

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆ <b>METCON3</b> <i>Isabelle Luongo</i>	6:15-7:00 CS ◆ Cycle Power <i>Amanda Colacicco</i>	6:15-7:00 MS ◆ <b>METCON3</b> <i>Amanda Katz</i>	6:15-7:00 BA ◆ Barre <i>Lynze Schiller</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Brandon Lew</i>	6:15-7:00 CS ◆ <b>Cycle Power</b> <i>Allie Gard</i>	7:00-7:45 CS ◆ Cycle Power <i>Kyle O'Brien</i>	7:00-7:45 MS ◆ Barre <i>Marina Colonna</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Amanda Katz</i>	6:15-7:00 CS ◆ <b>Cycle Beats</b> <i>Alex Puette</i>	8:00-8:45 MS ◆ Tabata Max <i>Delida Torres</i>	8:00-8:45 MS ◆ Cycle Power <i>Kyle O'Brien</i>	7:45-8:30 CS ◆ <b>ANTHEM™</b> <i>Kyle O'Brien</i>	8:00-8:45 TR ◆ Precision Run® <i>Jason Strong</i>
6:30-7:20 CS ◆ The Pursuit: Build <i>Coco Cohen</i>	6:30-7:15 MS ◆ <b>METCON3</b> <i>Amanda Katz</i>	6:30-7:15 BA ◆ Barre <i>Rachel Genise</i>	7:00-8:00 BA ◆ Barre <i>Marina Colonna</i>	7:15-8:15 CS ◆ <b>Cycle Power</b> <i>Allie Gard</i>	7:00-8:00 BA ◆ Barre <i>Marina Colonna</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Kavi Patel</i>	7:00-8:00 BA ◆ Barre <i>Marina Colonna</i>	6:30-7:15 CS ◆ <b>Cycle Beats</b> <i>Alex Puette</i>	7:00-7:45 YS ◆ <b>Pilates Mat</b> <i>Sammie Denham</i>	8:30-9:30 YS ◆ <b>Yoga Strong</b> <i>Kumiko Buckman</i>	8:00-8:45 MS ◆ Best Butt Ever <i>Kyle O'Brien</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>	8:00-8:45 TR ◆ Precision Run® <i>Jason Strong</i>
7:00-8:00 BA ◆ Barre <i>Lynze Schiller</i>	7:15-8:00 BA ◆ Barre <i>Rachel Genise</i>	7:15-8:00 BA ◆ Barre <i>Rachel Genise</i>	7:00-8:00 BA ◆ Barre <i>Marina Colonna</i>	7:30-8:30 BR ◆ <b>Boxing</b> <i>Andrew Schillaci</i>	7:30-8:30 BR ◆ <b>Boxing</b> <i>Andrew Schillaci</i>	8:00-8:45 MS ◆ Cycle Power <i>Coco Cohen</i>	8:00-8:45 BA ◆ Barre <i>Priscilla Curtis</i>	8:00-8:45 MS ◆ Best Butt Ever <i>Kyle O'Brien</i>	8:45-9:45 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Sabrina Cohen</i>	8:45-9:45 BA ◆ True Barre <i>Kevin VerEecke</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
8:00-8:45 MS ◆ Firestarter + Best Abs Ever <i>Marina Colonna</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Bransen Gates</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Bransen Gates</i>	8:00-8:45 BA ◆ Barre <i>Marina Colonna</i>	8:45-9:45 MS ◆ Tabata Max <i>Shaun Anthony</i>	8:45-9:45 MS ◆ Tabata Max <i>Shaun Anthony</i>	8:45-9:45 BA ◆ Barre <i>Priscilla Curtis</i>	8:45-9:45 BA ◆ Barre <i>Priscilla Curtis</i>	8:45-9:45 MS ◆ Best Butt Ever <i>Kyle O'Brien</i>	9:00-9:45 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	9:15-10:00 CS ◆ Cycle Beats <i>Christopher Infantino</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
8:45-9:45 YS ◆ Vinyasa Yoga <i>Robert Nguyen</i>	8:30-9:15 CS ◆ The Pursuit: Bum <i>Amanda Katz</i>	8:30-9:15 CS ◆ The Pursuit: Bum <i>Amanda Katz</i>	8:45-9:45 BA ◆ Barre <i>Kevin VerEecke</i>	8:45-9:30 MS ◆ Pilates Fusion <i>Lynze Schiller</i>	8:45-9:30 MS ◆ Pilates Fusion <i>Lynze Schiller</i>	9:15-10:15 YS ◆ Athletic Stretch <i>Anubha Elaine Boudouris</i>	9:15-10:15 YS ◆ Athletic Stretch <i>Anubha Elaine Boudouris</i>	9:30-10:15 CS ◆ Cycle Beats <i>Amanda Katz</i>	9:45-10:45 BA ◆ Barre <i>Rosie Fiedelman</i>	10:00-10:45 MS ◆ Powerstrike! <i>Sabrina Cohen</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
