

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY														
6:30-7:30 BR◆ Boxing <i>Matt Apolaris</i>	6:45-7:30 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:45-7:30 CS◆ Studio Cycling <i>Nikki Bucks</i>	6:45-7:30 MS Tabata <i>Lulu Faria</i>	6:00-6:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	10:00-10:45 CS◆ Studio Cycling <i>Chayanne Joel</i>	10:30-11:00 MS◆ Firestarter <i>Yenny Barona</i>	6:30-7:15 TR◆ Tread and Shred <i>Jodi Cornish</i>	6:45-7:45 MS Vinyasa Yoga <i>AnneElise Hagen</i>	7:00-7:45 MS 30/60/90® <i>Scott Kolb</i>	7:00-8:00 BR◆ Boxing <i>Matt Apolaris</i>	6:30-7:15 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	11:00-11:45 CS◆ Studio Cycling <i>Erika Osberg</i>	7:00-7:45 MS METCON3 <i>Selena Dorans</i>	12:00-12:45 CS◆ Studio Cycling <i>Mike Harris</i>	12:00-12:45 MS Tabata <i>Jennifer Hamlin</i>	7:00-7:45 TR◆ Precision Running® <i>Cynthia Barrett</i>	7:00-7:45 MS Stacked! <i>Muri Assunção</i>	10:45-11:30 MS◆ Tabata <i>Carolann Valentino</i>	11:00-11:30 MS Ab Lab <i>Yenny Barona</i>	11:45-12:45 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:00-11:30 MS Ab Lab <i>Yenny Barona</i>	11:45-12:45 MS Vinyasa Yoga <i>Rika Henry</i>				
12:00-12:45 MS◆ Shockwave (L2) <i>Gregg Cook</i>	12:15-12:45 MS◆ Firestarter Sarah Starkweather	12:45-1:45 BR◆ Boxing <i>Matt Apolaris</i>	12:15-1:00 MS◆ Whipped! (L2) <i>Luis Weber</i>	12:00-12:45 CS◆ Studio Cycling Sabrina Cohen	12:15-1:00 MS◆ PURE STRENGTH Chris Norvell	12:00-11:45 MS◆ Studio Cycling <i>Erika Osberg</i>	12:45-1:30 CS◆ Studio Cycling Eniko Kiraly	12:30-1:30 BR◆ Boxing <i>Champ Parris</i>	12:45-1:05 MS Core Conditioning Sarah Starkweather	12:15-1:00 MS◆ PURE STRENGTH Chris Norvell	12:30-1:30 BR◆ Boxing <i>Curtis Summit</i>	11:45-12:45 MS◆ Firestarter Andrew Harper	12:50-1:35 TR◆ Precision Running® Mike Harris	1:00-1:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	1:15-2:15 MS◆ Power Yoga Daniela Vuckovic	1:45-2:15 MS Best Abs Ever Andrew Harper	5:00-5:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	1:45-2:15 MS◆ Firestarter Andrew Harper	5:30-6:15 MS◆ 30/60/90® <i>Kristi Molinaro</i>	5:30-6:15 TR◆ Precision Running® <i>Linette Guelen</i>	5:30-6:30 MS◆ Vinyasa Yoga <i>Charlene Lite</i>	5:00-5:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	5:30-6:15 TR◆ Precision Running® <i>Linette Guelen</i>	5:30-6:30 MS◆ Vinyasa Yoga <i>Charlene Lite</i>		
5:00-5:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	1:15-2:15 MS Vinyasa Yoga Terrence Monte	6:30-7:30 BR◆ Boxing Kid Avila	6:30-7:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>	1:15-1:45 BR◆ Boxing <i>Curtis Summit</i>	1:45-2:15 MS◆ Best Abs Ever Andrew Harper	5:30-6:30 MS◆ 30/60/90® <i>Kristi Molinaro</i>	6:30-7:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>	6:00-6:45 MS◆ METCON3 <i>Luis Weber</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:30 MS◆ Studio Cycling <i>Faith Murphy</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:30 MS◆ Studio Cycling <i>Faith Murphy</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	
6:00-6:45 CS◆ Amy's A.R.M.Y.™ Cycling <i>Amy Amato</i>	5:45-6:30 MS◆ METCON3 <i>Luis Weber</i>	7:30-8:15 MS Tabata <i>Amy Amato</i>	7:40-8:25 MS EQX Barre Burn <i>Emily Naim</i>	6:00-6:45 MS◆ Studio Cycling <i>Faith Murphy</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:00-6:45 MS◆ Studio Cycling <i>Faith Murphy</i>	7:00-7:45 CS◆ Studio Cycling <i>Faith Murphy</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	
6:30-7:15 MS◆ 30/60/90® <i>Kristi Molinaro</i>	6:00-6:45 CS◆ Studio Cycling <i>Faith Murphy</i>	7:00-7:45 MS THE CUT <i>Mara Gabrielle</i>	7:00-7:45 MS Studio Cycling <i>Faith Murphy</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	
7:00-7:45 CS◆ Amy's A.R.M.Y.™ Cycling <i>Amy Amato</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	7:00-7:45 CS◆ Studio Cycling <i>Faith Murphy</i>	7:00-7:45 MS Studio Cycling <i>Faith Murphy</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	
7:30-8:30 MS Vinyasa Yoga <i>Erin Barry</i>	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman	7:45-8:45 MS Vinyasa Yoga Kumiko Buckman

EQUINOX

WALL STREET

14 WALL STREET
NEW YORK NEWYORK 10005
212.964.6688
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 8:00PM
SAT & AMP; SUN: 9:00AM - 6:00PM

GROUP FITNESS MANAGER
JOAN FERRARO

joan.ferraro@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

BR	Boxing Studio
TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio
CL	Club Lobby

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.



STUDIO CYCLING

AMY'S A.R.M.Y.™ CYCLING Amy Really Motivates You to push beyond your limits in a heart-racing, adrenalin-flowing, absolutely-no-excuses cycling class. Expect to climb and race up steep hills and sprint as she gets you past your "finish line" with her "yes you can, yes you will, yes you are" mantra.

CYCLESANITY® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TERRACYCLE! Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.



RUNNING

EQUINOX RUN CLUB Whether you're a marathoner, running purist or occasional enthusiast, our outdoor Run Club will inspire more from your run. Improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve results. Created by Wes Pedersen for Equinox.

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.

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.

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

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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.

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-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! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.



BARRE

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



CONDITIONING

30/60/90® CORE Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

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.

PURE STRENGTH: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.



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

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

FIGHTTECH Think boxing 101. Learn the basic execution of offensive and defensive techniques while conditioning yourself for performance and fitness through repetition. Great refresher for those who've studied boxing, and completely beginner friendly as well.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.