

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:50 MS	Studio In Use <i>Equinox Trainers</i>	6:30-7:15 MS	Tabata <i>Or Artzi</i>	6:00-6:50 MS	Studio In Use <i>Equinox Trainers</i>	6:45-7:30 MS	Tabata <i>Lulu Faria</i>	6:00-6:50 MS	Studio In Use <i>Equinox Trainers</i>	9:45-10:30 MS	EQX Barre Burn <i>Dexter Carter</i>	10:30-11:00 MS ◆	Firestarter <i>Yenny Barona</i>
6:30-7:15 TR ◆	Tread and Shred <i>Jodi Cornish</i>	6:45-7:30 CS ◆	Cyclesanity® <i>Jillian Wright</i>	6:45-7:30 CS ◆	Studio Cycling <i>Nikki Bucks</i>	7:00-8:00 BR ◆	Boxing <i>Matt Apolinaris</i>	6:30-7:15 CS ◆	Studio Cycling <i>Jan Erik Navoa</i>	10:15-11:00 CS ◆	Studio Cycling <i>Brian Robinson</i>	11:05-11:25 MS	Ab Lab <i>Yenny Barona</i>
6:45-7:45 BR ◆	Boxing <i>Matt Apolinaris</i>	12:00-12:45 CS ◆	Studio Cycling <i>Mike Harris</i>	7:00-7:45 MS	Cardio Sculpt <i>Yury Rockit</i>	7:00-7:45 TR ◆	Precision Running® <i>Cynthia Barrett</i>	7:00-7:45 MS	Athletic Conditioning Molly Day	10:45-11:30 MS ◆	Tabata <i>Carolann Valentino</i>	11:15-12:00 CS ◆	Studio Cycling Candace Peterson
7:00-7:45 MS	METCON3 <i>Selena Dorans</i>	12:15-12:45 MS ◆	Firestarter <i>Sarah Starkweather</i>	12:00-12:45 MS	Tabata <i>Jennifer Hamlin</i>	12:15-1:00 MS ◆	Whipped! (L2) <i>Luis Weber</i>	12:00-12:45 CS ◆	Studio Cycling <i>Sabrina Cohen</i>	11:15-12:00 CS ◆	ANTHEM™ <i>Brian Robinson</i>		
8:00-8:30 MS ◆	THE CUT: Jump Rope <i>Abbey Hunt</i>	12:30-1:30 BR ◆	Boxing <i>Champ Parris</i>	12:30-1:30 BR ◆	Boxing <i>Matt Apolinaris</i>	12:30-1:15 CS ◆	Studio Cycling <i>Frank Salzone</i>	12:15-1:00 MS ◆	PURE STRENGTH (L3) <i>Chris Norvell</i>	11:45-1:00 MS	Vinyasa Yoga <i>Ana Sussmann</i>	12:00-1:00 MS	Power Yoga Rika Henry
8:30-8:50 MS	Ab Lab <i>Abbey Hunt</i>	12:45-1:05 MS	Core Conditioning <i>Sarah Starkweather</i>	12:45-1:30 CS ◆	Studio Cycling <i>Eniko Kiraly</i>	1:15-2:15 MS	Vinyasa Yoga <i>Terrence Monte</i>	12:30-1:30 BR ◆	Boxing <i>Curtis Summit</i>				
12:00-12:45 MS ◆	Whipped! Gregg Cook	12:50-1:35 TR ◆	Precision Running® <i>Mike Harris</i>	1:00-1:45 MS	EQX Barre Burn <i>Adam Bokunewicz</i>	2:00-3:00 MS	Power Yoga Rika Henry	1:15-2:00 MS	Athletic Conditioning Chris Norvell	4:00-4:30 MS ◆	THE CUT: Jump Rope <i>Justin Walker</i>		
12:45-1:45 BR ◆	FightTech <i>Steve Feinberg</i>	1:15-2:15 MS	Vinyasa Yoga <i>Kristina Erikson</i>	5:30-6:15 MS ◆	PURE STRENGTH (L3) <i>Ronnie Allen</i>	6:30-7:15 CS ◆	Studio Cycling <i>Faris</i>	6:30-7:30 MS	Alignment Flow Yoga <i>Vanessa Spina</i>	4:30-4:50 MS	Ab Lab <i>Justin Walker</i>		
12:50-1:35 CS ◆	TERRAcycle! <i>Gregg Cook</i>	4:45-5:30 MS	Tabata <i>Luis Weber</i>	6:15-7:00 CS ◆	Studio Cycling Eniko Kiraly	6:30-7:30 BR ◆	Boxing <i>Kid Avila</i>	6:30-7:30 MS	EQX Barre Burn <i>Dillon Spicer</i>	5:30-6:30 MS	Vinyasa Yoga <i>Charlene Lite</i>		
1:00-1:30 MS	Tabata Joan Ferraro	5:45-6:30 MS ◆	METCON3 <i>Luis Weber</i>	6:30-7:15 MS	Pilates <i>Kat Marion</i>	7:30-8:00 MS ◆	Firestarter Mary O	7:40-8:25 MS					
1:30-1:50 MS	Ab Lab Joan Ferraro	6:00-6:45 CS ◆	Studio Cycling <i>Faith Murphy</i>	7:30-8:00 MS ◆	Best Abs Ever Mary O	8:00-8:15 MS							
2:00-3:00 MS	Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:30 BR ◆	Boxing <i>Champ Parris</i>	8:15-8:30 MS	Upper-Cuts Mary O								
5:00-5:30 MS	Ab Lab <i>Patrick Tae</i>	6:45-7:30 MS	THE CUT <i>Mara Gabrielle</i>										
5:30-6:15 MS	Tabata <i>Patrick Tae</i>	7:00-7:45 CS ◆	Studio Cycling <i>Faith Murphy</i>										
5:30-6:15 TR ◆	Precision Running® <i>Linette Guelen</i>	7:45-8:45 MS	Vinyasa Yoga <i>Kumiko Buckman</i>										
6:15-7:00 CS ◆	Cycle Beats <i>Brandon Scott (NY)</i>												
6:30-7:20 MS ◆	Ropes and Rowers <i>Parker Krug</i>												
7:15-8:00 CS ◆	Studio Cycling <i>Brandon Scott (NY)</i>												
7:30-8:30 MS	Power Yoga Rika Henry												

WALL STREET

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

MON - THU: 5:00 AM - 10:00 PM
FRI: 5:00 AM - 9:00 PM
SAT - SUN: 9:00 AM - 6:00 PM

GROUP FITNESS MANAGER
LINDSAY CARSON
lindsay.carson@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

MS	Main Studio
TR	Treadmill Area
BR	Boxing Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

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 cardio challenge that uses music to motivate your mood.

CYCLESANITY® Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

TERRACYCLE! Created by Gregg Cook and designed for outdoor road cyclists and triathletes, this class is based on real terrain and offers a challenging outdoor ride, indoors.

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

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

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 Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

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.

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.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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!

UPPER-CUTS Sculpt and strengthen your arms, shoulders and back while working through a powerful cardio blast.

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

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

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.

STUDIO IN USE Studio in use.

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.