

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

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| 6:45-7:30 TR ◆ Precision Run® <i>Ash Michelle</i> | 7:00-7:45 MS ◆ Atletica <i>Paula Calabrese</i> | 7:00-7:45 MS ◆ Cycle Power <i>Shweky</i> | 7:30-8:20 YS Vinyasa Yoga <i>Joan Moon</i> | 12:00-12:45 MS ◆ METCON3 <i>Gerard Thelemaque</i> | 12:15-1:15 YS Vinyasa Yoga <i>Terrence Monte</i> | 12:30-1:30 BR ◆ Boxing <i>Curtis Summit</i> | 12:30-1:15 CS ◆ Cycle Power <i>Marie Jasmin</i> | 1:00-1:45 MS Best Butt Ever <i>Joan Moon</i> | 5:15-6:00 TR ◆ Precision Run® <i>Janice JP Prishwalko</i> | 5:30-6:15 BR ◆ Boxing <i>Sabrina Cohen</i> | 5:30-6:15 MS Tabata <i>Rachel Shasha</i> | 5:30-6:30 YS ◆ Vinyasa Yoga <i>Yuliana Kim Grant</i> | 6:15-7:00 CS ◆ Cycle Power <i>Cecilia Lopez</i> | 6:30-7:15 MS ◆ Powerstrike! <i>Sabrina Cohen</i> | 6:45-7:30 YS ◆ Pilates Fusion <i>Kat Marion</i> | 7:30-8:15 MS Definitions <i>Kyle White</i> | 7:00-7:45 TR ◆ Precision Run® <i>Ashley Underwood</i> | 7:15-8:00 MS ◆ METCON3 <i>Danielle Wettan</i> | 7:30-8:15 CS ◆ Cycle Beats <i>Kyle OBrien</i> | 12:15-1:00 MS ◆ Tabata Strength <i>Joan Moon</i> | 12:15-1:15 YS ◆ Power Yoga (L2) <i>Lindsay Carson</i> | 12:30-1:15 CS ◆ Cycle Power <i>Robert Pennino</i> | 1:15-2:00 MS Cardio Dance Fitness <i>Julia Neveu</i> | 1:30-2:30 YS ◆ Iyengar Yoga <i>Adam Vitolo</i> | 5:15-6:00 MS METCON3 <i>Caroline Kaczor</i> | 5:15-6:00 TR ◆ Tri-Tread <i>Robert Pennino</i> | 5:15-6:15 YS ◆ Vinyasa Yoga <i>Lara Benusis</i> | 6:15-7:00 CS ◆ Cycle Power <i>Robert Pennino</i> | 6:15-7:00 MS ◆ THE CUT <i>Kari McKillip</i> | 6:30-7:15 YS ◆ Pilates Fusion <i>John Tamaggiore</i> | 7:15-8:00 MS Master of One <i>Chloe Corpuz</i> | 7:45-8:45 YS Athletic Yoga (L2) <i>Serena Tom</i> | 6:30-7:15 CS ◆ Cycle Power <i>Pilar Allen</i> | 6:45-7:35 TR ◆ Precision Run® <i>Dave Heard</i> | 7:00-7:45 MS ◆ Tabata (L2) <i>Paula Calabrese</i> | 7:15-8:00 YS Authentic Mat Pilates <i>Terrence Carey</i> | 7:30-8:15 CS ◆ Cycle Power <i>Rachel Vaziralli</i> | 12:00-12:45 MS ◆ METCON3 <i>Ron Christopher</i> | 12:00-12:50 YS Pilates Fusion <i>Jennifer Benesch</i> | 12:15-1:00 CS ◆ Cycle Beats <i>Amanda Katz</i> | 1:00-1:45 MS EQX Bare Bum <i>Caroline Strong</i> | 1:00-2:00 YS Vinyasa Yoga <i>Johan Montijano</i> | 1:15-2:15 BR ◆ Boxing <i>Curtis Summit</i> | 5:30-6:15 MS Athletic Conditioning (L2) <i>Chelsea Potter</i> | 5:30-6:30 YS ◆ Power Yoga (L2) <i>Rika Henry</i> | 6:00-6:45 CS ◆ Cycle Power <i>Christian Ramos</i> | 6:30-7:00 MS ◆ Firestarter <i>Scott Gervais</i> | 6:45-7:45 YS ◆ Yin Yoga Meditation <i>Kumiko Buckman</i> | 7:00-7:20 MS Ab Lab <i>Scott Gervais</i> | 7:30-8:15 MS Tabata <i>Alison O'Connor</i> | 6:15-7:00 MS Barefoot