

PageSpeed Insights

Telefon



MEMBERSHIP WITH BENEFITS

54 / 100 Shpejtësia

 Duhet përmirësuar:

Avoid landing page redirects

Your page has 2 redirects. Redirects introduce additional delays before the page can be loaded.

[Avoid landing page redirects](#) for the following chain of redirected URLs.

- <http://equinox.com/>
- <http://www.equinox.com/>
- <https://www.equinox.com/>

Leverage browser caching

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Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://d18p8z0ptb8qab.cloudfront.net/lp.js> (expiration not specified)
- <https://accdn.lpsnmedia.net/api/account/13297230/configuration/le-campaigns/zones?fields=id&fields=zoneValue&cb=lpZonesStaticCB> (60 seconds)
- <https://s.adroll.com/j/consent.js> (5 minutes)
- <https://lptag.liveperson.net/lptag/api/account/13297230/configuration/applications/taglets/.js?onp?v=2.0&df=2&b=1> (10.5 minutes)
- <https://lptag.liveperson.net/tag/tag.js?site=13297230> (10.5 minutes)
- <https://www.googletagmanager.com/gtag/js?id=AW-980997750> (15 minutes)
- https://connect.facebook.net/en_US/all.js (20 minutes)
- https://connect.facebook.net/en_US/fbevents.js (20 minutes)
- <https://connect.facebook.net/signals/config/365078060362433?v=2.8.51&r=stable> (20 minutes)
- <https://connect.facebook.net/signals/plugins/inferredEvents.js?v=2.8.51> (20 minutes)
- <https://bat.bing.com/bat.js> (30 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/mbox-contents-06bd33610e0de792132ef7c604189f58d60ea2eb.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/s-code-contents-bbe7512673e1f6106424486e77df0d030f54eb4d.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/satelliteLib-a9d8cd3a4f02f240d459b5281c3bf39ddceb24cc.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-54dd04113765320016410400.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57435a1e64746d6b90008450.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57435a9e64746d2e02007b05.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57b3201764746d78b5000e96.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-58794a9e64746d47d3002512.js> (60 minutes)

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- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5880c21364746d47d0011d18.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-58bd971064746d2ae8010df3.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-59aef69664746d217a00832e.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-59ce6fe664746d5171011dab.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5a038c1b64746d2ebe0046f5.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5a2876f164746d7d40011dba.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5a3bed4b64746d58a400190b.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5cc85a0564746d5d38002dbe.js> (60 minutes)
- <https://s.adroll.com/j/roundtrip.js> (60 minutes)
- <https://s.yimg.com/wi/ytc.js> (60 minutes)
- https://www.googleadservices.com/pagead/conversion_async.js (60 minutes)
- <https://js-agent.newrelic.com/nr-1123.min.js> (2 hours)
- <https://s.pinimg.com/ct/core.js> (2 hours)

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 1 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Optimize CSS Delivery](#) of the following:

- <https://media2.equinox.com/assets/6.12.6.0/css/libs.css?14b26df5a0d5c4>



Përmireshim për tu konsideruar:

Enable compression

Compressing resources with gzip or deflate can reduce the number of bytes sent over the network.

[Enable compression](#) for the following resources to reduce their transfer size by 31.1KiB (63% reduction).

