

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|---|
| 6:15-7:00 MS ◆ Whipped! <i>Steven Strozza</i> | 6:00-6:45 TR ◆ Precision Run® <i>Steve Mitchell</i> | 6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Luke Bemier</i> | 6:00-6:45 TR ◆ Precision Run® <i>Steve Mitchell</i> | 6:30-7:15 MS ◆ Stacked! <i>Felicia Csolak</i> | 8:45-9:45 YS ◆ Regeneration Yoga <i>Anubha Elaine Boudouris</i> | 8:45-9:30 YS ◆ Pilates Mat <i>Caroline Strong</i> |
| 6:30-7:15 CS ◆ Cycle Power <i>Kevin Condon</i> | 6:15-7:00 CS ◆ Cycle Power <i>Kyle OBrien</i> | 7:00-7:45 CS ◆ Cycle Power <i>Steven Goldsmith</i> | 6:30-7:15 CS ◆ Cycle Power <i>Bemex Richardson</i> | 6:45-7:30 PD ◆ Aqua Sculpt <i>Torello Cabrol</i> | 9:00-9:45 MS ◆ Athletic Conditioning <i>Gary Baddal</i> | 9:45-10:30 MS ◆ Cardio Sculpt <i>Stephanie Levinson</i> |
| 6:45-7:30 PD ◆ Aqua Sculpt <i>Torello Cabrol</i> | 7:00-7:45 YS ◆ Barre <i>Diane LaVon</i> | 7:15-8:15 YS ◆ Vinyasa Yoga <i>Jessica Chin</i> | 6:45-7:30 BR ◆ Boxing <i>Jemaine Bailey</i> | 7:15-8:15 YS ◆ Vinyasa Yoga <i>Elitza Ivanova</i> | 9:30-10:15 CS ◆ Cycle Beats <i>D Gunnz</i> | 10:00-10:45 PD ◆ H2shO™ <i>Erwin Gonzalez</i> |
| 7:15-8:15 YS ◆ Regeneration Yoga <i>Josh Mathew-Meier</i> | 8:45-9:45 YS ◆ Vinyasa Yoga <i>Margaret Schwarz</i> | 7:30-8:15 BR ◆ Boxing <i>Jemaine Bailey</i> | 7:00-7:45 YS ◆ Pilates Mat <i>Caroline Strong</i> | 8:00-8:45 MS ◆ METCON3 <i>Stephanie Levinson</i> | 10:15-11:00 YS ◆ Pilates Mat <i>Erin Ginn</i> | 10:30-11:15 YS ◆ True Barre <i>Kevin VerEecke</i> |
| 7:30-8:15 BR ◆ Boxing <i>Thomas Heath</i> | 9:15-10:00 MS ◆ Tabata Max <i>Joan Ferraro</i> | 8:00-8:45 MS ◆ Best Butt Ever <i>Bransen Gates</i> | 8:45-9:45 YS ◆ Vinyasa Yoga <i>Joan Ferraro</i> | 8:30-9:15 CS ◆ Cycle Beats <i>Serena DiLiberto</i> | 10:30-11:15 MS ◆ Stacked! <i>Ma Wenger</i> | 10:45-11:30 CS ◆ Cycle Beats <i>Shane Blouin</i> |
| 8:00-8:45 MS ◆ Cardio Sculpt <i>Stephanie Levinson</i> | 9:30-10:15 CS ◆ Cycle Beats <i>Jack McGowan</i> | 9:00-9:45 YS ◆ Barre <i>James Ervin</i> | 9:15-10:00 MS ◆ Body Sculpt <i>Gerard Thelemaque</i> | 9:00-9:45 YS ◆ True Barre <i>Kevin VerEecke</i> | 11:45-12:45 YS ◆ Vinyasa Yoga <i>Eddie Teboul</i> | 11:15-12:00 MS ◆ STRONG <i>Sarah Cucuzzella</i> |
| 9:00-10:00 YS ◆ Vinyasa Yoga <i>Andrea Borrero</i> | 10:00-11:00 PD ◆ Swim Team <i>Brad Cole</i> | 9:30-10:15 MS ◆ Cardio Sculpt <i>Adam Bokunewicz</i> | 9:30-10:15 CS ◆ Cycle Beats <i>Mindy Leamard</i> | 9:30-10:15 MS ◆ Cardio Sculpt <i>Robert Burke</i> | 12:00-12:45 MS ◆ Cardio Dance <i>Yenny Barona</i> | 12:30-1:30 YS ◆ Vinyasa Yoga <i>Dana Slamp</i> |
| 9:30-10:15 MS ◆ Body Sculpt <i>Joan Ferraro</i> | 10:30-11:15 YS ◆ True Barre <i>Pamela Arkin</i> | 10:00-10:45 PD ◆ H2shO™ <i>Erwin Gonzalez</i> | 10:30-11:15 TR ◆ Elevate <i>Corky Corkum</i> | 10:45-11:30 YS ◆ Regeneration Yoga <i>Robert Nguyen</i> | 3:45-4:30 YS ◆ Athletic Yoga <i>Kristina Erikson</i> | 1:00-1:45 MS ◆ Cardio Dance <i>Anastasiia Gaviukhova</i> |
| 10:30-11:15 TR ◆ Elevate <i>Diane LaVon</i> | 12:00-1:00 YS ◆ Yoga Strong <i>Cooper Chou</i> | 10:45-11:30 YS ◆ Regeneration Yoga <i>Robert Nguyen</i> | 10:45-11:30 YS ◆ Barre <i>Richel Ruiz</i> | 11:00-11:45 MS ◆ Best Butt Ever <i>Adam Bokunewicz</i> | 2:00-2:45 YS ◆ Barre <i>Felicia Csolak</i> | 3:45-4:30 YS ◆ Meditation <i>Jennifer Harvey</i> |
