

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆ Cycle Beats <i>Brian McFarland</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	6:15-7:00 CS◆ Studio Cycling <i>Kevin Condon</i>	6:30-7:15 MS◆ MetCon(M) Chayanne Joel Vinyasa Yoga <i>Robert Nguyen</i>	6:30-7:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:30-7:15 MS◆ Streamline Sculpt <i>Peyton Bryant</i>	6:15-7:00 CS◆ Studio Cycling <i>Emily Stubler</i>	6:30-7:15 MS Whipped! <i>Billy Cowell</i>	6:30-7:15 MS Boot Camp <i>Amanda Baker</i>	6:30-7:15 MS Cycle Beats <i>D Gunnz</i>	9:00-9:45 CS◆ Cycle Beats Pam Nahal	9:30-10:20 CS◆ The Pursuit: Burn Nora Herbstman	10:00-10:50 MS Cardio Sculpt <i>Robert Wallace</i>	10:00-11:00 YS Alignment Flow Yoga <i>Dee Holliday</i>
7:30-8:15 MS Tabata <i>Lisa Raphael</i>	7:00-8:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	7:30-8:15 MS◆ Boot Camp <i>Billy Cowell</i>	8:00-8:45 CS◆ Studio Cycling <i>Monika Janeczek</i>	7:30-8:15 MS Cardio Sculpt <i>Peyton Bryant</i>	10:00-10:45 MS EQX Barre Burn <i>Lou Ritter</i>	7:00-8:00 YS Power Yoga <i>Stormy Barbara</i>	7:30-8:15 MS EQX Barre Burn <i>Adam Bokunewicz</i>	7:30-8:00 MS◆ Firestarter <i>Kelsey Stalter</i>	8:00-8:30 MS Core Conditioning <i>Kelsey Stalter</i>	9:30-10:30 YS Vinyasa Yoga <i>Ana Sussmann</i>	10:00-11:00 MS Shadow-do <i>Steve Feinberg</i>	10:30-11:20 TR◆ Precision Running® <i>Ashley Underwood</i>	10:00-11:00 YS THE MUSE™ <i>Cathe Thompson</i>
12:15-1:00 CS◆ Studio Cycling <i>Selena Dorans</i>	12:30-1:15 MS◆ Streamline Sculpt <i>Lou Ritter</i>	12:15-1:00 CS◆ TERRAcycle! <i>Gregg Cook</i>	12:30-1:15 MS◆ True Barre <i>Pamela Arkin</i>	12:15-1:00 MS Best Butt Ever <i>Joan Ferraro</i>	12:30-1:30 YS Vinyasa Yoga <i>Jena Maenius</i>	8:00-8:45 CS◆ Studio Cycling <i>Billy Cowell</i>	9:30-10:20 MS Cardio Sculpt <i>Jeff Martin</i>	9:30-10:30 YS◆ True Barre <i>Alexis Sweeney</i>	12:00-12:45 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	10:30-11:15 CS◆ Cyclesanity® Jillian Wright	11:00-11:45 MS Cardio Kick <i>Robert Wallace</i>	12:00-12:45 CS◆ Studio Cycling <i>Brandy Jans</i>	12:00-11:00 YS Shadow-do <i>Steve Feinberg</i>
12:15-1:15 YS Vinyasa Yoga <i>Lisa Bermudez</i>	12:30-1:15 MS◆ True Barre <i>James Ervin</i>	12:15-1:00 MS Best Butt Ever <i>Joan Ferraro</i>	12:30-1:15 YS◆ True Barre <i>James Ervin</i>	12:30-1:30 YS Vinyasa Yoga <i>Jena Maenius</i>	1:15-2:00 MS Whipped! <i>Gregg Cook</i>	12:00-1:00 YS Vinyasa Yoga <i>Lisa-Marie Lewis</i>	12:30-1:15 MS Tabata <i>Jan Erik Navoa</i>	12:15-1:00 MS◆ MetCon(M) Alexander Charles	12:30-1:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	10:40-11:30 YS Pilates <i>Erin Ginn</i>	11:15-12:00 MS◆ Tabata (L2) <i>Jennifer Hamlin</i>	12:00-12:45 CS◆ Studio Cycling <i>Brandy Jans</i>	11:45-12:45 YS◆ Power Yoga <i>Mikee Richardson</i>
12:30-1:00 MS◆ Firestarter <i>Jennifer Hamlin</i>	1:20-2:20 YS Vinyasa Yoga <i>Johan Montijano</i>	1:15-2:00 MS Whipped! <i>Gregg Cook</i>	1:20-2:20 YS Vinyasa Yoga <i>Johan Montijano</i>	1:15-2:00 MS Whipped! <i>Gregg Cook</i>	5:45-6:30 MS◆ Barre <i>Naree Ketudat</i>	1:15-2:00 YS Pilates <i>Mathew Makings</i>	1:15-2:00 YS Pilates <i>Mathew Makings</i>	12:30-1:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	1:00-1:50 TR◆ Precision Running® <i>Jan Erik Navoa</i>	11:45-12:45 YS◆ Power Yoga <i>Mikee Richardson</i>	2:00-2:50 CS◆ The Pursuit: Burn Eric Cobb	12:00-12:45 CS◆ Studio Cycling <i>Brandy Jans</i>	12:00-1:00 YS Pilates <i>Zach Bergfelt</i>
