PILATES Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

PILATES FUSION Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

💎 DANCE

ZUMBA® Get a dynamic, effective workout from Equinox Zumba® classes. These energetic, easy-to-follow classes fuse Latin, international and popular music.