- Compressing <https://s.pinimg.com/ct/lib/main.532239b0.js> could save 28.9KiB (64% reduction).
- Compressing [https://somnit.equinox.com/b/ss/eqeqxdpwwprod/10/JS-2.8.2-D7QN/s61409226846881?AQB=1&ndh=1&pf=1&callback=s_c_il\[1\].doPostbacks&et=1&t=20%2F5%2F2019%2023%3A36%3A13%204%20420&d.&nsid=0&jsonv=1&.d&sdid=3AC5FD01085E92D2-33E6A36D4FA66632&D=D%3D&mid=82438993024909796181166741327013813539&aamlh=9&ce=UTF-8&pageName=pub%3Ahome%3Ahome&g=https%3A%2F%2Fwww.equinox.com%2F&ch=pub%3Ahome&server=AWSWEBWWW12&events=event1&aamb=RKhpRz8krq2tLO6pguXWp5olkAcUniQYPHaMWWgdJ3xzPWQmdj0y&c2=no-prev-pg&v2=D%3Dc2&v3=D%3DpageName&c4=1&v4=1&v5=D%3DpageName&c9=D%3Dg&v9=D%3Dg&c10=D%3Dv10&v10=pub%3Ahome%3Ahome&v11=false&v12=D%3Dch&v13=D%3Dv10&c19=D%3Dv19&v19=pub&c25=D%3Dv25&v25=out&v32=www.equinox.com&c51=Jun%202019&v51=Jun%202019&c52=2%3A30AM&v52=2%3A30AM&c53=Friday&v53=Friday&c54=Weekday&v54=Weekday&c55=New&v55=New&v59=Fitness%20Clubs%2C%20Luxury%20Gym%2C%20Workout%20Clubs%20-%20Equinox&v70=no-prev-pg&v89=false&s=412x732&c=24&j=1.6&v=N&k=Y&bw=412&bh=732&mcorgid=8E4567C25245B0B30A490D4C%40AdobeOrg&AQE=1](https://somnit.equinox.com/b/ss/eqeqxdpwwprod/10/JS-2.8.2-D7QN/s61409226846881?AQB=1&ndh=1&pf=1&callback=s_c_il[1].doPostbacks&et=1&t=20%2F5%2F2019%2023%3A36%3A13%204%20420&d.&nsid=0&jsonv=1&.d&sdid=3AC5FD01085E92D2-33E6A36D4FA66632&D=D%3D&mid=82438993024909796181166741327013813539&aamlh=9&ce=UTF-8&pageName=pub%3Ahome%3Ahome&g=https%3A%2F%2Fwww.equinox.com%2F&ch=pub%3Ahome&server=AWSWEBWWW12&events=event1&aamb=RKhpRz8krq2tLO6pguXWp5olkAcUniQYPHaMWWgdJ3xzPWQmdj0y&c2=no-prev-pg&v2=D%3Dc2&v3=D%3DpageName&c4=1&v4=1&v5=D%3DpageName&c9=D%3Dg&v9=D%3Dg&c10=D%3Dv10&v10=pub%3Ahome%3Ahome&v11=false&v12=D%3Dch&v13=D%3Dv10&c19=D%3Dv19&v19=pub&c25=D%3Dv25&v25=out&v32=www.equinox.com&c51=Jun%202019&v51=Jun%202019&c52=2%3A30AM&v52=2%3A30AM&c53=Friday&v53=Friday&c54=Weekday&v54=Weekday&c55=New&v55=New&v59=Fitness%20Clubs%2C%20Luxury%20Gym%2C%20Workout%20Clubs%20-%20Equinox&v70=no-prev-pg&v89=false&s=412x732&c=24&j=1.6&v=N&k=Y&bw=412&bh=732&mcorgid=8E4567C25245B0B30A490D4C%40AdobeOrg&AQE=1) could save 1.3KiB (59% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/app/components/region-selector-club.js> could save 485B (50% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/app/components/page-scroll.js> could save 162B (38% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/app/components/main-footer.js> could save 150B (37% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/lib/fb-sdk.js?14b26e1597face> could save 112B (27% reduction).

Minify HTML

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Compacting HTML code, including any inline JavaScript and CSS contained in it, can save many bytes of data and speed up download and parse times.

[Minify HTML](#) for the following resources to reduce their size by 130B (13% reduction).

- Minifying https://5635900.fls.doubleclick.net/ddm/fls/r/src=5635900;type=sitev0;cat=eqx_p0;dc_lat=;dc_rdid=;tag_for_child_directed_treatment=;ord=6587958219461.143;_dc_1=3;~oref=https://www.equinix.com/ could save 130B (13% reduction) after compression.

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 2.4KiB (47% reduction).

- Minifying https://connect.facebook.net/en_US/all.js could save 672B (39% reduction) after compression.
- Minifying <https://connect.facebook.net/signals/plugins/inferredEvents.js?v=2.8.51> could save 646B (85% reduction) after compression.
- Minifying <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-58794a9e64746d47d3002512.js> could save 594B (87% reduction) after compression.
- Minifying <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-54dd04113765320016410400.js> could save 312B (20% reduction) after compression.
- Minifying <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57435a1e64746d6b90008450.js> could save 261B (42% reduction) after compression.

Optimize images

Properly formatting and compressing images can save many bytes of data.

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[Optimize the following images](#) to reduce their size by 4.5KiB (17% reduction).

- Compressing https://media.cdn-equinox.com/website/Images/PrecisionRunningLab-December22/RunningCategoryPage/Running_Cat_AudioClasses_DT-min.jpg could save 3.7KiB (16% reduction).
- Compressing <https://media.cdn-equinox.com/website/Images/Logo/equinox-logo.png> could save 825B (25% reduction).



Kalon 3 kontrolle

Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

Minify CSS

Your CSS is minified. Learn more about [minifying CSS](#).

Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).

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Eksperienca e përdoruesit



Kalon 5 kontrolle

Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

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Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

Size content to viewport

The contents of your page fit within the viewport. Learn more about [sizing content to the viewport](#).

Size tap targets appropriately

All of your page's links/buttons are large enough for a user to easily tap on a touchscreen. Learn more about [sizing tap targets appropriately](#).

Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

Desktop

EQUINOX CLUBS RESORTS RESIDUALS MEMBER PLACES SHOP THE COLLECTION SETS MEMBER SERVICES CONTACT US JOIN LOGIN

VIEW A CLUB MEMBER SERVICES

75 / 100 Shpejtësia

 Duhet përmirësuar:

Desktop

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://d18p8z0ptb8qab.cloudfront.net/lp.js> (expiration not specified)
- <https://accdn.lpsnmedia.net/api/account/13297230/configuration/le-campaigns/zones?fields=id&fields=zoneValue&cb=lpZonesStaticCB> (60 seconds)
- <https://s.adroll.com/j/consent.js> (5 minutes)
- <https://lptag.liveperson.net/lptag/api/account/13297230/configuration/applications/taglets/.js?onp?v=2.0&df=0&b=1> (10.5 minutes)
- <https://lptag.liveperson.net/tag/tag.js?site=13297230> (10.5 minutes)
- <https://www.googletagmanager.com/gtag/js?id=AW-980997750> (15 minutes)
- https://connect.facebook.net/en_US/all.js (20 minutes)
- https://connect.facebook.net/en_US/fbevents.js (20 minutes)
- <https://connect.facebook.net/signals/config/365078060362433?v=2.8.51&r=stable> (20 minutes)
- <https://connect.facebook.net/signals/plugins/inferredEvents.js?v=2.8.51> (20 minutes)
- <https://bat.bing.com/bat.js> (30 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/mbox-contents-06bd33610e0de792132ef7c604189f58d60ea2eb.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/s-code-contents-bbe7512673e1f6106424486e77df0d030f54eb4d.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/satelliteLib-a9d8cd3a4f02f240d459b5281c3bf39ddceb24cc.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-54dd04113765320016410400.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57435a1e64746d6b90008450.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57435a9e64746d2e02007b05.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57b3201764746d78b5000e96.js> (60 minutes)

Desktop

- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-58794a9e64746d47d3002512.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5880c21364746d47d0011d18.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-58bd971064746d2ae8010df3.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-59aef69664746d217a00832e.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-59ce6fe664746d5171011dab.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5a038c1b64746d2ebe0046f5.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5a2876f164746d7d40011dba.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5a3bed4b64746d58a400190b.js> (60 minutes)
- <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-5cc85a0564746d5d38002dbe.js> (60 minutes)
- <https://s.adroll.com/j/roundtrip.js> (60 minutes)
- <https://s.yimg.com/wi/yt.js> (60 minutes)
- https://www.googleadservices.com/pagead/conversion_async.js (60 minutes)
- <https://js-agent.newrelic.com/nr-1123.min.js> (2 hours)
- <https://s.pinimg.com/ct/core.js> (2 hours)

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 1 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Optimize CSS Delivery](#) of the following:

- <https://media2.equinox.com/assets/6.12.6.0/css/libs.css?14b26df5a0d5c4>

Përmireshim për tu konsideruar:

Avoid landing page redirects

Your page has 2 redirects. Redirects introduce additional delays before the page can be loaded.

[Avoid landing page redirects](#) for the following chain of redirected URLs.

- <http://equinox.com/>
- <http://www.equinox.com/>
- <https://www.equinox.com/>

Enable compression

Compressing resources with gzip or deflate can reduce the number of bytes sent over the network.

[Enable compression](#) for the following resources to reduce their transfer size by 2.2KiB (50% reduction).

