

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 MS ◆	Tabata Max <i>Cindya Davis</i>	7:00-7:45 MS ◆	THE CUT <i>Joshua Vela</i>	7:00-7:45 MS ◆	METCON3 <i>Katie Thrasher</i>	7:15-8:00 MS ◆	Athletic Conditioning <i>Gerard Thelemaque</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>LR Davidson, Alison O'Connor (SUB)</i>
12:00-12:45 MS ◆	Athletic Conditioning <i>Ron Christopher</i>	12:15-1:00 MS ◆	Stacked! <i>Kevin Scott</i>	7:30-8:15 CS ◆	Cycle Beats <i>Cara Leggio</i>	12:15-1:00 MS ◆	Vinyasa Yoga <i>Kristina Erikson</i>	12:00-12:45 MS ◆	Tabata Max <i>LR Davidson</i>
1:00-1:45 CS ◆	ANTHEM™ <i>LR Davidson</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Alison O'Connor (SUB), Scott Gervais</i>	12:00-12:45 MS ◆	METCON3 <i>Miriam Shestack</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Joshua Funderburg, LR Davidson</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Matt Ortel, Alyssa Cerrachio (SUB)</i>
5:15-6:00 CS ◆	Cycle Beats <i>James Donegan</i>	5:15-6:00 MS ◆	METCON3 <i>Robert Burke</i>	1:00-1:50 TR ◆	Precision Run® <i>Miriam Shestack</i>	5:15-6:00 MS ◆	Stacked! <i>Sarah Cucuzzella</i>	5:30-6:15 MS ◆	STRONG <i>Alyssa Cerrachio</i>
5:30-6:30 MS ◆	Yoga Strong <i>Felicia Csolak</i>	6:00-7:00 PG ◆	Playground Experience - PGX <i>Felix Ferreira, Kevin Scott</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Ron Christopher</i>	5:30-6:15 CS ◆	Cycle Power <i>Matt Stevenson</i>		
5:45-6:35 TR ◆	Precision Run® <i>Christina Lee</i>	6:45-7:30 MS ◆	EQX Barre Bum <i>Caroline Strong</i>	6:00-7:00 PG ◆	Playground Experience - PGX <i>Tim Flores, Alison O'Connor</i>	6:00-7:00 PG ◆	Playground Experience - PGX <i>Ashley Underwood, Sam Wolf</i>		
6:00-7:00 PG ◆	Playground Experience - PGX <i>Team Equinox, Alison O'Connor</i>					6:15-7:00 TR ◆	Precision Run® <i>Sarah Cucuzzella</i>		

EQUINOX

EAST 43RD STREET

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

GROUP FITNESS MANAGER

micheal.keeney@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
TR	Treadmill Area
MS	Main Studio
PG	The Playground

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

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 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

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.

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.

PLAYGROUND EXPERIENCE - PGX Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.

BARRE

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.

BOXING AND KICKBOXING

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.