

ETIQUETTE & FAQ



ACCESSING APRÈS EQUINOX

WHERE ARE YOU LOCATED AND WHAT ARE YOUR OPERATING HOURS?

Après Equinox is a limited, lively activation located on the outdoor terrace of Equinox Hudson Yards on the 5th floor. Our Winter Terrace is open on Monday – Thursday: 8AM – 10PM, Friday: 8AM – 9PM and Saturday – Sunday: 8AM – 7PM.

DO I NEED TO BE AN EQUINOX MEMBER TO ACCESS APRÈS EQUINOX?

Après Equinox is open to Equinox members with Destination access, as well as Equinox Hotel guests.

DO I NEED TO PAY EXTRA TO ACCESS THE APRÈS FACILITIES?

Après Equinox is complimentary to Equinox Destination Members and Equinox Hotel guests. Equinox Members with Select or All-Access memberships interested in experiencing Après Equinox can purchase a Day Pass to Equinox Hudson Yards for \$35.

IF I'M AN EQUINOX DESTINATION MEMBER, CAN I BRING A GUEST?

Equinox Hudson Yards members can bring a non-Equinox member guest with them for a charge of \$50. Guest passes can be purchased at the Front Desk.

DO I NEED TO MAKE A RESERVATION IN ADVANCE TO ACCESS THE TERRACE?

Reservations are not required. The terrace and facilities can be used at any time within the hours of operation—except for when special classes or events are in session.

WHAT IS THE CHECK-IN PROCESS?

Upon checking into the club, take the elevator or stairs to the 5th floor where you'll be greeted by our terrace concierge who will give you a robe, towel, and slippers, as well as answer any questions you might have.

ETIQUETTE & FAQ



THE EXPERIENCE

WHAT IS APRÈS EQUINOX?

Après Equinox is a limited, lively activation in the dead of winter—an escape from the city and the perfect complement to your everyday club routine. Inspired by luxurious Nordic spas, Après Equinox on the terrace of Equinox Hudson Yards will be the hottest spot for members to gather for tailored services during winter’s coldest months.

WHAT FACILITIES AND AMENITIES ARE AVAILABLE?

Enjoy the outdoor pool, heated all winter to 85-90°F, warm up in four unique barrel saunas, heated to a max of 184°F, and take the plunge in an outdoor shower to complete the contrast therapy experience. Additionally, we offer meditation classes inside the sauna, as well as an indoor relaxation area with hot and cold non-alcoholic beverages.

WHAT IS CONTRAST THERAPY EXPERIENCE?

Contrast therapy involves alternating between hot temperatures, cold temperatures, and rest to increase blood flow and circulation. After your workout, we recommend spending 1 minute in the hot pool or barrel sauna, then 1 minute in the cold shower (keeping your head dry). Complete up to 5 cycles for a total of 10 minutes. To promote even more blood flow and circulation, follow a 4:1 hot-to-cold ratio where you stay in the hot pool or barrel sauna for 4 minutes, then shower for 1 minute for a total of 2 cycles in 10 minutes.

WHAT ARE THE BENEFITS OF CONTRAST THERAPY?

Contrast therapy can contribute to your physical and mental well-being and accelerate recovery and healing. By alternating between hot and cold, contrast therapy increases blood flow and circulation, soothes muscle aches and pains, encourages relaxation, eliminates toxins, and improves athletic performance and endurance. Cold water immersion not recommended prior to a workout; cold water is best post workout because of its anti-inflammatory effects. Warm water immersion for a short period of time or contrast water therapy with 4-minutes hot/1-minute cold may provide more circulation prior to a workout.

HOW HOT WILL THE SAUNA AND POOL BE?

The saunas are heated to a max of 184°F, and the pool will be heated to 85-90°F through the end of February.

HOW LONG SHOULD I STAY IN THE SAUNA AND WHAT ARE THE BENEFITS?

We recommend staying in the sauna for a maximum of 30 minutes. After that, you should exit the sauna and let your body cool down. It’s important to note that there are risks involved with saunas, including dehydration. Water, sodium, and potassium replacement is recommended to replace fluids and electrolytes lost during time in the sauna.

IS THERE A LIFEGUARD ON DUTY?

Yes, there will be a lifeguard on duty during pool operating hours.

ETIQUETTE & FAQ



KNOW BEFORE YOU GO

WHAT TO BRING:

We will have complimentary Parachute robes, slippers and towels for use upon entering the terrace. In addition, Solid & Striped swimwear is available for purchase at the Equinox Shop on the 4th floor.

DRESS CODE:

Clothing, such as bathing suits or workout gear, is required for the terrace. We will also have robes and slippers available for use. No sneakers or shoes are permitted inside the sauna.

CELL PHONE AND CAMERA POLICY:

As a courtesy to other members, we encourage you not to speak on your cell phone or use any video chat application while inside the saunas. You may take photos or videos while utilizing the Winter Terrace solely for your personal use. If you post online or on social media a photo or video taken in a Club and another individual appearing in the content complains, Equinox reserves the right to ask you to remove the post.

LOCKERS AND PERSONAL PROPERTY:

Please use the locker rooms located on the 4th floor of the club to change and store any personal items before coming up to the terrace. There are also bathrooms located on the 5th floor next to the indoor lounge space. Equinox will not be liable for the loss or theft of, or damage to, any personal property of you or your guests.

MEMBER CONDUCT:

When utilizing the Winter Terrace, you are expected to act in a respectful and socially acceptable manner and to be mindful of other individuals' physical and personal space. You may not engage in behavior or conduct that Equinox, in its discretion, considers unruly or inappropriate. Equinox reserves the right to remove you from any Club and/or revoke, cancel, suspend or otherwise limit your membership if you engage in any conduct or behavior that is in violation of Equinox Policies.

SAFETY:

For your safety and those around you, we ask that you read and understand our key Winter Terrace Safety policies. Please always walk slowly on the terrace, especially when icy. **When inside the sauna do NOT throw water on the heated stones, as this is a fire hazard and extremely dangerous.** For health and safety matters, please use your best judgment or consult a physician before utilizing any of the facilities. Although Contrast Therapy and Saunas have many health benefits, it's important to note that there are also risks involved with saunas, such as dehydration. Please use your best judgment and always be mindful of your body and health.

ETIQUETTE & FAQ



GROUP FITNESS

DO YOU OFFER GROUP FITNESS CLASSES ON THE TERRACE?

We offer 20-minute guided meditation classes in the barrel saunas, available for booking via the EQX App.

WHAT SHOULD I WEAR FOR CLASS?

We recommend wearing a bathing suit or workout clothes that you are comfortable in.

WHEN SHOULD I ARRIVE FOR CLASS?

Please arrive at least 10 minutes prior to class to check in and get situated. In order to preserve the relaxation experience, you may not enter the sauna once the meditation is in session.