

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 MS	Athletic Conditioning <i>Ben Dampley</i>	6:30-7:20 TR◆	Precision Running® <i>Rachel Mariotti</i>	9:00-9:45 MS◆	30/60/90® <i>Kristi Molinaro</i>	10:00-10:45 MS	30/60/90® <i>Peyton Royal</i>	10:00-11:15 YS	Memorial Day Warrior Yoga <i>Robert Nguyen</i>	6:30-7:15 MS	Stacked! <i>Matt Ortel</i>	6:30-7:15 MS◆	TRX Suspension Workout <i>Susane Pata</i>
7:00-7:45 CS◆	Studio Cycling <i>Benjamin Green</i>	7:00-7:45 CS◆	Studio Cycling <i>Emma Marr (SUB)</i>	9:30-10:15 CS◆	Amy's A.R.M.Y.™ Cycling <i>Amy Amato</i>	10:30-11:45 YS◆	Power Yoga (L2) <i>Domenic Savino</i>	11:00-11:45 CS◆	Gear up for Summer <i>Reza Pazooki</i>	7:00-7:45 CS◆	Studio Cycling <i>Alfonso Alchaer</i>	6:45-7:30 CS◆	Studio Cycling <i>Chayanne Joel</i>
7:00-7:45 YS	Pilates <i>Kerstin Porter</i>	7:30-8:15 MS	Tabata <i>Amy Amato</i>	9:45-10:15 MS	30/60/90® Core <i>Kristi Molinaro</i>	10:45-11:15 MS	30/60/90® Core <i>Peyton Royal</i>	11:00-11:45 MS	Gear up for Summer <i>Adam Bokunewicz (SUB)</i>	7:00-7:45 YS	Pilates <i>Gina Ianni</i>	7:00-8:00 YS	Vinyasa Yoga <i>Kristina Erikson (SUB)</i>
7:30-8:00 MS◆	Firestarter <i>Rachel Vaziralli</i>	8:15-9:15 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	11:00-11:45 CS◆	Gear up for Summer <i>Alfonso Alchaer</i>	11:30-12:15 CS◆	Gear up for Summer <i>Alfonso Alchaer</i>	12:30-1:15 MS	EQX Barre Burn <i>Adam Bokunewicz (SUB)</i>	7:30-8:15 MS	30/60/90® <i>Ari Waldman (SUB)</i>	7:30-8:15 MS	Booty Blast <i>Antonio Hudson</i>
8:00-8:30 MS	Best Abs Ever <i>Rachel Vaziralli</i>	10:00-11:00 MS◆	TRX Suspension Workout (L2) <i>Nyree Brown</i>	11:30-1:00 YS◆	Power Yoga (L2) <i>Domenic Savino</i>	12:15-1:15 YS	Pilates <i>Jennifer Tarentino</i>			10:00-11:00 MS	Body Conditioning <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>	12:00-12:50 CS◆	The Pursuit: Burn <i>Shanda Woods</i>							12:15-1:00 MS	Athletic Conditioning <i>Lulu Faria</i>	12:15-1:15 YS	Vinyasa Yoga <i>Sarra Morton</i>
12:30-1:15 MS	TRX Suspension Workout <i>Nyree Brown</i>	12:30-1:00 MS◆	Firestarter <i>Nikita Chaudhry</i>							12:30-1:15 YS	Pilates Band <i>Morgana Tessler</i>	1:00-1:50 CS◆	The Pursuit: Build <i>Constance Marie Cohen</i>
5:30-6:00 MS	Best Abs Ever <i>Eddie Carrington</i>	1:00-1:30 MS	Best Abs Ever <i>Nikita Chaudhry</i>							5:30-6:20 TR◆	Precision Running® <i>Constance Marie Cohen</i>	6:00-6:45 YS	Pilates Band <i>Morgana Tessler</i>
6:00-6:45 MS	THE CUT <i>Eddie Carrington</i>	1:00-2:00 YS	Vinyasa Yoga <i>Shanda Woods</i>							6:00-7:00 YS	Alignment Flow Yoga <i>Mindy Bacharach</i>	6:30-7:15 MS	TRX MAX <i>Reza Pazooki</i>
6:30-7:30 YS	Candlelight Flow Yoga <i>Brian Liem</i>	6:00-6:45 MS	Barre <i>Heather Ashley</i>							6:30-7:15 MS◆	EQX Barre Burn <i>Adam Bokunewicz (SUB)</i>	7:00-7:45 CS◆	Studio Cycling <i>Monika Janeczczek</i>
7:00-7:45 CS◆	Studio Cycling <i>Benjamin Green</i>	6:30-7:45 YS	Candlelight Flow Yoga <i>Lisa Landphair (SUB)</i>							7:00-7:50 CS◆	The Pursuit: Burn <i>Chayanne Joel</i>	7:00-8:15 YS◆	Power Yoga (L2) <i>Yanik Faylayev</i>
7:00-7:45 MS	Whipped! <i>Lulu Faria</i>									7:15-8:15 YS	Power Yoga (L2) <i>Mikee Richardson</i>	7:30-8:15 MS	THE CUT <i>Nikita Chaudhry</i>
7:30-8:00 YS	Meditation <i>Brian Liem</i>									7:30-8:15 MS	METCON3 <i>Teddy Sanchez</i>		

EQUINOX

HIGH LINE

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 PM

GROUP FITNESS MANAGER

COCO COHEN

Coco.Cohen@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
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

AMY'S A.R.M.Y.™ CYCLING Amy Really Motivates You to push beyond your limits in a heart-racing, adrenalin-flowing, absolutely-no-excuses cycling class. Expect to climb and race up steep hills and sprint as she gets you past your "finish line" with her "yes you can, yes you will, yes you are" mantra.

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

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

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.

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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.

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.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-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!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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.

CONDITIONING

30/60/90® CORE Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

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.

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.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

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. The program includes 250+ highly functional exercises to develop lean and powerful muscle throughout the entire body.

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.

ACTIVE REGENERATION

MEDITATION Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.