

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	<b>METCON3</b> <i>Molly Day</i>	6:30-7:15 CS ◆	Cycle Power <i>Michael Keeney</i>	6:30-7:15 MS ◆	<b>Whipped!</b> <i>TomJohn Mershon</i>	6:30-7:15 CS ◆	Cycle Power <i>D'Gunnz</i>	6:30-7:15 MS ◆	<b>Stacked!</b> <i>Kevin Scott</i>	8:45-9:30 YS ◆	Barefoot Body Sculpt <i>Manis Madeira</i>	8:45-9:30 YS ◆	EQX Barre Bum <i>Diane LaVon</i>
7:15-8:00 YS ◆	Pilates Fusion <i>Elgin McCargo</i>	7:00-8:00 YS ◆	<b>Yoga Strong</b> <i>Cooper Chou</i>	7:00-7:45 CS ◆	Cycle Beats <i>Meghan Cox</i>	7:00-8:00 YS ◆	<b>Vinyasa Yoga</b> <i>Matt D'Amico</i>	7:00-7:45 CS ◆	Cycle Power <i>Tim Healy</i>	9:00-9:45 MS ◆	Tabata Max <i>Antonio Hudson</i>	9:15-10:00 TR ◆	Precision Run® <i>Alison Corcoran</i>
7:30-8:15 BR ◆	Boxing <i>Jemaine Bailey</i>	7:30-8:15 MS ◆	THE CUT <i>Tracey G</i>	7:15-8:00 YS ◆	EQX Barre Bum <i>Diane LaVon</i>	7:30-8:15 MS ◆	Cardio Sculpt <i>Marie Jasmin</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	9:30-10:15 CS ◆	Cycle Power <i>Tim Healy</i>	9:30-10:15 MS ◆	METCON3 <i>Or Artzi</i>
8:00-8:45 MS ◆	Cardio Sculpt <i>Molly Day</i>	7:45-8:30 TR ◆	Precision Run® <i>Michael Keeney</i>	7:30-8:15 TR ◆	Precision Run® <i>Breanna Cummings</i>	7:45-8:30 TR ◆	<b>Precision Run®</b> <i>Nora Bisharat</i>	7:30-8:20 MS ◆	<b>AK! Rope</b> <i>Kenny Murray</i>	10:00-11:00 YS ◆	Vinyasa Yoga <i>Ali Cramer</i>	10:00-11:00 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>
8:15-9:15 YS ◆	<b>Yoga Strong</b> <i>Jennifer Carlin</i>	8:00-8:45 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>	7:45-8:30 BR ◆	Boxing <i>Celine Perez</i>	8:00-8:45 CS ◆	Cycle Beats <i>Ally Raisian</i>	7:30-8:15 TR ◆	Precision Run® <i>Kevin Scott</i>	10:15-11:00 MS ◆	<b>Cardio Dance</b> <i>Antonio Hudson</i>	10:30-11:15 CS ◆	ANTHEM™ <i>Or Artzi</i>
8:45-9:30 CS ◆	Cycle Beats <i>D'Gunnz</i>	9:15-10:15 YS ◆	Athletic Yoga <i>Felicia Csolak</i>	8:30-9:15 MS ◆	Best Butt Ever <i>Breanna Cummings</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Karla Beltchenko</i>	8:30-9:15 MS ◆	Tabata Max <i>Matt Ortel</i>	10:30-11:15 BR ◆	Boxing <i>Jemaine Bailey</i>	10:45-11:30 MS ◆	Master of One <i>Alexander Charles</i>
9:30-10:15 YS ◆	<b>EQX Barre Bum</b> <i>Adam Bokunewicz</i>	9:30-10:15 MS ◆	Stacked! <i>Matt Ortel</i>	9:30-10:15 YS ◆	<b>Pilates Mat</b> <i>Taylor Phillips</i>	9:30-10:15 MS ◆	Atletica <i>Stephen Bel Davies</i>	9:00-9:45 YS ◆	EQX Bare Bum <i>Khaleah London</i>	11:00-11:45 CS ◆	Cycle Beats <i>Tracey G</i>	11:00-11:45 BR ◆	Boxing <i>Celine Perez</i>
10:15-11:10 MS ◆	<b>AK! Rope</b> <i>Sean O'Donnell</i>	11:00-11:45 YS ◆	<b>Pilates Remix</b> <i>Itsy Rachatasumrit</i>	10:15-11:00 MS ◆	<b>Cardio Dance</b> <i>Jose Ozuna</i>	11:00-11:45 MS ◆	<b>Cardio Sculpt</b> <i>Calvin Wiley</i>	12:00-12:50 TR ◆	Precision Run® <i>Khaleah London</i>	11:15-12:00 TR ◆	<b>Precision Run®</b> <i>Shaun Anthony</i>	11:30-12:15 YS ◆	EQX Barre Bum <i>Or Artzi</i>
12:00-12:45 MS ◆	THE CUT <i>Eddie Camington</i>	12:15-1:00 CS ◆	Cycle Power <i>David Donofrio</i>	12:00-12:45 MS ◆	Stacked! <i>Matt Ortel</i>	12:15-1:00 CS ◆	Cycle Beats <i>Tracey G</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Katey Lewis</i>	11:30-12:15 MS ◆	Best Butt Ever <i>Abbey Hunt</i>	12:00-12:45 MS ◆	Whipped! <i>Alexander Charles</i>
1:00-1:45 YS ◆	<b>EQX Barre Bum</b> <i>Emily Naim</i>	1:00-1:45 YS ◆	Vinyasa Yoga <i>Karla Beltchenko</i>	12:15-1:00 YS ◆	Pilates Fusion <i>Elgin McCargo</i>	1:00-1:45 YS ◆	Athletic Yoga <i>Rika Henry</i>	2:00-2:45 MS ◆	Stacked! <i>Jan Erik Navoa</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Jessica Sticker</i>	12:45-1:45 YS ◆	<b>Vinyasa Yoga</b> <i>Damien Alexander</i>
2:00-2:45 MS ◆	METCON3 <i>Luis Weber</i>	2:00-2:45 MS ◆	<b>Best Butt Ever</b> <i>Tracy Gordon</i>	2:00-2:45 BR ◆	<b>Boxing</b> <i>Jemaine Bailey</i>	2:00-2:45 MS ◆	<b>Tabata Max</b> <i>Christopher Vo</i>	5:00-5:45 MS ◆	METCON3 <i>John Cianca</i>	12:45-1:30 MS ◆	<b>METCON3</b> <i>Justin Goldman</i>		
