

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY																																																																																																	
6:15-7:15 YS◆ True Barre <i>Dexter Carter</i>	6:00-6:45 MS◆ <b>MetCon(M)</b> <b>Dylan Farris</b>	6:00-6:50 MS◆ True Athlete <i>Michael Keeney</i>	6:00-6:30 MS◆ Firestarter <i>Molly Day</i>	6:15-7:00 YS◆ THE MUSE™ <i>Justine Ayala</i>	6:15-7:00 YS◆ THE MUSE™ <i>Justine Ayala</i>	6:30-7:15 CS◆ <b>Studio Cycling</b> <b>Leah Platt</b>	6:15-7:00 CS◆ Studio Cycling <i>Kevin Condon</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	8:30-9:15 CS◆ <b>Cycle Beats</b> <b>D Gunnz</b>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</i>	7:15-8:00 MS◆ PURE STRENGTH <i>Billy Cowell</i>	7:15-8:00 MS◆ THE CUT <i>Eddie Carrington</i>	7:00-7:50 CS◆ ANTHEM™ <i>Michael Keeney</i>	7:00-7:50 CS◆ ANTHEM™ <i>Michael Keeney</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	8:30-9:15 YS◆ THE MUSE™ <i>Bianca Reid</i>	8:00-8:50 YS◆ True Barre <i>Cindy Davis</i>	8:30-9:15 MS◆ Tabata Strength <i>Adam Bokunewicz</i>	8:30-9:20 CS◆ <b>The Pursuit: Burn</b> <b>Avery Washington</b>	7:15-8:00 MS◆ THE CUT <i>Eddie Carrington</i>	7:15-7:45 MS◆ Firestarter <i>Justine Ayala</i>	8:30-9:20 MS◆ Body Conditioning <i>Miri Greenberg</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:00-9:50 CS◆ The Pursuit: Burn <i>Avery Washington</i>	8:30-9:30 YS◆ True Barre <i>Kevin VerEecke</i>	8:30-9:20 MS◆ Athletic Conditioning <i>Eddie Carrington</i>	7:50-8:10 MS◆ Core Conditioning <i>Justine Ayala</i>	9:00-9:45 CS◆ Studio Cycling <i>Mike Harris</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:15-10:00 YS◆ Barre <i>Bianca Reid</i>	9:00-10:15 YS◆ Slow Flow Yoga <i>Lechoncza</i>	9:30-10:15 CS◆ Studio Cycling <i>Billy Cowell</i>	9:30-10:15 MS◆ Tabata <i>Monique Alhaddad</i>	9:30-10:20 MS◆ Barre <i>Miri Greenberg</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:30-10:15 MS◆ <b>Cycle Beats</b> <b>D Gunnz</b>	9:00-10:15 YS◆ Ropes and Rowers <i>Dylan Farris</i>	9:30-10:15 MS◆ Fully Loaded <i>Carolann Valentino</i>	9:30-10:15 YS◆ True Barre <i>Cindy Davis</i>	8:45-9:35 TR◆ Precision Running® <i>Billy Cowell</i>	9:30-10:15 CS◆ ANTHEM™ <i>Betsy Mallonee</i>	8:30-9:15 YS◆ Pilates <i>Niki Kramer</i>	9:30-10:15 MS◆ <b>MetCon(M)</b> <b>Stephanie</b> <b>Levinson</b>	10:30-11:15 CS◆ <b>Cycle Beats</b> <b>D Gunnz</b>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	9:30-10:15 MS◆ Elevate <i>Mike Harris</i>	9:30-10:20 MS◆ Chisel'd <i>Joan Ferraro</i>	10:15-11:15 YS◆ True Barre <i>Pamela Arkin</i>	10:30-11:20 MS◆ True Athlete <i>Eiren Shuman</i>	10:30-11:20 MS◆ True Athlete <i>Eiren Shuman</i>	10:30-11:15 YS◆ Barre <i>Dillon Spicer</i>	10:30-11:20 MS◆ Fully Loaded <i>Carolann Valentino</i>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	10:00-10:50 MS◆ <b>pureMUSCLE</b> <b>Leon Joseph</b>	9:30-10:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	10:30-11:20 MS◆ Athletic Conditioning <i>Abby Goldenberg</i>	10:30-11:15 YS◆ Barre <i>Dillon Spicer</i>	10:30-11:20 MS◆ Fully Loaded <i>Carolann Valentino</i>	9:30-10:15 MS◆ ANTHEM™ <i>Sarah May Epstein</i>	10:30-11:30 YS◆ Vinyasa Yoga <i>Elitza Ivanova</i>	10:45-11:30 CS◆ Studio Cycling <i>Mike Harris</i>	11:30-12:25 YS◆ Pilates <i>Cathe Thompson</i>	10:30-11:30 YS◆ Vinyasa Yoga <i>Lara Benusis</i>	10:30-11:30 YS◆ Vinyasa Yoga <i>Ana Sussmann</i>	11:30-12:30 MS◆ NYC Dance Project <i>Abby Goldenberg</i>	11:30-12:25 YS◆ Pilates <i>Cathe Thompson</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	12:00-12:50 TR◆ Precision Running® <i>Kevin St-Fort</i>	10:30-11:15 MS◆ Zumba® <i>Angie Colonna</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	10:45-11:35 YS◆ True Barre <i>James Ervin</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	11:30-12:30 MS◆ NYC Dance Project <i>Abby Goldenberg</i>	12:30-1:15 YS◆ Stretch Essentials <i>Cathe Thompson</i>	4:30-5:30 YS◆ Trilogy Barre <i>Alexis Sweeney</i>	12:15-1:00 YS◆ Pilates <i>Niki Kramer</i>	12:15-1:15 YS◆ Alignment Flow Yoga <i>Kristin Bilella</i>	6:30-7:15 YS◆ Studio Cycling <i>Amanda Colacicco</i>	6:30-7:15 YS◆ Barre <b>Cameron</b> <b>Norsworthy</b>	6:30-7:30 YS◆ Vinyasa Yoga <i>Dancia Ambron</i>	1:30-2:30 YS◆ Vinyasa Yoga <i>Victoria Greene</i>	6:00-6:45 MS◆ Athletic Conditioning <i>Chris Gilbert</i>	6:00-6:45 YS◆ EQX Barre Burn <i>Daigi-Ann Thompson</i>	4:30-5:15 YS◆ Pilates Power <i>Cathe Thompson</i>	6:30-7:15 YS◆ Barre <b>Cameron</b> <b>Norsworthy</b>	6:30-7:30 YS◆ Vinyasa Yoga <i>Dancia Ambron</i>	2:45-3:45 CL◆ Essentials Series <i>Team Equinox</i>	6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	6:30-7:30 CL◆ <b>Summer Series:</b> <b>Equinox Run</b> <b>Group (L1)</b> <b>Team Equinox</b>	6:00-6:30 YS◆ THE MUSE™ <i>Kathryn Blaze</i>	6:45-7:30 MS◆ Tabata Strength <i>Justin Walker</i>	5:00-6:00 YS◆ Power Yoga <i>Rika Henry</i>	6:30-7:15 YS◆ True Barre <i>Alexis Sweeney</i>	6:30-7:20 MS◆ The Pursuit: Build <i>Warren Perry</i>	6:30-7:15 CS◆ Cycle Beats <i>Julie Tamir</i>	6:15-7:15 YS◆ Restorative Yoga <i>Rika Henry</i>	7:00-7:45 MS◆ METCON3 <i>Jan Erik Navoa</i>	6:30-7:15 MS◆ PURE STRENGTH <i>Matthew Johnson</i>	6:30-7:00 MS◆ Firestarter <i>Dylan Farris</i>	6:30-7:15 YS◆ Pilates <i>Brooke Chaffee</i>	7:45-8:45 YS◆ Power Yoga <i>Britt Anderson</i>	7:00-8:00 YS◆ <b>Restorative Yoga</b> <b>&amp; Meditation</b> <b>Jennifer Harvey</b>	6:45-7:30 YS◆ Barre <i>Kathryn Blaze</i>	2:30-3:30 YS◆ Vinyasa Yoga <i>Mikee Richardson</i>	7:15-8:00 MS◆ Ropes and Rowers <i>Dylan Farris</i>	7:30-8:20 TR◆ Precision Running® <i>Caroline Kaczor</i>	7:30-8:20 TR◆ Precision Running® <i>Caroline Kaczor</i>

