

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	STRONG <i>Robert Burke</i>	6:30-7:15 CS ◆	Cycle Beats <i>Chelsea Amengual</i>	6:30-7:15 CS ◆	Cycle Power <i>Warren Pery</i>	6:30-7:15 CS ◆	Cycle Beats <i>Jeremiah Callaghan</i>	6:30-7:15 MS ◆	METCON3 <i>Sean O'Donnell</i>	8:00-8:45 CS ◆	Cycle Power <i>D Gunnz</i>	8:30-9:15 TR ◆	Precision Run@ <i>Eddie Carington</i>
6:45-7:30 CS ◆	Cycle Power <i>Jason Strong</i>	7:00-8:00 YS ◆	Barre <i>Brian Slaman</i>	6:45-7:30 MS ◆	Whipped! <i>Gerard Thelemaque</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Margaret Schwarz</i>	7:00-7:45 CS ◆	Cycle Power <i>Serena DiLiberto</i>	8:30-9:15 MS ◆	Cardio Sculpt <i>Stephanie Levinson</i>	9:00-10:00 YS ◆	True Barre <i>Kevin VerEecke</i>
7:00-8:00 YS ◆	Yoga Strong <i>Felicia Csolak</i>	7:15-8:00 MS ◆	Athletic Conditioning <i>Steven Strozza</i>	7:15-8:00 YS ◆	Pilates Fusion <i>Ma Wenger</i>	7:15-8:00 MS ◆	Stacked! <i>Felicia Csolak</i>	7:15-8:00 YS ◆	True Barre <i>Kyla Lloyd</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Jessica Metz</i>	9:15-10:00 CS ◆	Cycle Beats <i>Bemex Richardson</i>
8:00-8:45 MS ◆	METCON3 <i>Clinton Foster</i>	8:15-9:15 YS ◆	Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 TR ◆	Precision Run@ <i>Carolann Thelemaque</i>	8:15-9:15 YS ◆	Barre <i>Sarah Marchetti Gleim</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Sean O'Donnell</i>	9:15-10:00 CS ◆	Cycle Beats <i>Shweky</i>	9:45-10:30 MS ◆	Athletic Conditioning <i>Eddie Carington</i>
8:15-9:15 YS ◆	Trilogy Barre <i>Felicia Csolak</i>	9:00-9:45 TR ◆	Precision Run@ <i>Diane LaVon</i>	8:00-8:45 MS ◆	Best Butt Ever <i>Valentino</i>	9:00-9:45 CS ◆	Cycle Power <i>Bemex Richardson</i>	9:00-10:00 MS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	9:45-10:30 MS ◆	Tabata Max <i>Kelsey Stalter</i>	10:30-11:15 YS ◆	Pilates Fusion <i>Zach Bergfelt</i>
9:00-9:45 MS ◆	Cardio Sculpt <i>Kyle White</i>	9:15-10:00 MS ◆	METCON3 <i>Kelsey Stalter</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:15-10:00 MS ◆	Whipped! <i>Miriam Shestack</i>	9:30-10:15 MS ◆	STRONG <i>Bransen Gates</i>	10:30-11:15 YS ◆	True Barre <i>Priscilla Curtis</i>	11:00-11:45 CS ◆	Cycle Power <i>D Gunnz</i>
9:30-10:30 YS ◆	Vinyasa Yoga <i>Cooper Chou</i>	9:30-10:15 CS ◆	Cycle Power <i>Nikki Bucks</i>	9:30-10:15 MS ◆	Cardio Sculpt <i>Stephanie Levinson</i>	9:30-10:15 TR ◆	Pilates Mat <i>Will Taylor</i>	10:30-10:15 YS ◆	Cycle Beats <i>Shawn Kobetz</i>	10:45-11:30 MS ◆	Best Butt Ever <i>Bransen Gates</i>	11:15-12:00 MS ◆	Best Butt Ever <i>Stephanie Levinson</i>
10:45-11:30 YS ◆	Athletic Stretch <i>Cooper Chou</i>	10:30-11:15 YS ◆	Pilates Mat <i>Ma Wenger</i>	10:45-11:30 YS ◆	True Barre <i>James Ervin</i>	10:30-11:30 YS ◆	Pilates Mat <i>Will Taylor</i>	10:45-11:30 YS ◆	Barre <i>Ma Wenger</i>	11:00-11:45 YS ◆	Regeneration Yoga <i>Anubha Elaine Boudouris</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Danicia Ambron</i>
12:00-12:45 YS ◆	True Barre <i>Christopher Howard</i>	10:45-11:30 MS ◆	Studio Dance <i>Christopher Howard</i>	12:00-12:45 YS ◆	Pilates Fusion <i>Kathryn Anta</i>	10:45-11:30 MS ◆	Zumba@ <i>Anastasiia Gavriukhova</i>	11:00-11:45 YS ◆	Precision Run@ <i>Shane Blouin</i>	2:00-3:00 YS ◆	Precision Run@ <i>Gerard Thelemaque</i>	2:00-2:45 YS ◆	Athletic Stretch <i>Anubha Elaine Boudouris</i>
