

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 CS ◆	Studio Cycling <i>LR Davidson</i>	6:30-7:15 MS	Stacked! <i>Matt Ortel</i>	6:30-7:15 MS ◆	TRX Suspension Workout <i>Susane Pata</i>	6:30-7:15 MS	Athletic Conditioning <i>Parker Krug</i>	6:30-7:20 TR ◆	Precision Running@ <i>Rachel Mariotti</i>	8:30-9:20 TR ◆	Precision Running@ <i>Kevin Evans</i>	9:15-10:00 CS ◆	Cycle Beats <i>Erica Villalba</i>
9:00-9:45 MS	<b>EQX Barre Burn</b> <i>Dillon Spicer</i>	7:00-7:45 CS ◆	Studio Cycling <i>Wil Ashley</i>	6:45-7:30 CS ◆	Studio Cycling <i>Chayanne Joel</i>	6:30-7:30 YS	Power Yoga <i>Robert Nguyen</i>	7:00-7:45 CS ◆	Studio Cycling <i>Wil Ashley</i>	8:45-9:30 MS	Athletic Conditioning <i>Patrick Tae</i>	10:00-10:45 MS	Athletic Conditioning <i>Chris Norvell</i>
10:00-10:30 MS	<b>Firestarter</b> <i>Justine Ayala</i>	7:00-7:45 YS	Pilates <i>Gina Ianni</i>	7:00-8:00 YS	<b>Vinyasa Yoga</b> <i>Dana Slamp</i>	7:00-7:45 CS ◆	Studio Cycling <i>Monika Janeczczek</i>	7:30-8:15 MS ◆	Tabata <i>Amy Amato</i>	9:00-11:00 LO	<b>Personal Training Workshops</b> <i>Equinox Trainers</i>	10:30-12:00 YS ◆	Power Yoga (L2) <i>Domenic Savino</i>
10:35-10:55 MS	<b>Ab Lab</b> <i>Justine Ayala</i>	7:30-8:15 MS ◆	PURE STRENGTH <i>Matt Ortel</i>	7:30-8:15 MS	<b>METCON3</b> <i>Antonio Hudson</i>	7:30-8:15 MS	THE CUT <i>Abbey Hunt</i>	8:15-9:15 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	9:30-10:15 CS ◆	Studio Cycling <i>James Donegan</i>	11:00-11:45 MS	METCON3 <i>Chris Norvell</i>
12:00-12:45 MS	EQX Barre Burn <i>Kevin VerEecke</i>	9:15-9:45 MS ◆	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	8:15-9:05 CS ◆	The Pursuit: Build <i>Arthur Tang</i>	10:00-11:00 YS	Vinyasa Yoga <i>Sarra Morton</i>	9:15-9:45 MS ◆	THE CUT: Jump Rope <i>Nyree Brown</i>	10:00-10:45 MS	Tabata <i>Angie Lee</i>	11:15-12:05 CS ◆	The Pursuit: Build <i>Erica Villalba</i>
12:45-1:30 CS ◆	Studio Cycling <i>Liz Wexler</i>	10:00-10:45 MS	Athletic Conditioning <i>Jan Erik Navoa</i>	12:15-1:15 YS	Vinyasa Yoga <i>Sarra Morton</i>	12:00-12:45 MS ◆	TRX Suspension Workout <i>Nyree Brown</i>	10:00-11:00 MS ◆	TRX Suspension Workout (L2) <i>Nyree Brown</i>	10:15-11:30 YS ◆	Vinyasa Yoga <i>Liz Wexler</i>	12:15-12:45 MS	<b>Firestarter</b> <i>Andrew Harper</i>
3:30-4:30 YS ◆	<b>Vinyasa Yoga</b> <i>Sarah Girard</i>	12:00-12:30 MS	Below the Belt <i>Leon Joseph</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Erica Villalba</i>	12:45-1:30 YS	Barefoot Body Conditioning <i>Adam Bokunewicz</i>	12:00-12:45 CS ◆	Studio Cycling <i>Lindsay Carson</i>	11:00-11:45 CS ◆	Studio Cycling <i>Alfonso Alchaer</i>	12:15-1:15 YS	<b>Pilates</b> <i>Jennifer Tse</i>
5:30-6:20 TR ◆	Precision Running@ <i>Clayton Rule</i>	12:30-1:00 MS	Above the Belt <i>Leon Joseph</i>	5:30-6:15 TR ◆	Precision Running@ <i>Alfonso Alchaer</i>	12:50-1:20 MS ◆	THE CUT: Jump Rope <i>Nyree Brown</i>	1:00-2:00 YS	Power Yoga <i>Lindsay Carson</i>	11:00-11:45 MS	Best Butt Ever Story <i>VonHolzhausen</i>	12:45-1:15 MS	<b>Best Abs Ever</b> <i>Andrew Harper</i>
6:00-6:30 MS	Ab Lab <i>Lynze Schiller</i>	12:30-1:15 YS	Pilates Band <i>Morgana Tessler</i>	6:00-6:45 YS	Pilates Band <i>Morgana Tessler</i>	5:30-6:00 MS	Best Abs Ever <i>Eddie Carrington</i>	5:30-6:15 YS	Barefoot Body Conditioning <i>Heather Ashley</i>	11:45-1:00 YS ◆	Power Yoga <i>Yanik Faylayev</i>	2:00-2:45 MS ◆	THE MUSE™ <i>Or Artzi</i>
6:30-7:15 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>	5:45-6:15 MS ◆	THE MUSE™ <i>Kevin VerEecke</i>	6:30-7:15 MS	<b>Best Butt Ever</b> <i>Andrew Slane</i>	6:00-6:45 MS	THE CUT <i>Eddie Carrington</i>	6:15-7:05 CS ◆	The Pursuit: Burn <i>Chayanne Joel</i>	12:00-12:45 MS ◆	PURE STRENGTH <i>Matthew Johnson</i>	3:00-4:00 YS	Vinyasa Yoga <i>Leo Rising</i>
6:30-7:15 MS ◆	<b>METCON3</b> <i>Lynze Schiller</i>	6:00-7:00 YS	Candlelight Flow Yoga <i>Liz Wexler</i>	7:00-7:45 CS ◆	Studio Cycling <i>Monika Janeczczek</i>	6:30-7:30 YS	Vinyasa Yoga <i>Brian Liem</i>	6:30-7:45 YS	Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:15 CS ◆	Performance Cycling Story <i>VonHolzhausen</i>	4:00-4:50 MS	Barefoot Body Conditioning <i>Zach Bergfelt</i>
6:30-7:15 YS	Pilates <i>Erin Ginn</i>	6:30-7:15 MS ◆	EQX Barre Burn <i>Kevin VerEecke</i>	7:00-8:15 YS ◆	Power Yoga <i>Yanik Faylayev</i>	7:00-7:45 CS ◆	Studio Cycling <i>Tara McKiernan</i>	7:00-7:45 MS	Whipped! <i>Lulu Faria</i>	2:00-2:45 MS	EQX Barre Burn <i>Felicia Csolak</i>	5:00-6:00 YS ◆	Vinyasa Yoga <i>Leo Rising</i>
7:30-8:15 MS	Athletic Conditioning <i>Patrick Tae</i>	7:00-7:50 CS ◆	The Pursuit: Burn <i>Chayanne Joel</i>	7:30-8:15 MS	<b>THE CUT</b> <i>Kari McKillip</i>	7:00-7:45 MS	Whipped! <i>Lulu Faria</i>	7:30-8:00 YS	Meditation <i>Brian Liem</i>	2:45-3:15 MS ◆	THE MUSE™ <i>Felicia Csolak</i>	6:00-6:30 YS	Meditation <i>Leo Rising</i>
		7:15-8:15 YS	Athletic Yoga (L2) <i>Mikee Richardson</i>							6:00-7:00 YS	Vinyasa Yoga <i>Robert Nguyen</i>		
		7:30-8:15 MS	Tabata <i>Abbey Hunt</i>										

