

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:00 MS	Firestarter <i>Justine Ayala</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@ Kara Shull	8:30-9:20 TR ◆	Precision Running@ <i>Kevin Evans</i>	9:15-10:00 CS ◆	Studio Cycling <i>Leah Platt</i>
7:00-7:45 CS ◆	Studio Cycling Ally Raisian	7:00-7:45 CS ◆	Studio Cycling Kristin Kenney	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 Reed Foster	8:45-9:30 MS ◆	Ropes and Rowers <i>Patrick Tae</i>	10:00-10:45 MS ◆	PURE STRENGTH Chris Norvell
7:00-7:20 MS	Ab Lab <i>Justine Ayala</i>	7:00-7:45 YS	Pilates <i>Gina Ianni</i>	7:00-8:00 YS	Vinyasa Yoga <i>Dana Slamp</i>	7:00-7:45 CS ◆	Studio Cycling <i>Monika Janeczek</i>	7:30-8:15 MS ◆	Tabata <i>Amy Amato</i>	9:30-10:15 CS ◆	Studio Cycling <i>James Donegan</i>	10:30-11:45 YS ◆	Power Yoga (L2) <i>Vivian Luo</i>
7:30-8:20 MS	EQX Barre Burn <i>Dillon Spicer</i>	7:30-8:15 MS ◆	PURE STRENGTH Matt Ortel	7:30-8:15 MS	METCON3 <i>Antonio Hudson</i>	7:30-8:15 MS	THE CUT <i>Abbey Hunt</i>	8:30-9:30 YS	Vinyasa Yoga Johan Montijano	9:45-10:30 MS	Tabata <i>Angie Lee</i>	11:00-11:45 MS	METCON3 <i>Chris Norvell</i>
12:00-12:45 MS	EQX Barre Burn <i>Kevin VerEecke</i>	10:00-10:45 MS	Athletic 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>	9:15-9:45 MS ◆	THE CUT: Jump Rope <i>Nyree Brown</i>	10:00-12:00 LO	Personal Training Workshops <i>Equinox Trainers</i>	11:15-12:00 CS ◆	Cycle Beats <i>John King</i>
12:45-1:30 CS ◆	Studio Cycling <i>Liz Wexler</i>	12:00-12:30 MS	Below the Belt <i>Leon Joseph</i>	9:15-10:15 MS	EQX Barre Burn <i>Becca Pace</i>	12:30-1:15 MS ◆	TRX Suspension Workout <i>Nyree Brown</i>	10:00-11:00 MS ◆	TRX Suspension Workout (L3) Nyree Brown	10:15-11:30 YS ◆	Vinyasa Yoga <i>Liz Wexler</i>	12:15-12:45 MS	Firestarter Laura Hayes
5:30-6:20 TR ◆	Precision Running@ <i>Team Equinox</i>	12:30-1:00 MS	Above the Belt <i>Leon Joseph</i>	12:15-1:15 YS	Vinyasa Yoga <i>Sarra Morton</i>	12:45-1:30 YS	Barefoot Body Conditioning <i>Adam Bokunewicz</i>	12:00-12:45 CS ◆	Studio Cycling Story VonHolzhausen	11:00-11:45 MS	Studio Cycling <i>Alfonso Alchaer</i>	12:15-1:15 YS	Pilates <i>Jennifer Tse</i>
6:00-6:30 MS	Ab Lab <i>Lynze Schiller</i>	12:30-1:15 YS	Pilates Band <i>Morgana Tessler</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Erica Villalba</i>	5:30-6:00 MS	Best Abs Ever <i>Eddie Carrington</i>	1:00-2:00 YS	Power Yoga Rika Henry	11:00-11:45 MS	Best Butt Ever Story <i>VonHolzhausen</i>	12:45-1:15 MS	Best Abs Ever Laura Hayes
6:30-7:15 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>	5:45-6:15 MS ◆	THE MUSE™ <i>Kevin VerEecke</i>	5:30-6:15 TR ◆	Precision Running@ <i>Alfonso Alchaer</i>	6:00-6:00 MS	THE CUT <i>Eddie Carrington</i>	5:30-6:15 MS	METCON3 <i>Teddy Sanchez</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 MS ◆	METCON3 <i>Lynze Schiller</i>	6:00-7:00 YS	Candlelight Flow Yoga <i>Liz Wexler</i>	6:00-6:45 YS	Pilates Band <i>Morgana Tessler</i>	6:30-6:45 MS	Vinyasa Yoga <i>Brian Liem</i>	6:15-7:00 CS ◆	Studio Cycling Candace Peterson	12:00-12:45 MS ◆	PURE STRENGTH Matthew Johnson	3:00-4:00 YS	Vinyasa Yoga <i>Leo Rising</i>
6:30-7:15 YS	Pilates <i>Erin Ginn</i>	6:30-7:15 MS ◆	EQX Barre Burn <i>Kevin VerEecke</i>	6:30-7:15 MS ◆	PURE STRENGTH Andrew Slane	6:30-7:30 YS	Vinyasa Yoga <i>Brian Liem</i>	6:30-7:30 YS	Vinyasa Yoga <i>Lizzie Falkner</i>	12:15-1:15 CS ◆	Performance Cycling Story <i>VonHolzhausen</i>	6:00-6:30 YS	Meditation <i>Leo Rising</i>
7:30-8:15 MS ◆	Ropes and Rowers <i>Patrick Tae</i>	7:00-7:45 CS ◆	Studio Cycling <i>Alfonso Alchaer</i>	7:00-7:45 CS ◆	Studio Cycling <i>Monika Janeczek</i>	7:00-7:45 CS ◆	Whipped! <i>Lulu Faria</i>	6:30-7:30 YS	Vinyasa Yoga <i>Lizzie Falkner</i>	2:00-2:45 MS	EQX Barre Burn <i>Felicia Csolak</i>		
7:30-8:30 YS ◆	Vinyasa Yoga <i>Sarah Girard</i>	7:15-8:15 YS	Athletic Yoga (L2) <i>Mikee Richardson</i>	7:00-8:15 YS ◆	Power Yoga <i>Yanik Faylayev</i>	7:00-7:45 MS	Meditation <i>Brian Liem</i>			2:45-3:15 MS ◆	THE MUSE™ <i>Felicia Csolak</i>		
		7:30-8:15 MS	Tabata <i>Abbey Hunt</i>	7:30-8:00 MS	Firestarter <i>Andrew Slane</i>	7:30-8:00 YS				6:00-7:00 YS	Vinyasa Yoga <i>Robert Nguyen</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
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
TR	Treadmill Area
YS	Yoga Studio
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 Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

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 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.

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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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.

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!

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 Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

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.