## EAST 85TH STREET

203 EAST 85TH ST  
NEW YORK NY 10028  
EQUINOX.COM  
@EQUINOX

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

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

**SAT - SUN:** 7:00AM - 9:00PM

### GROUP FITNESS MANAGER

pamela.newkirk-arkin@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

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

#### WHAT'S NEW THIS MONTH

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

### 🚲 CYCLING

**ANTHEM™** Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

**CYCLE BEATS** Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

**STUDIO CYCLING** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

**THE PURSUIT: BUILD** Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

**THE PURSUIT: BURN** Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

### 🏃 RUNNING

**ELEVATE** Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

**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 coaches, 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.

**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.

**RESTORATIVE YOGA** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**RESTORATIVE YOGA & MEDITATION** Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

**SLOW FLOW YOGA** Slow down and deepen your

practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

**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

**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 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.

**ESSENTIALS SERIES** The Essentials Series include: Cycling, Yoga, Athletic Training and Barre classes. The classes start with a brief introduction followed by an abbreviated workout.

**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.

**FULLY LOADED** Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

**METCON(M)** One of our most popular Group Fitness classes reimagined to not only train your body, but your brain for long-term health. This high-intensity metabolic conditioning workout takes body and brain through three rounds of ten exercises tailored to challenge you physically and mentally.

**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.

**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.

**PUREMUSCLE** A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**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.

**TRUE ATHLETE** This is athletic training, redefined. Boost your performance by pairing cutting-edge equipment used by the pros with your inner drive.

### 💎 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.

**TRILOGY BARRE** Barre's next evolution. Challenge your entire body with our signature triple-barre system and resistance bands for an intense workout beyond Barre as you know it.

**TRUE BARRE** Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

### 💎 LONG + LEAN

**CARDIO SCULPT** Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

**CHISEL'D** A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

**CORE CONDITIONING** Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

**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 POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

### 💎 DANCE

**NYC DANCE PROJECT** Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun & flashy. Dare yourself to be truthful & expressive, & dare yourself to really dance!

**ZUMBA®** Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.