

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ Cardio Kickboxing <i>Akin Williams</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Elitza Ivanova</i>	7:00-7:45 CS ◆ Cycle Beats <i>Serena DiLiberto</i>	7:15-8:15 YS ◆ Barre <i>Team Equinox</i>	6:15-7:00 MS ◆ Tabata Max <i>Carolann Valentino</i>	7:00-7:45 CS ◆ Cycle Power <i>D Gunnz</i>	8:30-9:30 YS ◆ <b>Regeneration Yoga</b> <i>Ana Sussmann</i>	9:00-9:45 MS ◆ Cardio Sculpt <i>Diane LaVon</i>	9:00-9:45 MS ◆ METCON3 <i>Katie Thrasher</i>	7:00-7:45 CS ◆ Pilates Mat <i>Jeffrey Morris</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Christopher Howard</i>	9:30-10:15 CS ◆ Cycle Beats <i>Mike Haris</i>	9:30-10:15 CS ◆ Cycle Power <i>Shane Blouin</i>	10:15-11:00 YS ◆ True Barre <i>Pam Nahal</i>
7:00-7:45 CS ◆ <b>The Pursuit: Bum</b> <i>Meghan Cox</i>	8:00-8:45 CS ◆ Cycle Beats <i>James Donegan</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Adam Bokuniewicz</i>	9:00-9:45 YS ◆ Barre <i>Maureen Duke</i>	8:00-8:45 CS ◆ Cycle Power <i>Jeremiah Callaghan</i>	9:00-9:45 YS ◆ Barre <i>Kyla Lloyd</i>	10:15-11:15 YS ◆ Vinyasa Yoga <i>Lauren Solomon</i>	10:30-11:15 MS ◆ Whipped! <i>Miriam Shestack</i>	9:00-9:45 YS ◆ Barre <i>Brian Slaman</i>	9:15-10:00 MS ◆ METCON3 <i>Allison Rowland</i>	10:30-11:15 MS ◆ Whipped! <i>Miriam Shestack</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Mary Aranas</i>	10:30-11:15 MS ◆ Zumba® <i>Joanna Romero</i>	10:30-11:15 MS ◆ Zumba® <i>Joanna Romero</i>
7:15-8:00 YS ◆ Barre <i>Maureen Duke</i>	9:00-9:45 TR ◆ Precision Run® <i>Christina Lee</i>	9:00-9:45 TR ◆ Precision Run® <i>Christina Lee</i>	10:45-11:30 MS ◆ Athletic Conditioning <i>Stephen Bel Davies</i>	9:00-9:45 YS ◆ Barre <i>Brian Slaman</i>	9:15-10:00 MS ◆ METCON3 <i>Allison Rowland</i>	10:30-11:15 MS ◆ Whipped! <i>Miriam Shestack</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Mary Aranas</i>	8:15-9:00 MS ◆ <b>METCON3</b> <i>Meghan Cox</i>	9:15-10:00 MS ◆ METCON3 <i>Allison Rowland</i>	10:30-11:15 MS ◆ Whipped! <i>Miriam Shestack</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Mary Aranas</i>	10:30-11:15 MS ◆ Zumba® <i>Joanna Romero</i>	10:30-11:15 MS ◆ Zumba® <i>Joanna Romero</i>
9:00-10:00 YS ◆ Pilates Fusion <i>Jennifer Herrera</i>	10:45-11:30 MS ◆ Athletic Conditioning <i>Stephen Bel Davies</i>	10:45-11:30 MS ◆ Athletic Conditioning <i>Stephen Bel Davies</i>	12:00-1:00 YS ◆ <b>Yoga Strong</b> <i>Donald Johnston</i>	10:00-10:45 MS ◆ <b>METCON3</b> <i>Ron Christopher</i>	12:15-1:00 YS ◆ Athletic Yoga <i>Felicia Csolak</i>	11:30-12:15 TR ◆ Precision Run® <i>Miriam Shestack</i>	12:00-12:45 MS ◆ Firestarter + Best Abs Ever <i>Robert Burke</i>	12:00-12:45 YS ◆ EQX Barre Bum <i>Cindy Davis</i>	12:30-1:15 MS ◆ METCON3 <i>Sarah Cucuzzella</i>	12:30-1:15 MS ◆ Stacked! <i>Mia Wenger</i>	11:45-12:45 YS ◆ Barre <i>Diane LaVon</i>	12:00-12:45 MS ◆ Firestarter + Best Abs Ever <i>Robert Burke</i>	12:00-12:45 MS ◆ Firestarter + Best Abs Ever <i>Robert Burke</i>
12:00-12:45 YS ◆ EQX Barre Bum <i>Cindy Davis</i>	12:00-12:45 YS ◆ <b>Pilates Mat</b> <i>Richel Ruiz</i>	12:30-1:15 MS ◆ METCON3 <i>Sarah Cucuzzella</i>	1:00-1:45 CS ◆ Cycle Power <i>Meghan Cox</i>	11:00-11:45 MS ◆ <b>Cardio Sculpt</b> <i>Stephanie Levinson</i>	12:30-1:15 MS ◆ Stacked! <i>Mia Wenger</i>	11:45-12:45 YS ◆ Barre <i>Diane LaVon</i>	12:45-1:30 CS ◆ <b>Cycle Beats</b> <i>Christopher Infantino</i>	12:30-1:15 MS ◆ Firestarter + Best Abs Ever <i>Robert Burke</i>	1:15-2:00 YS ◆ Athletic Yoga <i>Kristina Erikson</i>	12:30-1:15 MS ◆ Stacked! <i>Mia Wenger</i>	11:45-12:45 YS ◆ Barre <i>Diane LaVon</i>	12:45-1:30 CS ◆ <b>Cycle Beats</b> <i>Christopher Infantino</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>
12:30-1:15 MS ◆ Firestarter + Best Abs Ever <i>Diane LaVon</i>	12:30-1:15 MS ◆ Tabata Max <i>Shaun Anthony</i>	1:00-1:45 CS ◆ Cycle Power <i>Meghan Cox</i>	5:00-5:45 MS ◆ <b>Whipped!</b> <i>Sam Wolf</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Ana Sussmann</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Josh Mathew-Meier</i>	12:00-12:45 MS ◆ Cardio Dance <i>Anastasiia Gavriukhova</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>	5:30-6:15 YS ◆ Pilates Mat <i>Erin Ginn</i>	5:30-6:15 YS ◆ Athletic Yoga <i>Suki Clements</i>	5:30-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:00-12:45 MS ◆ Cardio Dance <i>Anastasiia Gavriukhova</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>
