

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:15 MS Athletic Conditioning Team Equinox	6:30-7:15 MS Stacked! <i>Matt Ortel</i>	6:30-7:15 MS ◆ TRX Suspension Workout <i>Susane Pata</i>	9:00-10:00 MS Body Conditioning Nyree Brown	7:00-7:45 CS ◆ Studio Cycling <i>Wil Ashley</i>	8:45-9:30 MS Athletic Conditioning <i>Patrick Tae</i>	9:00-9:45 MS Athletic Conditioning Lulu Faria (SUB)
7:00-7:45 CS ◆ Studio Cycling <i>LR Davidson</i>	7:00-7:45 CS ◆ Studio Cycling <i>Wil Ashley</i>	6:45-7:30 CS ◆ Studio Cycling <i>Chayanne Joel</i>	9:30-10:30 YS Gratitude Yoga Sarra Morton	7:30-8:15 MS ◆ Tabata <i>Miriam Shestack (SUB)</i>	10:00-10:45 MS Tabata <i>Angie Lee</i>	10:00-11:00 MS Body Conditioning Team Equinox
7:30-8:20 MS EQX Barre Burn <i>Elgin McCargo (SUB)</i>	7:00-7:45 YS Pilates <i>Mathew Makings (SUB)</i>	7:00-8:00 YS Vinyasa Yoga <i>Mary Dana Abbott</i>	10:00-10:45 CS ◆ Beast n Feast Ride Liz Wexler	8:15-9:15 YS Vinyasa Yoga <i>Jessica Willis (SUB)</i>	10:30-11:15 CS ◆ Cycle Beats Alfonso Alchaer (SUB)	10:30-12:00 YS ◆ Power Yoga (L2) <i>Liz Wexler (SUB)</i>
12:15-1:15 YS Vinyasa Yoga <i>Jess Taras</i>	7:30-8:15 MS ◆ PURE STRENGTH <i>Matt Ortel</i>	7:30-8:15 MS Booty Blast <i>Team Equinox (SUB)</i>	10:15-11:00 MS Thanks and Planks Nyree Brown	9:15-9:45 MS ◆ THE CUT: Jump Rope <i>Nyree Brown</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Benn Rasmussen (SUB)</i>	11:15-12:00 CS ◆ Cycle Beats <i>Pam Nahal</i>
12:30-1:15 CS ◆ Studio Cycling <i>Liz Wexler</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>	11:45-12:30 MS Barefoot Body Conditioning Liz Wexler	10:00-11:00 MS ◆ TRX Suspension Workout (L2) <i>Nyree Brown</i>	11:00-11:45 MS Best Butt Ever <i>Story VonHolzhausen</i>	12:00-12:30 MS ◆ Firestarter <i>Andrew Harper</i>
12:30-1:15 MS EQX Barre Burn <i>Kevin VerEecke</i>	10:00-10:45 MS Body Conditioning <i>Jan Erik Navoa</i>	12:15-1:15 YS Vinyasa Yoga <i>Sarra Morton</i>		12:00-1:00 YS Vinyasa Yoga Sarah Girard	11:30-12:15 CS ◆ Studio Cycling Alfonso Alchaer	12:15-1:15 YS Pilates <i>Mathew Makings</i>
5:45-6:35 TR ◆ Precision Running® <i>Benjamin Green</i>	12:00-12:30 MS Below the Belt <i>Leon Joseph</i>	12:30-1:15 CS ◆ Studio Cycling <i>VonHolzhausen</i>		1:00-1:15 YS Meditation Sarah Girard	11:45-1:00 YS ◆ Power Yoga <i>Yanik Faylayev</i>	12:30-1:00 MS Best Abs Ever <i>Andrew Harper</i>
6:00-6:30 MS Ab Lab <i>Lynze Schiller</i>	12:30-1:00 MS Above the Belt <i>Leon Joseph</i>	6:00-6:45 YS Pilates Band <i>Morgana Tessler</i>		6:00-6:45 MS Barre <i>Heather Ashley</i>	12:00-1:00 MS Liquid Strength® Story VonHolzhausen	1:30-2:30 CS ◆ Performance Cycling <i>Liz Wexler (SUB)</i>
6:30-7:15 MS METCON3 <i>Lynze Schiller</i>	12:30-1:15 YS Pilates Band <i>Morgana Tessler</i>	6:30-7:15 MS Athletic Conditioning Team Equinox		6:15-7:05 CS ◆ The Pursuit: Build <i>Chayanne Joel</i>	6:00-7:00 YS Vinyasa Yoga <i>Kristina Erikson (SUB)</i>	5:00-6:00 YS Vinyasa Yoga <i>Leo Rising</i>
6:30-7:15 YS Pilates <i>Erin Ginn</i>	6:00-7:05 YS Yoga and Meditation <i>Liz Wexler</i>	7:00-7:45 CS ◆ Studio Cycling <i>Monika Janeczek</i>		6:30-7:45 YS Vinyasa Yoga <i>Johan Montijano</i>		6:00-6:30 YS Meditation <i>Leo Rising</i>
7:00-7:45 CS ◆ Studio Cycling <i>Benjamin Green</i>	6:30-7:15 MS ◆ EQX Barre Burn <i>Kevin VerEecke</i>	7:00-8:15 YS ◆ Power Yoga (L2) <i>Yanik Faylayev</i>				
7:30-8:15 MS Athletic Conditioning <i>Patrick Tae</i>	7:00-7:50 CS ◆ The Pursuit: Build <i>Chayanne Joel</i>	7:30-8:15 MS THE CUT <i>Nikita Chaudhry</i>				
7:30-8:30 YS ◆ Vinyasa Yoga <i>Sarah Girard</i>	7:15-8:15 YS Athletic Yoga (L2) <i>Mikee Richardson</i>					
	7:30-8:15 MS Athletic Conditioning Declan Julien					

HIGH LINE

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

LIZ WEXLER
elisabeth.wexler@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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

YOGA AND MEDITATION Heat and wake the body with a thoughtful yoga flow. Then get centered and energized with a meditation. Relax, regenerate and re-focus!

ATHLETIC TRAINING

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 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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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

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

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.

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.

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!

LIQUID STRENGTH Liquid Strength®: "Best New Fusion Class" (NY Magazine). Take off your shoes and blast your upper AND lower body (especially targeted) w/every fluid Liquid Strength® move. Posture-Power-Peace=a whole new you.

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.

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.

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.