

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-8:00 PG ◆	Playground Experience - PGX <i>Leon Joseph, LR Davidson</i>	7:00-7:45 MS	Whipped! <i>Steven Strozza</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>Chris Chang, Ashley Underwood</i>	7:00-7:45 MS	METCON3 <i>Alyssa Cerrachio</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>LR Davidson, Jwara Jones</i>
7:00-7:50 TR ◆	Precision Run® <i>Jwara Jones</i>	12:15-1:00 MS	Stacked! <i>Matt Ortel</i>	7:00-7:50 TR ◆	Precision Run® <i>KT Goldthorpe</i>	12:15-1:05 MS ◆	Ultimate Resistance <i>Sean O'Donnell</i>	7:00-7:50 TR ◆	Precision Run® <i>Jessica Willis</i>
12:15-1:00 MS ◆	Tabata <i>Tracy Gordon</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Genen Liles, LR Davidson (SUB)</i>	7:15-8:15 MS	Alignment Flow Yoga <i>Robert Nguyen</i>	1:15-2:15 MS	Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 MS	Boot Camp <i>Nicolas Panebianco</i>
12:30-1:15 CS ◆	ANTHEM™ <i>LR Davidson</i>	1:05-1:50 MS	EQX Barre Bum <i>Lynze Schiller</i>	12:15-1:00 MS	Whipped! <i>Ashley Underwood</i>	5:45-6:30 MS ◆	PURE STRENGTH <i>Tracy Gordon</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Jwara Jones, Kevin Scott</i>
1:00-2:00 PG ◆	Playground Experience - PGX <i>Tiesha Henry, Kevin Scott</i>	5:45-6:30 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	12:30-1:15 CS ◆	Cycle Power <i>Shane Blouin</i>	6:00-6:45 CS ◆	Cycle Power <i>Alex Kerber</i>	5:15-6:05 MS ◆	Ultimate Resistance <i>Adrian Gamble</i>
5:45-6:30 MS	Cardio Kick <i>Akin Williams</i>	6:00-6:45 CS ◆	Cycle Beats <i>Genna Kanago</i>	2:00-3:00 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, Michael Keeney</i>	6:35-7:05 MS	Athletic Conditioning <i>Tracy Gordon</i>	6:00-7:00 MS ◆	Playground Experience - PGX <i>LR Davidson, Felix Ferreira</i>
6:45-7:30 MS	METCON3 <i>Angie Lee</i>	6:35-7:05 MS ◆	Firestarter <i>Dave Leong</i>	5:45-6:30 MS	Chisel'd <i>Lulu Faria</i>	7:30-8:30 PG ◆			
7:30-8:30 PG ◆	Playground Experience - PGX <i>Erin Sanders, Matt Ortel</i>	7:05-7:25 MS	Ab Lab <i>Dave Leong</i>	6:35-7:05 MS	Core Conditioning <i>Lulu Faria</i>				
		7:30-8:30 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, Paula Calabrese</i>	7:30-8:30 PG ◆	Playground Experience - PGX <i>Felix Ferreira, Jwara Jones</i>				

EQUINOX

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MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 9:00PM

GROUP FITNESS MANAGER

dominic.manfredi@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

PG	The Playground
TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

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.

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.

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.

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.

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.

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.

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.

PLAYGROUND EXPERIENCE - PGX A supercharged team-on-team class that catapults you through the most challenging circuit-training program we've ever developed. Only available at The Playground, our groundbreaking in-club training space.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

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!

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

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LONG + LEAN

CHISELD A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

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.

ULTIMATE RESISTANCE Shift your perception of resistance training in this 50-minute workout. Using a single weight, both sides of your body, and resistance tubing, integrated strength training and intense sequencing ignite maximum results. Shift your routine. Shift your results. You'll be coming back for more.

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.