- Compressing [https://somnit.equinox.com/b/ss/eqeqxdpwprod/10/JS-2.8.2-D7QN/s61409226846881?AQB=1&ndh=1&pf=1&callback=s_c_il\[1\].doPostbacks&et=1&t=20%2F5%2F2019%2023%3A36%3A27%204%20420&d.&nsid=0&jsonv=1&.d&sdid=3AC5FD01085E92D2-33E6A36D4FA66632&D=D%3D&mid=63576207148962761290722076006426655007&aamlh=9&ce=UTF-8&pageName=pub%3Ahome%3Ahome&g=https%3A%2F%2Fwww.equinox.com%2F&ch=pub%3Ahome&server=AWSWEBWWW11&events=event1&aamb=RKhpRz8krq2tLO6pguXWp5olkAcUniQYPHaMWWgdJ3xzPWQmdj0y&c2=no-prev-pg&v2=D%3Dc2&v3=D%3DpageName&c4=1&v4=1&v5=D%3Dpagename&c9=D%3Dg&v9=D%3Dg&c10=D%3Dv10&v10=pub%3Ahome%3Ahome&v11=false&v12=D%3Dch&v13=D%3Dv10&c19=D%3Dv19&v19=pub&c25=D%3Dv25&v25=out&v32=www.equinox.com&c51=Jun%202019&v51=Jun%202019&c52=2%3A30AM&v52=2%3A30AM&c53=Friday&v53=Friday&c54=Weekday&v54=Weekday&c55=New&v55=New&v59=Fitness%20Clubs%2C%20Luxury%20Gym%2C%20Workout%20Clubs%20-%20Equinox&v70=no-prev-pg&v89=false&s=1366x768&c=24&j=1.6&v=N&&k=Y&bw=1366&bh=768&mcorgid=8E4567C25245B0B30A490D4C%40AdobeOrg&AQE=1](https://somnit.equinox.com/b/ss/eqeqxdpwprod/10/JS-2.8.2-D7QN/s61409226846881?AQB=1&ndh=1&pf=1&callback=s_c_il[1].doPostbacks&et=1&t=20%2F5%2F2019%2023%3A36%3A27%204%20420&d.&nsid=0&jsonv=1&.d&sdid=3AC5FD01085E92D2-33E6A36D4FA66632&D=D%3D&mid=63576207148962761290722076006426655007&aamlh=9&ce=UTF-8&pageName=pub%3Ahome%3Ahome&g=https%3A%2F%2Fwww.equinox.com%2F&ch=pub%3Ahome&server=AWSWEBWWW11&events=event1&aamb=RKhpRz8krq2tLO6pguXWp5olkAcUniQYPHaMWWgdJ3xzPWQmdj0y&c2=no-prev-pg&v2=D%3Dc2&v3=D%3DpageName&c4=1&v4=1&v5=D%3Dpagename&c9=D%3Dg&v9=D%3Dg&c10=D%3Dv10&v10=pub%3Ahome%3Ahome&v11=false&v12=D%3Dch&v13=D%3Dv10&c19=D%3Dv19&v19=pub&c25=D%3Dv25&v25=out&v32=www.equinox.com&c51=Jun%202019&v51=Jun%202019&c52=2%3A30AM&v52=2%3A30AM&c53=Friday&v53=Friday&c54=Weekday&v54=Weekday&c55=New&v55=New&v59=Fitness%20Clubs%2C%20Luxury%20Gym%2C%20Workout%20Clubs%20-%20Equinox&v70=no-prev-pg&v89=false&s=1366x768&c=24&j=1.6&v=N&&k=Y&bw=1366&bh=768&mcorgid=8E4567C25245B0B30A490D4C%40AdobeOrg&AQE=1) could save 1.3KiB (59% reduction).

Desktop

- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/app/components/region-selector-club.js> could save 485B (50% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/app/components/page-scroll.js> could save 162B (38% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/app/components/main-footer.js> could save 150B (37% reduction).
- Compressing <https://media2.equinox.com/assets/6.12.6.0/js/lib/fb-sdk.js?14b26e1597face> could save 112B (27% reduction).

Minify HTML

Compacting HTML code, including any inline JavaScript and CSS contained in it, can save many bytes of data and speed up download and parse times.

[Minify HTML](#) for the following resources to reduce their size by 134B (12% reduction).

- Minifying https://5635900.fls.doubleclick.net/activityi;dc_pre=CMOjifX6-eICFcW3GwodqpAL9g;src=5635900;type=sitev0;cat=eqx_p0;dc_lat=;dc_rdid=;tag_for_child_directed_treatment=;ord=61780542600.89993? could save 134B (12% reduction) after compression.

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 2.4KiB (47% reduction).

- Minifying https://connect.facebook.net/en_US/all.js could save 672B (39% reduction) after compression.
- Minifying <https://connect.facebook.net/signals/plugins/inferredEvents.js?v=2.8.51> could save 646B (85% reduction) after compression.
- Minifying <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-58794a9e64746d47d3002512.js> could save 594B (87% reduction) after

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compression.

- Minifying <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-54dd04113765320016410400.js> could save 312B (20% reduction) after compression.
- Minifying <https://assets.adobedtm.com/622415e8d5fc8897871fbd8b8d7ac9505137a57b/scripts/satellite-57435a1e64746d6b90008450.js> could save 261B (42% reduction) after compression.

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 5.8KiB (22% reduction).

- Compressing https://media.cdn-equinox.com/website/Images/PrecisionRunningLab-December22/RunningCategoryPage/Running_Cat_AudioClasses_DT-min.jpg could save 3.7KiB (16% reduction).
- Compressing and resizing <https://media.cdn-equinox.com/website/Images/Logo/equinox-logo.png> could save 2.1KiB (63% reduction).



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Reduce server response time

Your server responded quickly. Learn more about [server response time optimization](#).

Minify CSS

Your CSS is minified. Learn more about [minifying CSS](#).

Prioritize visible content

Desktop

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).