

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:30-8:15 MS ◆	Stacked! <i>Paula Calabrese</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	7:00-7:45 MS ◆	Tabata Max <i>Christopher Vo</i>	7:15-8:00 YS ◆	EQX Barre Bum <i>Vivian Jonokuchi</i>	7:15-8:15 YS ◆	Athletic Yoga <i>Lauren Harris</i>
7:45-8:30 YS ◆	<b>EQX Barre Bum</b> <b><i>Richel Ruiz</i></b>	7:30-8:15 CS ◆	Cycle Power <i>Kyle O'Brien</i>	7:15-8:00 YS ◆	Pilates Fusion <i>Jennifer Herrera</i>	7:30-8:15 MS ◆	Cardio Boxing <i>Akin Williams</i>	7:30-8:15 MS ◆	Cardio Sculpt <i>Bransen Gates</i>
12:00-12:45 YS ◆	Vinyasa Yoga <i>Colleen Murphy</i>	7:45-8:30 MS ◆	MET CON3 <i>Danielle Wettan</i>	7:30-8:15 CS ◆	Cycle Power <i>Tim Healy</i>	7:45-8:30 CS ◆	Cycle Beats <i>Javier Ortega</i>	12:00-12:45 YS ◆	Pilates Fusion <i>Jennifer Herrera</i>
12:15-1:00 MS ◆	Tabata Max <i>KaRa Dizon</i>	12:15-1:00 YS ◆	Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 YS ◆	EQX Barre Bum <i>Diane LaVon</i>	12:15-1:00 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	12:15-1:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Mary O</i>
12:30-1:15 CS ◆	Cycle Power <i>Danielle Wettan</i>	12:30-1:15 MS ◆	Athletic Conditioning <i>Peyton Royal</i>	12:30-1:15 MS ◆	MET CON3 <i>Eddie Carington</i>	12:30-1:15 MS ◆	Stacked! <i>Carolann Valentino</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Dario Torres</i>
5:15-6:05 TR ◆	Precision Run® <i>Eddie Carington</i>	12:45-1:30 TR ◆	Precision Run® <i>Jack McGowan</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Luis Weber</i>	5:15-6:00 CS ◆	Cycle Beats <i>Danielle Wettan</i>		
5:30-6:15 YS ◆	EQX Barre Bum <i>Adam Bokunewicz</i>	5:15-6:00 MS ◆	<b>Tabata Max</b> <b><i>Christopher Howard</i></b>	5:30-6:15 YS ◆	EQX Barre Bum <i>Christopher Vo</i>	5:30-6:15 YS ◆	Vinyasa Yoga <i>Johan Montijano</i>		
5:45-6:30 MS ◆	Cardio Dance <i>Yenny Barona</i>	5:30-6:15 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	5:45-6:30 CS ◆	<b>Cycle Power</b> <b><i>Shawn Kobetz</i></b>	5:45-6:30 MS ◆	Stacked! <i>Kevin Scott</i>		
6:45-7:30 MS ◆	<b>Best Butt Ever + Best Abs Ever</b> <b><i>Yenny Barona</i></b>	6:00-6:45 CS ◆	<b>Cycle Beats</b> <b><i>Mario Martinez</i></b>	6:45-7:30 MS ◆	Powerstrike! <i>Christopher Vo</i>	6:15-7:05 TR ◆	Precision Run® <i>Danielle Wettan</i>		
		6:30-7:15 MS ◆	<b>STRONG</b> <b><i>Peyton Royal</i></b>						

# EQUINOX

**EAST 44TH STREET**  
420 LEXINGTON AVENUE  
NEW YORK NY 10170  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 9:00PM  
**FRI:** 5:30AM - 7:00PM

## GROUP FITNESS MANAGER

paula.calabrese@equinox.com

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## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

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## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area

## WHAT'S NEW THIS MONTH

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### CYCLING

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

### RUNNING

**PRECISION RUNS** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

### YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

### ATHLETIC TRAINING

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**BEST BUTT EVER + BEST ABS EVER** A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**METCONS** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

**STRONG** A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

### BARRE

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

### PILATES

**PILATES FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

### DANCE

**CARDIO DANCE** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

### BOXING AND KICKBOXING

**CARDIO BOXING** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**POWERSTRIKE!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

### SCULPT

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.