4:30-5:15 YS ◆	Pilates Mat <i>Rachel Genise</i>	12:00-1:00 YS ◆	Regeneration Yoga <i>Mary Aranas</i>	12:00-12:45 YS ◆	Elevate <i>Margaret Schwarz</i>	10:45-11:30 MS ◆	True Barre <i>Pamela Arkin</i>	12:00-12:45 YS ◆	Athletic Stretch <i>Anubha Elaine Boudouris</i>	1:00-1:45 YS ◆	Pilates Mat <i>Ma Wenger</i>	5:00-5:45 YS ◆	Restorative Yoga <i>Jennifer Harvey</i>
5:30-6:15 MS ◆	Firestarter + Best Abs Ever <i>Luke Bernier</i>	5:15-6:00 YS ◆	Barre <i>Brian Slaman</i>	4:45-5:30 TR ◆	Cardio Dance <i>Sammy Tuchman</i>	12:00-12:50 YS ◆	Trilogy Barre <i>Karla Beltchenko</i>	4:30-5:15 YS ◆	Barre <i>Vivian Jonokuchi</i>	5:15-6:00 MS ◆	Pilates Mat <i>Ma Wenger</i>		
5:45-6:30 YS ◆	Athletic Yoga <i>Kristina Enkson</i>	5:45-6:30 MS ◆	Athletic Conditioning <i>Kyle White</i>	5:30-6:15 MS ◆	Vinyasa Yoga <i>Margaret Schwarz</i>	5:15-6:00 YS ◆	Trilogy Barre <i>Karla Beltchenko</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>KaRa Dizon</i>	5:30-6:30 YS ◆	2:00-3:00 YS ◆		
6:30-7:15 CS ◆	Cycle Beats <i>Alex Puette</i>	6:00-6:45 CS ◆	Cycle Beats <i>Kyle O'Brien</i>	5:45-6:30 YS ◆	Vinyasa Yoga <i>Margaret Schwarz</i>	5:45-6:30 MS ◆	Cardio Sculpt <i>Stephanie Lewinson</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Claudia Jasper</i>	5:45-6:30 CS ◆	2:00-3:00 YS ◆		
6:45-7:30 MS ◆	METCON3 <i>Christopher Howard</i>	6:15-7:15 YS ◆	Restorative Yoga <i>Mary Home</i>	6:30-7:15 CS ◆	Cycle Beats <i>Jeremiah Callaghan</i>	6:00-6:45 MS ◆	Cycle Power <i>Meghan Cox</i>	5:45-6:30 CS ◆	Cycle Power <i>Chelsea Amengual</i>				
7:00-7:45 YS ◆	Barre <i>Brian Slaman</i>	7:15-8:00 MS ◆	Best Butt Ever <i>Kyle O'Brien</i>	6:45-7:30 MS ◆	Stacked! <i>Carolann Valentino</i>	6:00-6:45 CS ◆	Athletic Yoga <i>Karla Beltchenko</i>						
		7:30-8:15 YS ◆	Barre <i>Robert Burke</i>	7:00-7:45 YS ◆	Barre <i>Sarah Marchetti Gleim</i>	6:15-7:15 YS ◆	Athletic Yoga <i>Karla Beltchenko</i>						
						7:00-7:45 MS ◆	Tabata Max <i>Clinton Foster</i>						
						7:15-8:00 TR ◆	Precision Run@ <i>Steve Mitchell</i>						
						7:30-8:15 YS ◆	Pilates Fusion <i>Vivian Jonokuchi</i>						

EQUINOX

EAST 85TH STREET

203 EAST 85TH ST
NEW YORK NY 10028
EQUINOX.COM
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MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

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

GROUP FITNESS MANAGER

brian.slaman@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
TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

CYCLING

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.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS 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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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

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.

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.

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.

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.

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

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.