## HIGH LINE

100 TENTH AVENUE  
NEW YORK NEWYORK 10011  
212.367.0863  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30 AM - 11:00 PM

**FRI:** 5:30 AM - 10:00 PM

**SAT - SUN:** 8:00 AM - 9:00 PM

KID'S CLUB HOURS

**MON - SUN:** 8:00 AM - 2:00 PM

**GROUP FITNESS MANAGER**

LIZ WEXLER

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## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

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

**WHAT'S NEW THIS MONTH**  
Graceful. Intense.  
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

## CYCLING

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**PERFORMANCE CYCLING** Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

**STUDIO CYCLING** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

## RUNNING

**PRECISION RUNNING®** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

## 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.

**CANDLELIGHT FLOW YOGA** Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

**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.

**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

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**ATHLETIC CONDITIONING** Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

**BEST ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**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.

**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.

**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.

**PERSONAL TRAINING WORKSHOPS** There's no substitute for expertise. Discover what you've always wanted to know about high-performance living, straight from our unparalleled personal trainers. Check with your club for this month's topic and be sure to add to your weekly calendar.

**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.

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**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!

**TRX SUSPENSION WORKOUT** Turn your workout upside down and change your body without lifting a single weight! This workout makes use of a simple strap with handles whose suspension design uses body weight and the laws of physics to create hundreds of exercise progressions with virtually unlimited levels of resistance.

**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

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

## LONG + LEAN

**ABOVE THE BELT** A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

**BAREFOOT BODY CONDITIONING** High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

**BELOW THE BELT** A complete lower body experience to tone and strengthen the glutes, thighs and hamstrings. Complete workout with abdominal and lower back conditioning and hip and thigh flexibility.

**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.

## 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 BAND** Enhance your Pilates workout with the addition of a resistance band. Challenges core stability in new ways while toning the arms and legs for a total body workout.

## BOXING + MARTIAL ARTS

**THE CUT** A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

## ACTIVE REGENERATION

**MEDITATION** Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.