EQUINOX

WALL STREET

JULY 2016 | SCHEDULE EFFECTIVE 07.01.16–07.31.16

KEY

Bold New Class, Instructor, or Time

♦ Advance sign-up required

Studio key on back

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 –7:15 TR ♦ Tread and Shred *Jodi Cornish* 7:00 –7:45 MS Whipped! (L2) *Gerren Liles*	6:30 –7:30 MS Alignment Flow Yoga *Jessica Willis* 6:45 –7:30 CS ♦ Studio Cycling *Jillian Wright*	6:45 –7:30 CS ♦ Studio Cycling *Nikki Bucks* 7:00 –7:45 MS 30/60/90® *Scott Kolb*	6:45 –7:30 MS Tabata *Lulu Faria* 7:00 –7:45 TR ♦ Precision Running® *Cynthia Barrett*	6:30 –7:15 CS ♦ Cyclesanity® *Jillian Wright* 7:00 –7:45 MS Boot Camp *Lee Jimenez*	10:00 –10:45 CS ♦ Studio Cycling *Chayanne Joel* 10:45 –11:30 MS Tabata *Carolann Valentino* 11:45 –1:00 MS Vinyasa Yoga *Ana Sussmann*	10:30 –11:15 MS 30/60/90® *Evie Deng* 11:00 –11:45 CS ♦ Studio Cycling *Erika Osberg* 11:30 –12:45 MS Vinyasa Yoga *Anton Brandt*
12:00 –12:45 MS Shockwave (L2) *Gregg Cook* 12:45 –1:45 BR ♦ FightTech *Steve Feinberg* 12:45 –1:30 MS EQX Barre Burn *Allison Kimmel* 12:50 –1:35 CS ♦ TERRAcycle! *Gregg Cook* 1:35 –2:35 MS Vinyasa Yoga *Johan Montijano*	12:15 –1:00 CS ♦ Studio Cycling *Nyree Brown* 12:15 –1:15 MS Body Architect *Calvin Wiley* 12:30 –1:30 BR ♦ Boxing *Champ Parris* 1:15 –2:15 MS Vinyasa Yoga *Lisa Bermudez*	12:00 –12:45 MS Tabata *Jennifer Hamlin* 12:30 –1:30 BR ♦ Boxing *JR* 12:45 –1:30 MS Gold Barre *Jill Jacobs* 12:50 –1:35 CS ♦ Studio Cycling *Sabrina Cohen* 1:35 –2:35 MS **Vinyasa Yoga** ***Josh Mathew-Meier***	12:15 –1:00 MS Whipped! (L2) *Luis Weber* 12:30 –1:15 CS ♦ Cyclesanity® *Jillian Wright* 1:15 –2:15 MS Vinyasa Yoga *Lindsey Valdez*	12:15 –1:00 CS ♦ Studio Cycling *Eniko Kiraly* 12:15 –1:00 MS Best Butt Ever *Joan Ferraro* 12:30 –1:30 BR ♦ Boxing *Curtis Summit* 1:00 –1:45 MS THE CUT *Juliana Estrella*		
5:15 –5:45 MS 30/60/90® Core *Kristi Molinaro* 5:30 –6:15 TR ♦ Precision Running® *Susan Simon* 5:45 –6:30 MS 30/60/90® *Kristi Molinaro* 6:15 –7:00 CS ♦ Amy's A.R.M.Y. ™ Cycling *Amy Amato* 6:30 –7:15 MS 30/60/90® *Kristi Molinaro* 7:15 –8:00 CS ♦ Amy's A.R.M.Y. ™ Cycling *Amy Amato* 7:30 –8:30 MS **Vinyasa Yoga** ***Erin Barry***	5:00 –5:45 MS METCON3 *Luis Weber* 5:45 –6:30 MS METCON3 *Luis Weber* 6:00 –6:45 CS ♦ Studio Cycling *Michael Keeney* 6:30 –7:25 BR ♦ Boxing *Champ Parris* 6:30 –7:30 CL Equinox Run Club *Equinox Trainers* 6:35 –7:35 MS **Vinyasa Yoga** ***Meghan Meyer*** 7:00 –7:45 CS ♦ Studio Cycling *Michael Keeney* 7:40 –8:25 MS **THE CUT** ***Mara Gabrielle***	5:30 –6:15 MS METCON3 *Phoenix Carnevale* 6:30 –7:30 BR ♦ Boxing *JR* 6:30 –7:15 CS ♦ Studio Cycling *Shanda Woods* 6:30 –7:15 MS Pilates *Kat Marion* 7:30 –8:15 MS Tabata *Lauren Colenso-Semple*	5:30 –6:15 MS Ropes and Rowers (L2) *Gerren Liles* 6:30 –7:15 CS ♦ Studio Cycling *Faris* 6:30 –7:30 MS Vinyasa Yoga *Vanessa Spina*	5:30 –6:30 MS Vinyasa Yoga *Shanda Woods*		

EQUINOX

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 8:00PM
SAT & SUN: 9:00AM - 6:00PM

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

TR	Treadmill Area
MS	Main Studio
BR	Boxing Studio
CS	Cycling Studio
CL	Club Lobby

WHAT'S NEW THIS MONTH
Test out two new Group Fitness enhancements coming soon! 100% of spots available online for all Bookable Classes and an updated digital waitlist cut-off time (35 minutes prior to class start time). Book your next class today.

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® Experience Cyclesanity a high-energy ride created and delivered by Jillian Wright with her unique ability to inspire and motivate. She brings her Cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills. The end result 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 No matter your goal, this workout inspires more from your run. Great for the marathoner or the purist who just enjoys to run, improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve your personal goals. Created by Wes Pedersen for Equinox.

PRECISION RUNNING® Efficient and precisely designed intervals on the treadmill will hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring headphones.

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 The flowing structure of Ashtanga yoga, including 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.

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® Created by Kristi Molinaro. A 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. Very challenging but modifiable for all levels.

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!

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.

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. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

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 courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat.

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.

GOLD BARRE Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

CONDITIONING

30/60/90® CORE Created by Kristi Molinaro. Kristi combines her Pilates expertise with athletic training to create a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY ARCHITECT A Calvin Wiley signature workout is a new approach towards the traditional Body Sculpt class. A timeless classic, this non-aerobic class tones and enhances muscular endurance and strength.

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.

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.