

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 TR◆ Tread and Shred <i>Jodi Cornish</i>	7:00-7:45 MS METCON3 <i>Selena Dorans</i>	6:45-7:30 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:45-7:45 MS Vinyasa Yoga <i>AnneElise Hagen</i>	6:45-7:30 CS◆ Studio Cycling <i>Nikki Bucks</i>	7:00-7:45 MS Cardio Sculpt <i>Yury Rockit</i>	6:45-7:30 MS Tabata <i>Lulu Faria</i>	7:00-8:00 BR◆ Boxing <i>Matt Apolarinis</i>	6:30-7:15 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	7:00-7:45 MS Stacked! <i>Muri Assunção</i>	10:00-10:45 CS◆ <b>Studio Cycling</b> <b>Benjamin Green</b>	10:45-11:30 MS◆ Tabata <i>Carolann Valentino</i>	10:30-11:00 MS◆ Firestarter <i>Yenny Barona</i>	11:00-11:45 CS◆ Studio Cycling <i>Erika Osberg</i>
12:00-12:45 MS◆ Shockwave (L2) <i>Gregg Cook</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 Apolarinis</i>	12:30-1:30 BR◆ Boxing <i>Matt Apolarinis</i>	12:45-1:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	7:00-7:45 TR◆ Precision Running® <i>Cynthia Barrett</i>	12:15-1:00 MS◆ Whipped! (L2) <i>Luis Weber</i>	12:00-12:45 CS◆ Studio Cycling <i>Sabrina Cohen</i>	12:15-1:00 MS◆ PURE STRENGTH (L3) <i>Chris Norvell</i>	11:00-11:45 TR◆ <b>Precision Running®</b> <b>Benjamin Green</b>	11:45-1:00 MS Vinyasa Yoga <i>Ana Sussmann</i>	11:00-11:15 MS Best Arms Ever <i>Yenny Barona</i>	11:15-11:30 MS Ab Lab <i>Yenny Barona</i>
12:45-1:45 BR◆ FightTech <i>Steve Feinberg</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>	1:00-1:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	12:15-1:00 MS◆ Cyclesanity® <i>Jillian Wright</i>	12:30-1:30 CS◆ Cyclesanity® <i>Jillian Wright</i>	12:30-1:30 BR◆ Boxing <i>Curtis Summit</i>	1:15-1:45 MS◆ Firestarter <i>Andrew Harper</i>	12:00-12:45 CS◆ <b>Studio Cycling</b> <b>Alfonso Alchaer</b>	1:45-2:00 MS Best Abs Ever <i>Andrew Harper</i>	11:45-12:45 MS Vinyasa Yoga <i>Rika Henry</i>	11:45-12:45 MS Vinyasa Yoga <i>Rika Henry</i>
1:00-1:45 MS <b>Chisel'd</b> <b>Joan Ferraro</b>	12:45-1:05 MS Core Conditioning <i>Sarah Starkweather</i>	1:00-1:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	2:00-3:00 MS Vinyasa Yoga <i>Rika Henry</i>	5:30-6:15 MS◆ <b>PURE STRENGTH (L3)</b> <b>Ronnie Allen</b>	1:15-2:15 MS Vinyasa Yoga <i>Giulia Pline</i>	5:30-6:15 MS METCON3 <i>Selena Dorans</i>	1:45-2:00 MS Best Abs Ever <i>Andrew Harper</i>	2:00-2:15 MS Best Arms Ever <i>Andrew Harper</i>		5:30-6:30 MS Vinyasa Yoga <i>Charlene Lite</i>		
2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	12:50-1:35 TR◆ Precision Running® <i>Mike Harris</i>	5:30-6:15 MS◆ <b>PURE STRENGTH (L3)</b> <b>Ronnie Allen</b>	6:30-7:30 BR◆ Boxing <i>Kid Avila</i>	6:30-7:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 CS◆ Studio Cycling <i>Faris</i>	6:30-7:30 MS <b>Alignment Flow Yoga</b> <b>Vanessa Spina</b>	2:00-2:15 MS Best Arms Ever <i>Andrew Harper</i>					
5:00-5:30 MS Ab Lab <i>Patrick Tae</i>	1:15-2:15 MS Vinyasa Yoga <i>Terrence Monte</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:30 MS <b>Alignment Flow Yoga</b> <b>Vanessa Spina</b>	7:40-8:25 MS EQX Barre Burn <i>Emily Naim</i>						
5:30-6:15 MS Boot Camp <i>Patrick Tae</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 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
5:30-6:15 TR◆ Precision Running® <i>Linette Guelen</i>	5:45-6:30 MS◆ METCON3 <i>Luis Weber</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
6:00-6:45 CS◆ Amy's A.R.M.Y.™ Cycling <i>Amy Amato</i>	6:00-6:45 CS◆ Studio Cycling <i>Faith Murphy</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
6:30-7:00 MS◆ Firestarter <i>Kelsey Stalter</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
7:00-7:45 CS◆ Amy's A.R.M.Y.™ Cycling <i>Amy Amato</i>	6:30-7:30 CL Equinox Run Club <i>Equinox Trainers</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
7:00-7:20 MS Best Arms Ever <i>Kelsey Stalter</i>	6:45-7:30 MS THE CUT <i>Mara Gabrielle</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
7:30-8:30 MS Ashtanga Style Vinyasa Yoga <i>Erin Barry</i>	7:00-7:45 CS◆ Studio Cycling <i>Faith Murphy</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								
	7:45-8:45 MS Vinyasa Yoga <i>Kumiko Buckman</i>	6:30-7:15 MS◆ Firestarter <i>Andrew Harper</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	7:30-8:00 MS◆ Firestarter <i>Andrew Harper</i>								

## WALL STREET

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EQUINOX.COM  
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**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**  
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
CL	Club Lobby
MS	Main Studio
CS	Cycling Studio

#### 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.

**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.

**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

**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.

**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 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.

#### CONDITIONING

**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.

**BEST ARMS EVER** Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

**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.

**CHISEL'D** 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** 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.

#### 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.