

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:30 MS◆ Best Stretch Ever <i>Diane LaVon</i>	6:00-6:45 MS◆ METCON3 <i>Alexandra Vasile</i>	6:00-6:45 MS Athletic Conditioning <i>Michael Ringer</i>	6:00-6:45 MS◆ Powerstrike! <i>Erika Hearn</i>	6:15-7:00 YS◆ True Barre <i>Justine Ayala</i>	8:30-9:15 CS◆ Cycle Beats <i>D Gunnz</i>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</i>
6:15-7:00 YS◆ Barre <i>Meri Bobber</i>	6:15-7:00 CS◆ Studio Cycling <i>Dexter Carter</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Warren Perry</i>	6:15-7:00 CS◆ Studio Cycling <i>Nora Herbstman</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	8:30-9:15 YS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:00-8:50 YS◆ True Barre <i>Kevin VerEecke</i>
6:30-7:15 CS◆ Studio Cycling <i>Shawn Kobetz</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:00-8:00 YS◆ True Barre <i>Stephanie Yonkovich</i>	7:15-8:00 MS◆ Master of One <i>Or Artzi</i>	7:15-8:05 TR◆ Precision Run® <i>Taylor Spearnak</i>	8:30-9:00 YS◆ THE MUSE™ <i>Bianca Reid</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Avery Washington</i>
6:45-7:35 TR◆ Precision Run® <i>Diane LaVon</i>	8:30-9:20 CS◆ The Pursuit: Burn <i>Avery Washington</i>	7:15-8:05 MS◆ The Sculpt Society <i>Justine Ayala</i>	8:30-9:15 MS Body Conditioning <i>Miri Greenberg</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:15-10:00 YS◆ Barre <i>Bianca Reid</i>	9:00-9:30 MS◆ Best Stretch Ever <i>Gerard Thelemaque</i>
7:15-8:00 MS◆ Ropes and Rowers <i>Tracy Gordon</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	9:00-9:45 CS◆ ANTHEM™ <i>Or Artzi</i>	8:30-9:15 MS◆ Master of One <i>Taylor Spearnak</i>	9:30-10:15 CS◆ Cycle Beats <i>D Gunnz</i>	9:00-10:15 YS◆ Slow Flow Yoga <i>Michael Lechonczaak</i>
8:05-8:20 MS Core Conditioning <i>Tracy Gordon</i>	9:30-10:15 MS Zumba® <i>Yenny Barona</i>	8:45-9:35 TR◆ Elevate <i>Mike Harris</i>	9:30-10:20 YS◆ Barre <i>Miri Greenberg</i>	8:30-9:15 YS Pilates <i>Niki Kramer</i>	9:30-10:15 MS◆ METCON3 <i>Stephanie Levinson</i>	9:30-10:15 MS◆ Master of One <i>Gerard Thelemaque</i>
8:30-9:15 MS Tabata <i>Adam Bokunewicz</i>	9:30-10:15 YS◆ True Barre <i>Cindy Davis</i>	9:30-10:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	10:00-10:45 MS pureMUSCLE <i>Leon Joseph</i>	9:30-10:15 CS◆ ANTHEM™ <i>Sarah May Epstein</i>	10:15-11:15 YS◆ True Barre <i>Pamela Arkin</i>	10:30-11:15 CS◆ Cycle Beats <i>D Gunnz</i>
8:30-9:30 YS◆ True Barre <i>Kevin VerEecke</i>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Keely Garfield</i>	10:00-10:50 TR◆ Precision Run® <i>Kevin St-Fort</i>	9:30-10:30 YS◆ Vinyasa Yoga <i>Claudia Jasper</i>	10:30-11:20 MS◆ Athletic Conditioning <i>Abby Goldenberg</i>	10:30-11:15 MS Tabata <i>Alexandra Vasile</i>
9:00-9:45 CS◆ Studio Cycling <i>Mike Harris</i>	10:00-10:50 TR◆ Precision Run® <i>Taylor Spearnak</i>	10:30-11:30 MS Zumba® <i>Angie Colonna</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	10:30-11:15 MS Zumba® <i>Francesca Maria Gambelli</i>	10:45-11:30 CS◆ Studio Cycling <i>Mike Harris</i>	10:30-11:15 YS◆ True Barre <i>Stephanie Yonkovich</i>
9:30-10:15 MS◆ Fully Loaded <i>Carolann Valentino</i>	10:30-11:30 YS◆ Vinyasa Yoga <i>Ana Sussmann</i>	10:45-11:35 YS◆ True Barre <i>James Ervin</i>	6:00-6:45 YS◆ Barre <i>Cameron Norsworthy</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	11:30-12:30 MS NYC Dance Project <i>Abby Goldenberg</i>	11:30-12:15 MS◆ Fully Loaded <i>Carolann Valentino</i>
9:45-10:15 YS◆ THE MUSE™ <i>Kevin VerEecke</i>	12:15-1:00 YS Pilates <i>Niki Kramer</i>	4:30-5:15 YS◆ Pilates Remix <i>Zach Bergfelt</i>	6:30-7:15 MS Athletic Conditioning <i>Jason Ryan</i>	4:30-5:15 MS◆ Whipped! <i>James Donegan</i>	11:30-12:30 YS◆ Power Yoga (L2) <i>Leeann Walton</i>	11:30-12:25 YS◆ Pilates <i>Cathe Thompson</i>
10:00-10:50 TR◆ Elevate <i>Mike Harris</i>	6:00-6:45 YS◆ EQX Barre Burn <i>Daigi-Ann Thompson</i>	6:00-7:00 YS◆ Vinyasa Yoga <i>Kat Suda</i>	7:00-7:45 CS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 CS◆ Studio Cycling <i>Grace Twesigye</i>	12:45-1:30 MS◆ The Sculpt Society <i>Kathryn Blaze</i>	12:30-1:15 MS◆ True Athlete Circuit <i>Chris Yeoh</i>