1:00-1:20 MS Core Conditioning <i>Jennifer Hamlin</i>	5:30-6:00 MS◆ Firestarter <i>Natasha Ross</i>	5:45-6:30 MS◆ Barre <i>Naree Ketudat</i>	5:30-6:00 MS◆ Firestarter <i>Natasha Ross</i>	5:45-6:30 MS◆ Barre <i>Naree Ketudat</i>	6:00-6:45 CS◆ Studio Cycling <i>Erica Villalba</i>	5:30-6:15 MS Atletica <i>Stephen Bel Davies</i>	5:30-6:15 MS Atletica <i>Stephen Bel Davies</i>	1:00-1:50 TR◆ Precision Running® <i>Jan Erik Navoa</i>	1:15-2:00 MS◆ Best Butt Ever <i>Lou Ritter</i>	1:15-2:00 MS◆ Best Butt Ever <i>Lou Ritter</i>		5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	1:30-2:15 YS Pilates <i>Erin Ginn</i>
1:30-2:15 YS Pilates <i>Erin Ginn</i>	6:00-6:20 MS Ab Lab <i>Natasha Ross</i>	6:00-6:45 CS◆ Studio Cycling <i>Erica Villalba</i>	6:00-6:20 MS Ab Lab <i>Natasha Ross</i>	6:00-6:45 CS◆ Studio Cycling <i>Erica Villalba</i>	6:30-7:30 YS◆ Slow Flow Yoga <i>Mardi Sykes</i>	6:00-6:50 CS◆ The Pursuit: Burn <i>Eniko Kiraly</i>	6:00-6:50 CS◆ The Pursuit: Burn <i>Eniko Kiraly</i>	1:15-2:00 MS◆ Best Butt Ever <i>Lou Ritter</i>	5:30-6:20 MS EQX Barre Burn <i>Cindy Davis</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>		5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	1:30-2:15 YS Pilates <i>Erin Ginn</i>
5:30-6:15 MS Body Conditioning <i>Yury Rockit</i>	6:15-7:00 CS◆ SpeedCycle® <i>Steve Feinberg</i>	6:30-7:30 YS◆ Slow Flow Yoga <i>Mardi Sykes</i>	6:15-7:00 CS◆ SpeedCycle® <i>Steve Feinberg</i>	6:30-7:30 YS◆ Slow Flow Yoga <i>Mardi Sykes</i>	6:45-7:30 MS◆ METCON3 <i>Angie Lee</i>	6:30-7:15 MS Body Conditioning <i>Stephen Bel Davies</i>	6:30-7:15 MS Body Conditioning <i>Stephen Bel Davies</i>	5:30-6:20 MS EQX Barre Burn <i>Cindy Davis</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>		5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 YS Barre Zach Bergfelt
6:00-6:50 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	6:30-7:20 MS Atletica <i>Stephen Bel Davies</i>	7:15-8:05 CS◆ The Pursuit: Build <i>Erica Villalba</i>	6:30-7:20 MS Atletica <i>Stephen Bel Davies</i>	7:15-8:05 CS◆ The Pursuit: Build <i>Erica Villalba</i>	7:35-8:20 YS Pilates <i>Angie Lee</i>	6:30-7:30 YS Vinyasa Yoga <i>Dee Holliday</i>	6:30-7:30 YS Vinyasa Yoga <i>Dee Holliday</i>	5:30-6:20 MS EQX Barre Burn <i>Cindy Davis</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	6:30-7:30 YS Vinyasa Yoga <i>Jennifer Harvey</i>		5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 YS Barre Zach Bergfelt
6:30-7:15 MS Boot Camp <i>Larysa Didio</i>	6:30-7:15 YS◆ Pilates <i>Rita Thompson</i>	7:35-8:20 YS Pilates <i>Angie Lee</i>	6:30-7:15 YS◆ Pilates <i>Rita Thompson</i>	7:35-8:20 YS Pilates <i>Angie Lee</i>		7:30-8:15 MS◆ THE MUSE™ <i>Peyton Royal</i>	7:30-8:15 MS◆ THE MUSE™ <i>Peyton Royal</i>	6:30-7:30 YS Vinyasa Yoga <i>Jennifer Harvey</i>				5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 YS Barre Zach Bergfelt
6:30-7:45 YS◆ Power Yoga <i>Mardi Sykes</i>	7:30-8:30 MS Shadow-do <i>Steve Feinberg</i>		7:30-8:30 MS Shadow-do <i>Steve Feinberg</i>									5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 YS Barre Zach Bergfelt
7:15-8:00 CS◆ Studio Cycling <i>Nikki Bucks</i>	7:30-8:30 MS Shadow-do <i>Steve Feinberg</i>		7:30-8:30 MS Shadow-do <i>Steve Feinberg</i>									5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 YS Barre Zach Bergfelt
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7:45-8:30 YS Barre Zach Bergfelt	7:30-8:30 YS Vinyasa Yoga <i>Samantha Debicki</i>		7:30-8:30 YS Vinyasa Yoga <i>Samantha Debicki</i>									5:00-6:00 YS Vinyasa Yoga <i>Whitney Chapman</i>	7:45-8:30 YS Barre Zach Bergfelt

