

Bold New Class, Instructor, or Time

◆ Advance sign-up required

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|--------------------|---|---------------------|---|--------------------|--|--------------------|--|--------------------|--|---------------------|--|---------------------|---|
| 6:30-7:20 CS ◆ | The Pursuit: Build <i>Candace Peterson</i> | 6:15-7:00 CS ◆ | Cycle Power <i>Kevin Condon</i> | 6:30-7:15 CS ◆ | Cyclesanity@ <i>Jillian Wright</i> | 6:15-7:00 CS ◆ | Cycle Beats <i>Pilar Allen</i> | 6:30-7:15 CS ◆ | Cycle Beats <i>Kristin Kenney</i> | 9:00-9:45 CS ◆ | Cycle Beats <i>Pam Nahal</i> | 8:45-9:40 MS ◆ | Rounds <i>Kristina Tatarenko</i> |
| 6:30-7:15 MS | Athletic Conditioning <i>Daegan Benison</i> | 6:15-7:00 MS ◆ | Stacked! <i>Kevin St-Fort</i> | 6:30-7:15 MS ◆ | Streamline Sculpt <i>Peyton Bryant</i> | 6:30-7:15 MS ◆ | Master of One <i>Scott Genvais</i> | 6:30-7:15 MS ◆ | METCON3 <i>Kelsey Stalter</i> | 9:00-9:45 MS ◆ | pureMUSCLE <i>Leon Joseph</i> | 9:30-10:20 CS ◆ | The Pursuit: Bum <i>Nora Herbstman</i> |
| 7:30-8:15 MS ◆ | METCON3 <i>Lisa Raphael</i> | 7:00-8:00 YS | Vinyasa Yoga <i>Lauren Blandin</i> | 6:30-7:15 YS | Barre <i>Leah Hulgin</i> | 7:00-7:50 TR ◆ | Tread and Shred <i>Robert Pennino</i> | 7:30-8:00 TR ◆ | Firestarter <i>Kelsey Stalter</i> | 9:30-10:30 YS | Vinyasa Yoga <i>Ana Sussmann</i> | 10:00-10:45 MS ◆ | Powerstrike! <i>Kristina Tatarenko</i> |
| 10:00-10:45 MS | THE MUSE™ <i>Cathe Thompson</i> | 7:10-8:00 TR ◆ | Precision Run® <i>Kevin St-Fort</i> | 7:30-8:15 MS | Cardio Sculpt <i>Peyton Bryant</i> | 7:00-8:00 YS | Power Yoga <i>Stormy Barbara</i> | 8:00-8:30 MS | Core Conditioning <i>Kelsey Stalter</i> | 10:00-11:00 MS | Shadow-do <i>Steve Feinberg</i> | 10:30-11:30 YS | Alignment Flow Yoga <i>Dee Holliday</i> |
| 12:15-1:00 CS ◆ | Cycle Power <i>Selena Dorans</i> | 7:30-8:25 MS ◆ | Rounds <i>Kari McKillip</i> | 10:00-10:45 MS | EQX Barre Bum <i>Johnny Anzalone</i> | 7:30-8:20 MS | Band Bum <i>Matthew Liotine</i> | 9:30-10:30 YS ◆ | True Barre <i>Alexis Sweeney</i> | 10:30-11:20 TR ◆ | Precision Run® <i>Diane LaVon</i> | 11:00-11:45 MS ◆ | Master of One <i>Gerard</i> <i>Thelemaque</i> |
| 12:15-12:45 MS | Firestarter <i>Laysa Didio</i> | 8:00-8:45 CS ◆ | Cycle Beats <i>Tracey G</i> | 12:15-1:00 CS ◆ | Cycle Power <i>Robert Pennino</i> | 8:00-8:45 CS ◆ | Cycle Power <i>Robert Pennino</i> | 12:15-1:00 MS | Cycle Power <i>Jan Erik Navoa</i> | 10:45-11:30 YS | Authentic Mat Pilates <i>Erin Ginn</i> | 12:30-1:15 CS ◆ | Cycle Beats <i>Meghan Cox</i> |
| 12:30-1:30 YS | Vinyasa Yoga <i>Lisa Bemudez</i> | 9:15-10:00 MS | Lean Line <i>Joan Ferraro</i> | 12:15-1:00 MS | Athletic Conditioning <i>Jaime Morales</i> | 9:30-10:30 YS ◆ | True Barre <i>Pamela Arkin</i> | 12:15-1:00 MS | Lower Body Blast! <i>Laysa Didio</i> | 11:00-11:45 CS ◆ | Cycle Beats <i>Javier Ortega</i> | 12:30-1:15 MS | EQX Barre Bum <i>Caroline Strong</i> |
| 12:45-1:05 MS | Core & Stretch <i>Laysa Didio</i> | 10:15-11:15 MS | Calvinography <i>Calvin Wiley</i> | 12:30-1:30 YS | Vinyasa Yoga <i>Jena Maenius</i> | 12:00-1:00 YS | Vinyasa Yoga <i>Lisa-Marie Lewis</i> | 12:30-1:30 YS | Power Yoga <i>Suzanne Taylor</i> | 11:15-12:00 MS ◆ | METCON3 <i>Caroline Kaczor</i> | 1:30-2:30 YS | Vinyasa Yoga <i>Robert Nguyen</i> |
| 5:30-6:15 MS ◆ | Stacked! <i>Yury Rockit</i> | 12:00-12:45 YS ◆ | True Barre <i>Pamela Arkin</i> | 5:45-6:35 CS ◆ | The Pursuit: Build <i>James Donegan</i> | 12:15-1:00 MS | Tabata <i>Jan Erik Navoa</i> | 1:15-2:05 TR ◆ | Precision Run® <i>Jan Erik Navoa</i> | 11:45-12:45 YS | Power Yoga <i>Kristina Erikson</i> | 5:00-6:00 YS | Yin Yoga Meditation <i>Whitney Chapman</i> |
| 6:30-7:20 CS ◆ | The Pursuit: Build <i>Nikki Bucks</i> | 12:15-1:00 MS ◆ | Streamline Sculpt <i>Genieve Gordon</i> | 5:45-6:35 MS ◆ | Band Bum <i>Laysa Didio</i> | 1:30-2:15 YS | Pilates Fusion <i>Bianca Reid</i> | 5:15-6:15 YS | Vinyasa Yoga <i>Jamie Lyn Skolnick</i> | 12:15-1:00 MS ◆ | Best Butt Ever <i>Cindy Davis</i> | | |
| 6:30-7:15 MS ◆ | Boot Camp <i>Laysa Didio</i> | 12:30-1:15 CS ◆ | Cycle Beats <i>Marquis Johnson</i> | 6:30-7:30 YS ◆ | Slow Flow Yoga <i>Mardi Sykes</i> | 5:30-6:15 MS ◆ | METCON3 <i>Caroline Kaczor</i> | 5:30-6:20 MS | EQX Barre Bum <i>Cindy Davis</i> | 1:15-2:00 MS | Zumba@ <i>Jose Ozuna</i> | | |
| 6:30-7:45 YS ◆ | Power Yoga <i>Mardi Sykes</i> | 1:30-2:30 YS | Vinyasa Yoga <i>Johan Montijano</i> | 6:45-7:30 MS ◆ | METCON3 <i>Angie Lee</i> | 6:00-6:50 CS ◆ | The Pursuit: Bum <i>Eniko Kiraly</i> | 6:30-7:15 MS | Cardio Kick <i>Akin Williams</i> | 1:15-2:15 YS | Restorative Stretch <i>Laysa Didio</i> | | |
| 7:30-8:25 MS ◆ | Rounds <i>Jackie Ochoa-Mendez</i> | 5:30-6:15 MS | Tabata <i>Natasha Ross</i> | 7:30-8:15 CS ◆ | Cycle Power <i>Jerome Isakov</i> | 6:30-7:15 MS | Alelica <i>Stephen Bel Davies</i> | 6:30-7:15 MS | Atlelica <i>Stephen Bel Davies</i> | 4:00-4:45 CS ◆ | Cycle Beats <i>Shawn Kobetz</i> | | |
| 7:50-8:35 YS | Authentic Mat Pilates <i>Emily Davis</i> | 6:15-7:00 CS ◆ | SpeedCycle@ <i>Steve Feinberg</i> | 7:45-8:30 YS ◆ | Barre <i>Jessica Isa Bums</i> | 6:30-7:30 YS | Vinyasa Yoga <i>Dee Holliday</i> | 7:45-8:30 YS ◆ | Vinyasa Yoga <i>Dee Holliday</i> | | | | |
| | | 6:30-7:20 MS | Atlelica <i>Stephen Bel Davies</i> | | | | | | | | | | |
| | | 6:30-7:15 YS | Authentic Mat Pilates <i>Mia Wenger</i> | | | | | | | | | | |
| | | 7:30-8:30 MS | Shadow-do <i>Steve Feinberg</i> | | | | | | | | | | |
| | | 7:30-8:30 YS | Power Yoga <i>Kat Suda</i> | | | | | | | | | | |