10:30-11:15 MS Zumba® <i>Carolann Valentino</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	6:30-7:15 CS◆ Cycle Beats <i>Nikki Bucks</i>	7:00-8:00 YS◆ Athletic Yoga (L2) <i>Serena Tom</i>	6:30-7:30 YS◆ Vinyasa Yoga <i>Danicia Ambron</i>	1:30-2:15 YS◆ Pilates <i>Brooke Chaffee</i>	12:30-1:15 YS Restorative Stretch <i>Cathe Thompson</i>
10:30-11:30 YS◆ Vinyasa Yoga <i>Lara Benusis</i>	6:30-7:15 MS◆ PURE STRENGTH <i>Matthew Johnson</i>	6:30-7:00 MS◆ Firestarter <i>Chris Yeoh</i>	7:30-8:20 TR◆ Precision Run® <i>Ashley Underwood</i>		2:00-2:45 MS◆ Ropes and Rowers <i>Matthew Johnson</i>	3:00-3:50 MS◆ The Sculpt Society <i>Justine Ayala</i>
12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	7:15-8:15 YS◆ Restorative Yoga <i>Jennifer Harvey</i>	7:15-8:00 MS◆ Master of One <i>Chris Yeoh</i>			2:30-3:30 YS◆ Vinyasa Yoga <i>Mikee Richardson</i>	
4:30-5:30 YS◆ Trilogy Barre <i>Alexis Sweeney</i>	7:30-8:20 MS◆ The Sculpt Society <i>Daigi-Ann Thompson</i>	7:15-8:00 YS◆ Barre <i>Kathryn Blaze</i>			5:00-5:50 CS◆ The Pursuit: Build <i>Candace Peterson</i>	5:00-6:15 YS◆ Alignment Flow Yoga <i>Danicia Ambron</i>
6:00-6:50 MS◆ The Sculpt Society <i>Alexis Sweeney</i>	7:35-8:20 CS◆ Studio Cycling <i>Warren Perry</i>					
6:00-7:00 YS◆ Alignment Flow Yoga <i>Josh Mathew-Meier</i>						
6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>						
7:00-7:45 MS METCON3 <i>Jan Erik Navoa</i>						
7:15-8:00 YS◆ True Barre <i>Alexis Sweeney</i>						
8:00-8:45 CS◆ Cycle Beats <i>Jan Erik Navoa</i>						

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 EQUINOX.COM
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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 7:00AM - 9:00PM

GROUP FITNESS MANAGER
 pamelanewkirk-arkin@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

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

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

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.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

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. Five 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

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

ATHLETIC YOGA A 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. Challenging for all levels this workout is truly meditation in motion.

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.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

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.

METCON3 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.

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.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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.

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!

TRUE ATHLETE CIRCUIT Athletic conditioning redefined with small group circuit training combined. Boost your performance using our RMT® clubs - the same equipment used by professional athletes - to challenge your conditioning, coordination, mobility and range of motion. This is how champions are made.

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.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

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

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.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

THE SCULPT SOCIETY Sculpt your own work of art to today's most heart-pumping music in Megan Roup's signature class. Challenge yourself with a full-body workout that merges dance cardio, sliders, & light weights to create a long, lean physique. Put everything into overdrive & reap the results of a nonstop calorie burn.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES REMIX Light up every muscle with this core-forward Pilates class that sets traditional moves to a heart-pumping soundtrack. Through the use of a single prop and continuous choreography, you'll electrify your burn, strength, and flexibility.

DANCE

NYC DANCE PROJECT Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun & flashy. Dare yourself to be truthful & expressive, & dare yourself to really dance!

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