5:30-6:15 YS ◆ Pilates Mat <i>Erin Ginn</i>	5:30-6:15 YS ◆ Athletic Yoga <i>Suki Clements</i>	5:00-5:45 MS ◆ <b>Whipped!</b> <i>Sam Wolf</i>	5:30-6:15 YS ◆ Barre <i>Sarah Marchetti Gleim</i>	12:15-1:00 MS ◆ Shadow-do <i>Steve Feinberg</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>
5:45-6:30 MS ◆ <b>Best Butt Ever</b> <i>Sean O'Donnell</i>	5:45-6:30 MS ◆ METCON3 <i>Carolann Valentino</i>	5:30-6:15 YS ◆ Barre <i>Sarah Marchetti Gleim</i>	5:45-6:35 CS ◆ The Pursuit: Build <i>Nikki Bucks</i>	5:30-6:15 YS ◆ Barre <i>Hannah Hustad (NY)</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Josh Mathew-Meier</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>	6:45-7:30 MS ◆ <b>Tabata Max</b> <i>Cole Hickman</i>	6:45-7:30 CS ◆ Cycle Beats <i>Jeremiah Callaghan</i>	5:30-6:15 YS ◆ Barre <i>Hannah Hustad (NY)</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>
6:45-7:30 MS ◆ <b>Tabata Max</b> <i>Cole Hickman</i>	6:45-7:30 CS ◆ Cycle Beats <i>Jeremiah Callaghan</i>	5:45-6:35 CS ◆ The Pursuit: Build <i>Nikki Bucks</i>	6:00-6:45 MS ◆ <b>STRONG</b> <i>Matthew Johnson</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Kyle White</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Sage Hall</i>	7:00-7:45 YS ◆ Athletic Stretch <i>Chris Yeoh</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>
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7:15-8:00 CS ◆ Cycle Power <i>Mike Haris</i>	7:15-8:00 MS ◆ Athletic Conditioning <i>Dario Torres</i>	7:00-7:45 MS ◆ <b>Shadow-do</b> <i>Steve Feinberg</i>	7:15-8:15 YS ◆ Yin Yang Yoga <i>Whitney Chapman</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Suzanne Taylor</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>	7:15-8:00 CS ◆ Cycle Power <i>Mike Haris</i>	7:15-8:00 MS ◆ Athletic Conditioning <i>Dario Torres</i>	5:45-6:30 MS ◆ Zumba® <i>Joanna Romero</i>	12:15-1:20 CS ◆ <b>The Pursuit:</b> <b>Build</b> <i>Candace Peterson</i>	1:15-2:00 YS ◆ True Barre <i>Kevin VerEecke</i>	5:15-6:00 YS ◆ Meditation <i>Colleen Breeckner</i>

# EQUINOX

## EAST 54TH STREET

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

**MON - THU:** 5:30AM - 10:00PM

**FRI:** 5:30AM - 8:00PM

**SAT - SUN:** 8:00AM - 7:00PM

### GROUP FITNESS MANAGER

matt.damico@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
YS	Yoga Studio
MS	Main Studio
CS	Cycling 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.

**THE PURSUIT: BUILD** Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

**THE PURSUIT: BURN** A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

### RUNNING

**PRECISION RUN®** 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.

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

**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.

**YIN YANG YOGA** Celebrate the Equinox with a balanced practice that begins with 30 minutes of Vinyasa Yoga, representing sun energy, followed by 30 minutes of Yin Yoga representing moon energy. Enjoy this specialty Equinox exclusive to celebrate Equinox's 30th anniversary.

**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.

**ATLETICA** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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 + 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.

**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.

### 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.

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. 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.

### 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.

**ZUMBA®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

### BOXING AND KICKBOXING

**CARDIO KICKBOXING** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**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!

### STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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

**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.