9:15-10:00 MS ◆ Atletica <i>Nora Bisharat</i>	8:45-9:45 BA ◆ Barre <i>Kevin VerEecke</i>	8:45-9:45 BA ◆ Barre <i>Kevin VerEecke</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Luis Weber</i>	9:30-10:15 CS ◆ Cycle Beats <i>Colleen Wright</i>	9:30-10:15 CS ◆ Cycle Beats <i>Colleen Wright</i>	9:30-10:15 MS ◆ METCON3 <i>Christopher Howard</i>	9:30-10:15 BA ◆ Barre <i>Rosie Fiedelman</i>	10:45-11:30 MS ◆ Cardio Sculpt <i>Sarah Cucuzzella</i>	10:45-11:30 BA ◆ Barre <i>Rosie Fiedelman</i>	11:00-11:45 MS ◆ METCON3 <i>James Donegan</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
9:30-10:15 CS ◆ Cycle Power <i>Candace Peterson</i>	9:30-10:15 MS ◆ Stacked! <i>Peyton Royal</i>	9:30-10:15 MS ◆ Stacked! <i>Peyton Royal</i>	9:30-10:00 MS ◆ Athletic Conditioning <i>Luis Weber</i>	10:30-11:15 CS ◆ Cycle Beats <i>Colleen Wright</i>	10:30-11:15 CS ◆ Cycle Beats <i>Colleen Wright</i>	10:30-11:30 MS ◆ Yoga Strong <i>Johanna Chase-Weinrich</i>	10:45-11:30 BA ◆ True Barre <i>James Ervin</i>	11:45-12:45 MS ◆ Studio Dance <i>Rosie Fiedelman</i>	11:45-12:45 MS ◆ Studio Dance <i>Rosie Fiedelman</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	10:00-10:45 MS ◆ Powerstrike! <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
10:30-11:15 MS ◆ Cardio Dance <i>Kelsey Stalter</i>	10:30-11:15 TR ◆ Precision Run® <i>Andrew Slane</i>	10:30-11:15 TR ◆ Precision Run® <i>Andrew Slane</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Luis Weber</i>	10:30-11:30 CS ◆ Cycle Beats <i>Colleen Wright</i>	10:30-11:30 CS ◆ Cycle Beats <i>Colleen Wright</i>	10:45-11:30 BA ◆ True Barre <i>James Ervin</i>	11:00-11:45 MS ◆ Zumba® <i>Yenny Barona</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	10:00-10:45 MS ◆ Powerstrike! <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
10:45-11:30 BA ◆ Barre <i>Stephanie Yonkovich</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Jena Maenius</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Jena Maenius</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Lindsay Carson</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	11:00-11:45 MS ◆ Zumba® <i>Yenny Barona</i>	11:00-11:45 MS ◆ Zumba® <i>Yenny Barona</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	12:00-12:45 YS ◆ Athletic Stretch <i>Kimmel Yeager</i>	10:00-10:45 MS ◆ Powerstrike! <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
12:00-1:00 YS ◆ Regeneration Yoga <i>Anubha Elaine Boudouris</i>	12:30-1:15 BA ◆ Trilogy Barre <i>Stephanie Yonkovich</i>	12:30-1:15 BA ◆ Trilogy Barre <i>Stephanie Yonkovich</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	5:15-6:00 MS ◆ Best Butt Ever <i>Molly Day</i>	5:15-6:00 MS ◆ Best Butt Ever <i>Molly Day</i>	12:30-1:15 BA ◆ Trilogy Barre <i>Elgin McCargo</i>	12:30-1:15 BA ◆ Trilogy Barre <i>Elgin McCargo</i>	5:00-6:00 YS ◆ Iyengar Yoga <i>Cheryl Malter</i>	5:00-6:00 YS ◆ Iyengar Yoga <i>Cheryl Malter</i>	5:00-6:00 YS ◆ Iyengar Yoga <i>Cheryl Malter</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
5:30-6:15 YS ◆ <b>Pilates Mat</b> <i>Kathryn Anta</i>	4:00-4:45 MS ◆ <b>STRONG</b> <i>Lisa Raphael</i>	4:00-4:45 MS ◆ <b>STRONG</b> <i>Lisa Raphael</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	5:30-6:15 BA ◆ Barre <i>Hannah Hustad (NY)</i>	5:30-6:15 BA ◆ Barre <i>Hannah Hustad (NY)</i>	4:00-4:45 YS ◆ Pilates Mat <i>Kayla Prestel</i>	4:00-4:45 YS ◆ Pilates Mat <i>Kayla Prestel</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
6:00-6:45 MS ◆ Whipped! <i>Chaz Jackson</i>	5:30-6:20 BA ◆ Barre <i>Pamela Arkin</i>	5:30-6:20 BA ◆ Barre <i>Pamela Arkin</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	6:00-6:45 TR ◆ Precision Run® <i>Jason Strong</i>	6:00-6:45 TR ◆ Precision Run® <i>Jason Strong</i>	5:15-6:00 MS ◆ Tabata Max <i>James Donegan</i>	5:15-6:00 MS ◆ Tabata Max <i>James Donegan</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