EQUINOX

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

| | |
|----|----------------|
| CS | Cycling Studio |
| MS | Main Studio |
| YS | Yoga Studio |
| TR | Treadmill Area |

WHAT'S NEW THIS MONTH

🚲 CYCLING

CYCLE BEATS Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

CYCLE POWER Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

CYCLESANITY Technique tumt 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.

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 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. Precisely timed high-intensity interval games will be sure to help you level up.

🏃 RUNNING

PRECISION RUN You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Run is redefining our indoor treadmill training with the only method-driven program in the industry.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

🧘 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.

YIN YOGA MEDITATION Go slow to release and center with this deeply meditative Yoga practice. Find the power in stillness through the Yin Yoga technique of prolonged poses. Each pose acts as a mini-meditation, unleashing a free flow of energy throughout connective tissue, refocusing and rejuvenating the body.

🏋️ ATHLETIC TRAINING

ATHLETIC CONDITIONING Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

ATLETICA Sculpt and train your body like an athlete. 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.

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!

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.

MASTER OF ONE One weight is all it takes. Zero in on results with a next-generation HIIT weight training class that strips your training to the core. Use a single weight for a total body workout. Rise to the challenge with fierce focus, killer cardio training, and supercharged strength, all in one.

METCONS 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.

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.

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!

💎 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.

LEAN LINE Raise ballet to the next level with cardio, light weights and body-weight resistance for a full-body, high-energy workout.

TRUE BARRE Experience barre at its most authentic with a True Barre class from Equinox. Get a ballet fitness class with conditioning, core work and stretches.

🏋️ LONG + LEAN

BAND BURN Warm up then launch into two blocks of time-under-tension sequences and chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

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 & STRETCH An alignment class that focus on two very important components of fitness: core strength and flexibility.

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.

LOWER BODY BLAST! Buff your ASSETS - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

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 bum. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

🧘 PILATES

AUTHENTIC MAT PILATES Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

PILATES FUSION Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

💃 DANCE

CALVINOGRAPHY Calvin Wiley's signature dance workout teaches you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop!

ZUMBA® Get a dynamic, effective workout from Equinox Zumba® classes. These energetic, easy-to-follow classes fuse Latin, international and popular music.

🥊 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.

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.

ROUNDS Three stations—zero breaks. Train like a pro through six rounds of skill-based intervals, testing your speed, strength, and grit. Leave the studio tapped out and amped up for more.