

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:45–8:30 MS ◆	METCON3 <i>Kate Edwards</i>	7:00–7:45 CS ◆	Cycle Power <i>Jason Strong</i>	7:30–8:20 TR ◆	Precision Run® <i>Jaimie Austin</i>	7:00–7:45 MS ◆	Athletic Conditioning <i>Sean O'Donnell</i>	7:30–8:15 MS ◆	METCON3 <i>Joshua Vela</i>
12:00–12:45 CS ◆	Cycle Beats <i>LR Davidson</i>	8:00–8:45 MS ◆	STRONG <i>Felix Ferreira</i>	7:45–8:30 MS ◆	Tabata Max <i>Miriam Shestack</i>	8:00–8:45 CS ◆	Cycle Beats <i>LR Davidson</i>	8:30–9:15 MS ◆	Pilates Mat <i>Joshua Vela</i>
12:15–1:00 MS ◆	Tabata Max <i>Sarah Cucuzzella</i>	12:30–1:15 MS ◆	METCON3 <i>Mara Gabrielle</i>	12:15–1:00 MS ◆	STRONG <i>David Robert</i>	12:30–1:20 TR ◆	Precision Run® <i>Shane Blouin</i>	12:15–1:00 MS ◆	Firestarter + Best Abs Ever <i>Javier Ortega</i>
1:15–2:00 MS ◆	Cardio Sculpt <i>Johnnie P</i>	1:30–2:30 MS ◆	Yoga Strong <i>Donald Johnston</i>	12:30–1:15 CS ◆	Cycle Beats <i>James Donegan</i>	1:30–2:15 MS ◆	Best Butt Ever <i>Diane LaVon</i>	12:30–1:15 CS ◆	Cycle Power <i>Amanda Katz</i>
5:15–6:00 MS ◆	Tabata Max <i>Ron Christopher</i>	5:15–6:00 MS ◆	Vinyasa Yoga <i>Jason Bayus</i>	5:15–6:00 MS ◆	METCON3 <i>Tracy Gordon</i>	5:15–6:00 MS ◆	STRONG <i>Felix Ferreira</i>	5:45–6:30 MS ◆	METCON3 <i>Robert Burke</i>
6:30–7:15 CS ◆	Cycle Beats <i>Bemex Richardson</i>	6:00–6:50 TR ◆	Precision Run® <i>Christina Lee</i>	6:30–7:15 CS ◆	Cycle Power <i>Tim Healy</i>	6:00–6:50 TR ◆	Precision Run® <i>Bryce Wood</i>		
6:45–7:30 MS ◆	Firestarter + Best Abs Ever <i>Clinton Foster</i>	6:30–7:15 MS ◆	Atletica <i>Stephen Bel Davies</i>	6:45–7:30 MS ◆	Athletic Yoga <i>Michael Gervais</i>	6:30–7:15 MS ◆	Body Sculpt <i>Cathy Munzer</i>		
		6:45–7:30 CS ◆	Cycle Power <i>John King</i>						

EQUINOX

WEST 50TH STREET

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MON - THU: 5:30AM - 9:00PM
FRI: 5:30AM - 7:00PM

GROUP FITNESS MANAGER

joshua.funderburg@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
CS	Cycling Studio
MS	Main 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

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.

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.

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.

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.

PILATES

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.

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.