6:15-7:00 CS ◆ Cycle Power <i>Lynze Schiller</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Clinton Foster</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Clinton Foster</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	6:15-7:05 CS ◆ The Pursuit: Build <i>Kyle O'Brien</i>	6:15-7:05 CS ◆ The Pursuit: Build <i>Kyle O'Brien</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
6:45-7:45 YS ◆ Vinyasa Yoga <i>Claudia Jasper</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Emma Poole</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Emma Poole</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Molly Day</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Molly Day</i>	6:15-7:00 CS ◆ Cycle Beats <i>James Donegan</i>	6:15-7:00 CS ◆ Cycle Beats <i>James Donegan</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
7:00-8:00 BA ◆ True Barre <i>Priscilla Curtis</i>	7:15-8:00 CS ◆ Cycle Power <i>Candace Peterson</i>	7:15-8:00 CS ◆ Cycle Power <i>Candace Peterson</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	6:30-7:15 CS ◆ Atletica <i>Erika Heam</i>	6:30-7:15 CS ◆ Atletica <i>Erika Heam</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
7:00-7:45 TR ◆ Precision Run® <i>Chaz Jackson</i>	7:30-8:15 MS ◆ <b>METCON3</b> <i>Clinton Foster</i>	7:30-8:15 MS ◆ <b>METCON3</b> <i>Clinton Foster</i>	12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	7:00-7:45 BA ◆ Barre <i>Marina Colonna</i>	7:00-7:45 BA ◆ Barre <i>Marina Colonna</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	5:30-6:15 BA ◆ True Barre <i>Kyla Lloyd</i>	11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>
7:15-8:00 MS ◆ Athletic Conditioning <i>Kyle White</i>			12:00-12:50 BA ◆ True Barre <i>Pamela Arkin</i>								11:15-12:15 BR ◆ <b>Boxing</b> <i>Sabrina Cohen</i>	8:30-9:15 BA ◆ True Barre <i>Vivian Jonokuchi</i>	8:15-9:00 MS ◆ Stacked! <i>Abbey Hunt</i>

# EQUINOX

## WEST 92ND STREET

2465 BROADWAY  
NEW YORK NY 10025  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:00PM

**FRI:** 5:30AM - 8:00PM

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

### KID'S CLUB HOURS

**MON - SUN:** 8:00AM - 1:00PM

### GROUP FITNESS MANAGER

pamela.newkirkarkin@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
CS	Cycling Studio
TR	Treadmill Area
YS	Yoga Studio
MS	Main Studio
BA	Barre 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: 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.

**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.

**IYENGAR YOGA** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**REGENERATION YOGA** 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.

**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.

### 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.

**TRILOGY 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.

### DANCE

**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.

**STUDIO DANCE** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

**ZUMBA®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

### 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.

**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.

### STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

### 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.

## 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.

**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.

**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.