5:15-6:00 MS ◆	Powerstrike! <i>Ilaria Montagnani</i>	4:00-5:00 YS ◆	<b>Vinyasa Yoga</b> <i>Jennifer Carlin</i>	2:00-2:45 BR ◆	<b>Cardio Boxing</b> <i>Jemaine Bailey</i>	5:15-6:00 MS ◆	<b>Yoga Strong</b> <i>Cooper Chou</i>	5:30-6:30 YS ◆	<b>Vinyasa Yoga</b> <i>Robert Nguyen</i>			1:15-2:00 MS ◆	<b>Ballet by Equinox</b> <i>xABT</i> <i>Christopher Vo</i>
5:30-6:15 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	5:00-5:45 MS ◆	Whipped! <i>Ron Christopher</i>	2:00-2:45 MS ◆	Cardio Boxing <i>Jemaine Bailey</i>	5:15-6:00 YS ◆	Pilates Fusion <i>Jennifer Herrera</i>	5:15-6:00 YS ◆	Pilates Fusion <i>John Cianca</i>			1:30-2:15 CS ◆	Cycle Beats <i>D'Gunnz</i>
6:00-6:45 CS ◆	Cycle Power <i>Jacqueline Kouri</i>	5:15-6:00 YS ◆	EQX Barre Bum <i>Adam Bokunewicz</i>	5:15-6:00 MS ◆	Cardio Dance <i>Yenny Barona</i>	5:45-6:30 MS ◆	Tabata Max <i>Antonio Hudson</i>	5:45-6:30 MS ◆	Cardio Sculpt <i>Elgin McCargo</i>				
6:15-7:00 MS ◆	Atletica <i>Ilaria Montagnani</i>	6:00-6:45 CS ◆	<b>Cycle Power</b> <i>John Thomhill</i>	6:00-6:45 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	6:00-6:45 MS ◆	Tabata Max <i>Antonio Hudson</i>	6:00-6:45 MS ◆	Cardio Sculpt <i>Elgin McCargo</i>				
6:30-7:15 TR ◆	Precision Run® <i>Janice JP Prishwalko</i>	6:15-7:00 MS ◆	Cardio Sculpt <i>Adam Bokunewicz</i>	6:00-6:45 CS ◆	Cycle Beats <i>Meghan Cox</i>	6:00-6:45 MS ◆	Cycle Power <i>David Donofrio</i>	6:00-6:50 CS ◆	<b>The Pursuit: Bum</b> <i>David Donofrio</i>				
7:00-7:45 YS ◆	<b>EQX Barre Bum</b> <i>Laetitia Emmanuel</i>	6:30-7:15 BR ◆	Boxing <i>Celine Perez</i>	6:15-7:00 BR ◆	Boxing <i>Andrew Schillaci</i>	6:15-7:00 BR ◆	<b>Yoga Strong</b> <i>Cooper Chou</i>	6:30-7:15 BR ◆	Boxing <i>Jemaine Bailey</i>				
7:30-8:15 MS ◆	<b>Best Butt Ever</b> <i>Abbey Hunt</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Damien Alexander</i>	6:30-7:15 MS ◆	METCON3 <i>Luis Weber</i>	6:30-7:15 MS ◆	Pilates Fusion <i>Jennifer Herrera</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Johan Montijano</i>				
7:30-8:15 MS ◆	<b>Ballet by Equinox x</b> <b>ABT</b> <i>Abbey Hunt</i>	7:00-7:45 TR ◆	<b>Precision Run®</b> <i>Alison O'Connor</i>	6:45-7:30 TR ◆	<b>Precision Run®</b> <i>Loi Jordon</i>	6:45-7:30 TR ◆	Cycle Power <i>David Donofrio</i>						
		7:15-8:00 MS ◆	Stacked! <i>Justin Goldman</i>	7:00-7:45 YS ◆	Pilates Mat <i>Jeffrey Morris</i>	7:00-7:45 YS ◆							
		7:30-8:15 CS ◆	Cycle Beats <i>D'Gunnz</i>										

## FLATIRON

897 BROADWAY  
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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

traceygrossman@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

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

## 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: BURN** A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and 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

**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.

**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.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### ATHLETIC TRAINING

**AK! ROPE** Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

**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.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**METCON3** 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.

**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.

**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

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body 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

**BALLET BY EQUINOX X ABT** Created in exclusive partnership with American Ballet Theatre, this class incorporates fundamentals of ballet with an exhilarating series of turns, jumps, combinations, and Thera-band sequences.

**CARDIO DANCE** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

### BOXING AND KICKBOXING

**BOXING** Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

**CARDIO BOXING** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**POWERSTRIKE!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

**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

**BAREFOOT BODY SCULPT** A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

**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.