

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS	METCON3 <i>Teddy Sanchez</i>	6:30-7:15 MS	Stacked! <i>Matt Ortel</i>	6:30-7:15 MS ◆	TRX Suspension Workout <i>Susane Pata</i>	6:30-7:20 MS	EQX Barre Burn <i>Katherine Menna</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	Athletic Conditioning <i>Chris Norvell</i>
7:00-7:45 CS ◆	Studio Cycling <i>LR Davidson</i>	7:00-7:45 CS ◆	Studio Cycling <i>Emma Marr</i>	6:45-7:30 CS ◆	Studio Cycling <i>Chayanne Joel</i>	7:00-7:45 CS ◆	Studio Cycling <i>Monika Janeczek</i>	7:00-7:45 CS ◆	Studio Cycling <i>Angie Lee</i>	9:00-10:00 YS	Pilates <i>Jose Ruiz</i>	10:15-11:05 CS ◆	The Pursuit: Build <i>Constance Marie Cohen</i>
7:30-8:20 MS	EQX Barre Burn <i>Kelsey Stalter</i>	7:00-7:45 YS	Pilates <i>Gina Ianni</i>	7:00-8:00 YS	Vinyasa Yoga <i>Mary Dana Abbott</i>	7:00-7:45 YS	Pilates <i>Kerstin Porter</i>	7:30-8:15 MS ◆	Tabata <i>Amy Amato</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>
8:15-9:15 YS	Power Yoga <i>Robert Nguyen</i>	7:30-8:15 MS	30/60/90® <i>Ari Waldman</i>	7:30-8:15 MS	Booty Blast <i>Antonio Hudson</i>	7:30-8:00 MS ◆	Firestarter <i>Rachel Vaziralli</i>	8:15-9:15 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	9:55-10:20 MS	30/60/90® Core <i>Kristi Molinaro</i>	11:00-11:45 MS	METCON3 <i>Chris Norvell</i>
12:30-1:20 CS ◆	The Pursuit: Build <i>Reza Pazooki</i>	9:15-9:45 MS ◆	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	8:15-9:05 CS ◆	The Pursuit: Burn <i>Arthur Tang</i>	8:00-8:30 MS	Best Abs Ever <i>Rachel Vaziralli</i>	9:15-9:45 MS ◆	THE CUT: Jump Rope <i>Nyree Brown</i>	10:15-11:15 YS ◆	Vinyasa Yoga <i>Rika Henry</i>	12:00-12:30 MS ◆	Firestarter <i>Andrew Harper</i>
12:30-1:15 MS	EQX Barre Burn <i>Kevin VerEecke</i>	10:00-11:00 MS	Body Conditioning <i>Jan Erik Navoa</i>	12:15-1:15 YS	Vinyasa Yoga <i>Sarra Morton</i>	10:00-11:00 YS	Vinyasa Yoga <i>Sarra Morton</i>	10:00-11:00 MS ◆	TRX Suspension Workout <i>Nyree Brown</i>	10:30-11:15 MS ◆	30/60/90® <i>Kristi Molinaro</i>	12:15-1:15 YS	Pilates <i>Jennifer Tarentino</i>
1:00-2:00 YS	Vinyasa Yoga <i>Mindy Frenkel</i>	12:15-1:00 MS	Athletic Conditioning <i>Lulu Faria</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Benjamin Green</i>	12:00-12:45 MS	TRX Suspension Workout <i>Nyree Brown</i>	12:00-12:50 CS ◆	The Pursuit: Burn <i>Shanda Woods</i>	10:45-11:30 CS ◆	Studio Cycling <i>Alfonso Alchaer</i>	12:30-1:00 MS	Best Abs Ever <i>Andrew Harper</i>
5:45-6:35 TR ◆	Precision Running® <i>Benjamin Green</i>	12:30-1:15 YS	Pilates Band <i>Morgana Tessler</i>	6:00-6:45 YS	Pilates Band <i>Morgana Tessler</i>	12:50-1:20 MS ◆	THE CUT: Jump Rope <i>Nyree Brown</i>	12:30-1:00 MS ◆	Firestarter <i>Nikita Chaudhry</i>	11:30-12:15 MS ◆	Shockwave <i>Amy Amato</i>	1:30-2:30 CS ◆	Performance Cycling <i>Emma Marr</i>
6:00-6:30 MS	Ab Lab <i>Mario Godiva</i>	5:30-6:20 TR ◆	Precision Running® <i>Constance Marie Cohen</i>	6:30-7:15 MS	TRX MAX <i>Kendall Janicola</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>	11:30-1:00 YS ◆	Power Yoga (L2) <i>Domenic Savino</i>	5:00-6:00 YS	Vinyasa Yoga <i>Leo Rising</i>
6:30-7:15 MS	METCON3 <i>Mario Godiva</i>	6:00-7:00 YS	Alignment Flow Yoga <i>Mindy Bacharach</i>	7:00-7:45 CS ◆	Studio Cycling <i>Monika Janeczek</i>	6:00-6:45 MS	THE CUT <i>Eddie Carrington</i>	1:00-2:00 YS	Vinyasa Yoga <i>Shanda Woods</i>	12:20-1:05 MS	Tabata Strength <i>Amy Amato</i>	6:00-6:30 YS	Meditation <i>Leo Rising</i>
6:30-7:15 YS	Pilates <i>Erin Ginn</i>	6:30-7:30 CL	Summer Series: Equinox Run Group <i>Team Equinox</i>	7:00-8:15 YS ◆	Power Yoga (L2) <i>Yanik Faylayev</i>	6:30-7:30 YS	Vinyasa Yoga <i>Brian Liem</i>	6:00-6:45 MS	Barre <i>Heather Ashley</i>	6:00-7:00 YS	Vinyasa Yoga <i>Robert Nguyen</i>		
7:00-7:45 CS ◆	Tour de France Ride <i>Benjamin Green</i>	6:30-7:15 MS ◆	EQX Barre Burn <i>Kevin VerEecke</i>	7:30-8:15 MS	THE CUT <i>Nikita Chaudhry</i>	7:00-7:45 CS ◆	Studio Cycling <i>Stephanie Virchaux</i>	6:15-7:05 CS ◆	The Pursuit: Burn <i>Chayanne Joel</i>	6:30-7:45 YS	Vinyasa Yoga <i>Johan Montijano</i>		
7:30-8:15 MS	Whipped! <i>Luis Weber</i>	7:00-7:50 CS ◆	The Pursuit: Burn <i>Chayanne Joel</i>			7:00-7:45 MS	Whipped! <i>Lulu Faria</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	METCON3 <i>Teddy Sanchez</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

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

CL	Club Lobby
YS	Yoga Studio
TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

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.

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.

TOUR DE FRANCE RIDE Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

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.

SUMMER SERIES: EQUINOX RUN GROUP Join the Equinox run community. Rack up miles and take in the city's sights with a group run followed by an in-club regeneration session. Guided by Equinox's own trainers, these summer group runs through the urban jungle are guaranteed to inspire you and maximize your goals.

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.

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.

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

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.

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

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.

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. Meet your need for speed as you 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.