EAST 54TH STREET
 250 EAST 54TH STREET
 NEW YORK NY 10022
 EQUINOX.COM
 @EQUINOX

MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 9:00PM
SAT - SUN: 8:00AM - 9:00PM

GENERAL MANAGER
 NIKKI WILLIAMS
 nikki.williams@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
MS	Main Studio
YS	Yoga Studio
CS	Cycling 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

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

CYCLESANITY® Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

SPEEDCYCLE® A true athletic training ride. Created by Steve Feinberg, this class is composed of challenging endurance intervals and short duration HIIT sets, and accompanied by music to set the pace and push you forward.

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.

TERRACYCLE! Created by Gregg Cook and designed for outdoor road cyclists and triathletes, this class is based on real terrain and offers a challenging outdoor ride, indoors.

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

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

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.

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

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.

ATLETICA Sculpt and train your body like an athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

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.

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.

SPEEDBALL® A cardiovascular and muscular endurance class using the medicine ball as an athletic training tool. Increases agility, speed, core strength and stability especially, muscular endurance and functional athletic strength. Designed by Steve Feinberg

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!

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

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.

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.

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.

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

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.

BOXING + MARTIAL ARTS

CARDIO KICK An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

SHADOW-DO Challenging combination of boxing and kung fu drills, set to fast-paced house and hip hop music. Created by career martial artist Steve Feinberg, this marriage of applicable combat skill and cardio exercise will keep you at your highest energy possible!