

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
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>	11:00-11:45 CS◆	Red, Ride and Blue <i>Erika Osberg</i>	11:30-12:15 MS	Summer Sculpt <i>Donovan Stewart</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 Apolaris</i>	6:30-7:15 CS◆	Studio Cycling <i>Jan Erik Navoa</i>	11:45-1:00 MS	Vinyasa Yoga <i>Ana Sussmann</i>	12:00-1:00 MS	Memorial Day Warrior Yoga <i>Nyree Brown</i>	12:15-1:00 MS	Memorial Day Challenge <i>Donovan Stewart</i>	6:45-7:45 MS	Vinyasa Yoga <i>AnneElise Hagen</i>	7:00-7:45 MS	30/60/90® <i>Scott Kolb</i>
7:00-7:45 TR◆	Tread and Shred <i>Jodi Cornish</i>	7:00-7:45 MS	Stacked! <i>Muri Assunção</i>							12:00-12:45 CS◆	Studio Cycling <i>Mike Harris</i>	12:00-12:45 MS	Tabata <i>Jennifer Hamlin</i>
12:15-1:00 MS	Whipped! (L2) <i>Luis Weber</i>	12:15-1:00 CS◆	Studio Cycling <i>Eniko Kiraly</i>							12:15-1:00 MS◆	PURE STRENGTH <i>Jay Dantzler</i>	12:45-1:45 BR◆	Boxing <i>JR</i>
12:30-1:15 CS◆	Cyclesanity® <i>Jillian Wright</i>	12:30-1:30 BR◆	Boxing <i>Curtis Summit</i>							12:30-1:30 BR◆	Boxing <i>Champ Parris</i>	12:45-1:30 CS◆	Studio Cycling <i>Sabrina Cohen</i>
1:15-2:15 MS	Vinyasa Yoga <i>Lindsey Valdez</i>	1:15-1:45 MS◆	Firestarter <i>Juliana Estrella</i>							12:30-1:15 TR◆	Precision Running® <i>Donovan Stewart</i>	1:00-1:45 MS	EQX Barre Burn <i>Adam Bokunewicz</i> (SUB)
5:30-6:15 MS	METCON3 <i>Selena Dorans</i>	1:45-2:15 MS	Ab Lab <i>Juliana Estrella</i>							1:15-2:15 MS	Power Yoga <i>Daniela Vuckovic</i>	2:00-3:00 MS	Vinyasa Yoga <i>Josh Mathew-Meier</i>
6:30-7:15 CS◆	Studio Cycling <i>Faris</i>									4:45-5:30 MS	METCON3 <i>Luis Weber</i>	5:30-6:15 MS◆	PURE STRENGTH <i>Ronnie Allen</i>
6:30-7:30 MS	Alignment Flow Yoga <i>Vanessa Spina</i>									5:45-6:30 MS◆	METCON3 <i>Luis Weber</i>	6:30-7:30 BR◆	Boxing <i>JR</i>
7:45-8:30 MS	Cardio Dance Club <i>Kari McKillip</i>									6:00-6:45 CS◆	Studio Cycling <i>Faith Murphy</i>	6:30-7:15 CS◆	Studio Cycling <i>Eniko Kiraly</i>
										6:30-7:30 BR◆	Boxing <i>Champ Parris</i>	6:30-7:15 MS	Pilates <i>Kat Marion</i>
										6:45-7:30 MS	THE CUT <i>Mara Gabrielle</i>	7:30-8:15 MS	Tabata <i>Amy Amato</i>
										7:00-7:45 CS◆	Studio Cycling <i>Faith Murphy</i>		
										7:45-8:45 MS	Vinyasa Yoga <i>Kumiko Buckman</i>		

EQUINOX

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 09:00 AM - 02:00 PM

MAY 29: 08:00 AM - 02:00 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

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

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

CLUB HOURS: Sat 5/27
9am-2pm Sun 5/28 9am-2pm
Mon 5/29 8am-2pm

STUDIO CYCLING

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!

RED, RIDE AND BLUE 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.

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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 A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and 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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

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

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

MEMORIAL DAY CHALLENGE Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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.

DANCE

CARDIO DANCE CLUB Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

BOXING & MARTIAL ARTS

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

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.