

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:30-7:15 TR ◆ Tread and Shred <i>Jodi Cornish</i>	6:45-7:30 CS ◆ Cyclesanity® <i>Jillian Wright</i>	6:45-7:30 CS ◆ Studio Cycling <i>Meg Mauro (SUB)</i>	6:45-7:45 MS Vinyasa Yoga <i>Jena Maenius (SUB)</i>	6:45-7:30 CS ◆ Studio Cycling <i>Mike Harris</i>	7:00-7:45 MS Cardio Sculpt <i>Yury Rockit</i>	10:15-11:00 MS METCON3 <i>Danielle Wettan</i>	10:15-11:00 CS ◆ ANTHEM <i>Brian Robinson</i>	10:15-11:00 MS Beast n Feast Ride <i>Danielle Wettan</i>	10:15-11:00 CS ◆ ANTHEM <i>Brian Robinson</i>	10:45-11:30 MS ◆ Tabata <i>Miriam Shestack (SUB)</i>	10:45-11:30 MS ◆ Tabata <i>Miriam Shestack (SUB)</i>	10:30-11:00 MS ◆ Firestarter <i>Yenny Barona</i>	10:30-11:00 MS ◆ Firestarter <i>Yenny Barona</i>
6:45-7:45 BR ◆ Boxing <i>Matt Apolinaris</i>	6:45-7:45 MS Vinyasa Yoga <i>Jena Maenius (SUB)</i>	7:00-7:45 MS Cardio Sculpt <i>Yury Rockit</i>	12:00-12:45 MS Tabata <i>Jennifer Hamlin</i>	12:00-12:45 MS Tabata <i>Jennifer Hamlin</i>	12:00-12:45 MS Tabata <i>Jennifer Hamlin</i>	11:15-12:00 CS ◆ Beast n Feast Ride <i>Danielle Wettan</i>	11:15-12:00 MS ◆ Cycle Beats <i>Brian Robinson</i>	11:15-12:00 MS Pilates <i>Mathew Makings</i>	11:15-12:00 CS ◆ Cycle Beats <i>Brian Robinson</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:05-11:25 MS Ab Lab <i>Yenny Barona</i>	11:05-11:25 MS Ab Lab <i>Yenny Barona</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>	12:30-1:30 BR ◆ Boxing <i>Matt Apolinaris</i>	12:30-1:30 BR ◆ Boxing <i>Matt Apolinaris</i>	12:30-1:30 BR ◆ Boxing <i>Matt Apolinaris</i>	12:15-12:00 CS ◆ Beast n Feast Ride <i>Danielle Wettan</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
8:00-8:30 MS ◆ THE CUT: Jump Rope <i>Abbey Hunt</i>	12:15-12:45 MS ◆ Firestarter <i>Sarah Starkweather</i>	12:30-1:30 BR ◆ Boxing <i>Champ Parris</i>	12:45-1:30 MS Core Conditioning <i>Sarah Starkweather</i>	12:45-1:05 MS Core Conditioning <i>Sarah Starkweather</i>	12:45-1:30 CS ◆ Studio Cycling <i>Eniko Kiraly</i>	12:15-12:00 CS ◆ Beast n Feast Ride <i>Danielle Wettan</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
8:30-8:50 MS Ab Lab <i>Abbey Hunt</i>	12:30-1:30 BR ◆ Boxing <i>Champ Parris</i>	1:00-1:45 MS Barre <i>Mathew Makings</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	1:00-1:45 MS Barre <i>Mathew Makings</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
12:00-12:45 MS ◆ Shockwave (L2) <i>Gregg Cook</i>	12:45-1:05 MS Core Conditioning <i>Sarah Starkweather</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	5:30-6:15 MS ◆ PURE STRENGTH (L3) <i>Ronnie Allen</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	5:30-6:15 MS ◆ PURE STRENGTH (L3) <i>Ronnie Allen</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
12:45-1:45 BR ◆ FightTech <i>Steve Feinberg</i>	12:50-1:35 TR ◆ Precision Running® <i>Mike Harris</i>	5:30-6:15 MS ◆ PURE STRENGTH (L3) <i>Ronnie Allen</i>	6:30-7:30 BR ◆ Boxing <i>Kid Avila</i>	5:30-6:15 MS ◆ PURE STRENGTH (L3) <i>Ronnie Allen</i>	6:30-7:30 BR ◆ Boxing <i>Kid Avila</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
12:50-1:35 CS ◆ TERRAcycle! <i>Gregg Cook</i>	1:15-2:15 MS Vinyasa Yoga <i>Terrence Monte</i>	6:30-7:30 BR ◆ Boxing <i>Kid Avila</i>	6:30-7:15 CS ◆ Studio Cycling <i>Eniko Kiraly</i>	6:30-7:30 BR ◆ Boxing <i>Kid Avila</i>	6:30-7:15 CS ◆ Studio Cycling <i>Eniko Kiraly</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
1:00-1:45 MS Power Sculpt <i>Joan Ferraro</i>	4:45-5:30 MS Tabata <i>Luis Weber</i>	6:30-7:15 CS ◆ Studio Cycling <i>Eniko Kiraly</i>		6:30-7:15 CS ◆ Studio Cycling <i>Eniko Kiraly</i>		12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	5:45-6:30 MS ◆ METCON3 <i>Luis Weber</i>			5:45-6:30 MS ◆ METCON3 <i>Luis Weber</i>		12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
5:00-5:30 MS Ab Lab <i>Patrick Tae</i>	6:00-6:45 CS ◆ ANTHEM <i>Brian Robinson</i>			6:00-6:45 CS ◆ ANTHEM <i>Brian Robinson</i>		12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
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5:30-6:15 TR ◆ Precision Running® <i>Linette Guelen</i>	6:45-7:30 MS THE CUT <i>Nikki Fainsan (SUB)</i>			6:45-7:30 MS THE CUT <i>Nikki Fainsan (SUB)</i>		12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
6:15-7:00 CS ◆ Cycle Beats <i>Brandon Scott (NY)</i>	7:00-7:45 CS ◆ Studio Cycling <i>Brian Robinson (SUB)</i>			7:00-7:45 CS ◆ Studio Cycling <i>Brian Robinson (SUB)</i>		12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
6:30-7:15 MS Carve and Sculpt <i>Boyd Melson</i>	7:45-8:45 MS Vinyasa Yoga <i>Kumiko Buckman</i>			7:45-8:45 MS Vinyasa Yoga <i>Kumiko Buckman</i>		12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
7:15-8:00 CS ◆ Studio Cycling <i>Brandon Scott (NY)</i>						12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>
7:30-8:30 MS Ashtanga Style Vinyasa Yoga <i>Erin Barry</i>						12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i>	12:15-12:00 MS Pilates <i>Mathew Makings</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>	11:45-12:45 MS Gratitude Yoga <i>Rika Henry</i>

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23 - CLOSED

GROUP FITNESS MANAGER

JOAN FERRARO
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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
BR	Boxing Studio
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

Club will be CLOSED on Thanksgiving Day.

STUDIO 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.

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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

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

ASHTANGA STYLE VINYASA YOGA A Vinyasa style class sequenced off the Ashtanga primary and intermediate series. Ashtanga Style Vinyasa includes correct breathing, posture, and gazing point. While the class is mostly physical in nature, it's ultimate aim is to calm the mind.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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

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!

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!

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

CONDITIONING

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

CARDIO SCULPT A total body workout for both muscular strength and endurance.

Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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.

POWER SCULPT An intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body

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.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.