

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

EQUINOX

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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
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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

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 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

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

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.

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.

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.

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!

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!

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

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.

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 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.

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.

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.