| 10:45-11:30 YS ◆ Pilates Remix <i>Itsy Rachatasumrit</i> | 12:15-1:00 TR ◆ Precision Run® <i>Margaret Schwarz</i> | 12:15-1:00 YS ◆ Pilates Mat <i>Erin Ginn</i> | 11:00-11:45 MS ◆ Best Butt Ever <i>Adam Bokunewicz</i> | 2:00-2:45 PD ◆ H2shO™ <i>Erwin Gonzalez</i> | 4:00-4:45 TR ◆ Precision Run® <i>Danielle Wettan</i> | |
| 12:00-1:00 YS ◆ Regeneration Yoga <i>Robert Nguyen</i> | 4:45-5:30 MS ◆ Firestarter + Best Abs Ever <i>Clinton Foster</i> | 2:00-3:00 YS ◆ Restorative Yoga <i>Joan Ferraro</i> | 12:15-1:00 TR ◆ Precision Run® <i>Corky Corkum</i> | 4:45-5:30 MS ◆ Firestarter + Best Abs Ever <i>Clinton Foster</i> | 5:15-6:00 YS ◆ Athletic Yoga <i>Colleen Murphy</i> | |
| 12:15-1:00 PD ◆ Swim Team <i>Brad Cole</i> | 5:30-6:15 YS ◆ Athletic Yoga <i>Kat Suda</i> | 5:15-6:00 MS ◆ Cardio Dance <i>Anastasiia Gaviukhova</i> | 1:00-2:00 YS ◆ Iyengar Yoga <i>Adam Vitolo</i> | 5:30-6:15 MS ◆ Athletic Conditioning <i>Cole Hickman</i> | | |
| 5:00-5:45 PD ◆ Swim Team <i>Brad Cole</i> | 5:45-6:30 MS ◆ Tabata Max <i>Gerard Thelemaque</i> | 5:30-6:15 YS ◆ Barre <i>Elizabeth Portnoy</i> | 2:00-2:45 PD ◆ H2shO™ <i>Erwin Gonzalez</i> | | | |
| 5:15-6:00 MS ◆ Firestarter <i>Marina Colonna</i> | 6:00-6:45 BR ◆ Boxing <i>Jemaine Bailey</i> | 5:45-6:30 CS ◆ Cycle Beats <i>Mike Harris</i> | 4:45-5:30 MS ◆ Firestarter + Best Abs Ever <i>Clinton Foster</i> | | | |
| 5:30-6:15 YS ◆ Barre <i>Johnny Anzalone</i> | 7:00-7:45 TR ◆ Precision Run® <i>Gerard Thelemaque</i> | 6:45-7:30 MS ◆ Athletic Conditioning <i>Ron Christopher</i> | 5:30-6:15 YS ◆ Pilates Fusion <i>Fabricia Mierhof</i> | | | |
| 5:45-6:30 CS ◆ Cycle Beats <i>Shweky</i> | 7:05-7:50 CS ◆ Cycle Power <i>Alex Puette</i> | 7:00-8:00 YS ◆ Yoga Strong <i>Dee Holliday</i> | 5:45-6:30 MS ◆ Ropes and Rowers <i>Patrick Tae</i> | | | |
| 6:45-7:30 MS ◆ METCON3 <i>Mia Wenger</i> | 7:15-8:00 YS ◆ Pilates Mat <i>Sammie Denham</i> | 7:45-8:30 MS ◆ STRONG <i>Ron Christopher</i> | 6:45-7:30 CS ◆ Cycle Power <i>D Gunnz</i> | | | |
| 7:00-7:45 TR ◆ Precision Run® <i>Miriam Shestack</i> | | | 7:00-8:00 YS ◆ Vinyasa Yoga <i>Jennifer Carlin</i> | | | |
| 7:15-8:00 YS ◆ Vinyasa Yoga <i>Kristina Erikson</i> | | | | | | |

EQUINOX

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MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 8:00PM
SAT - SUN: 7:00AM - 7:00PM

GROUP FITNESS MANAGER

joan.ferraro@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 |
| PD | Pool Deck |
| TR | Treadmill Area |
| CS | Cycling Studio |
| YS | Yoga Studio |
| BR | Boxing Studio |

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

IYENGAR YOGA An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

FIRESTARTER A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping. An Equinox Exclusive.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

POOL

AQUA SCULPT A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints.

H2SHO™ H2shO™, created by Erwin González, integrates traditional movements of aqua fitness with the performance elements of musical theater. Minimal impact on your joints. Maximal impact on your wellbeing.

SWIM TEAM Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form.

STRETCH AND RECOVERY

MEDITATION Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

 **BARRE**

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.