Body Conditioning <i>Mia Wenger</i> | 7:15-8:00 MS ◆ Master of One <i>Jacqueline Kouri</i> | 7:30-8:15 CS ◆ Cycle Power <i>Meghan Cox</i> | 12:15-1:00 MS ◆ Tabata <i>LR Davidson</i> | 12:15-1:15 YS Vinyasa Yoga <i>Jen Guarnieri</i> | 12:30-1:15 CS ◆ Cycle Power <i>Flaminia Fanale</i> | 1:00-1:20 MS Core Conditioning <i>LR Davidson</i> | 1:30-2:20 TR ◆ Precision Run® <i>LR Davidson</i> | 5:15-6:00 MS Circuit Challenge <i>Dave Heard</i> | 5:30-6:30 YS ◆ Vinyasa Yoga <i>Samantha Debicki</i> | 6:00-6:45 CS ◆ Cycle Power <i>Sarah Carr</i> | 6:15-7:00 MS EQX Bare Bum <i>Kyla Lloyd</i> | 6:45-7:45 YS Yin Yoga <i>Tara Dhyani Purswani</i> | 7:15-8:00 MS Stacked! <i>Adrian Gamble</i> | 7:00-7:45 MS Athletic Conditioning <i>Daxton Bloomquist</i> | 7:15-8:05 YS Vinyasa Yoga <i>Rika Henry</i> | 7:30-8:15 CS ◆ Cycle Power <i>Bryanna Lashley</i> | 12:00-12:30 MS Firestarter <i>Diane LaVon</i> | 12:15-1:00 CS ◆ Cyclesanity® <i>Jillian Wright</i> | 12:30-12:50 MS Ab Lab <i>Diane LaVon</i> | 1:00-1:45 MS ◆ THE MUSE™ <i>Peyton Royal</i> | 1:00-2:00 YS Vinyasa Yoga <i>Kay Kay Clivio</i> | 4:00-4:45 TR ◆ Precision Run® <i>Natasha Ross</i> | 5:00-5:45 MS METCON3 <i>Natasha Ross</i> | 5:30-6:30 YS Slow Flow Yoga <i>Dee Holliday</i> | 10:00-10:45 MS Cross Fusion <i>Chloe Corpuz</i> | 11:00-11:45 CS ◆ ANTHEM™ <i>LR Davidson</i> | 12:00-1:00 YS Vinyasa Yoga <i>Aarti Ruparell</i> |

EAST 44TH STREET
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 NEW YORK NY 10170
 EQUINOX.COM
 @EQUINOX

MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 9:00PM
SAT: 9:00AM - 6:00PM

GROUP FITNESS MANAGER
 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 |
| CS | Cycling Studio |
| YS | Yoga Studio |
| BR | Boxing Studio |

**WHAT'S NEW THIS
 MONTH**

🚴 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 Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

CYCLE POWER Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

CYCLESANITY® Technique tumt up and driven by high energy music. Created by Jillian Wright, this class incorporates tempo drills, intervals, sprints and hills for a results-driven ride.

🏃 RUNNING

PRECISION RUN® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Run is redefining our indoor treadmill training with the only method-driven program in the industry.

🧘 YOGA

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

IYENGAR YOGA Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props. Good for students concerned with injuries.

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.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and 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

YIN YOGA A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

YIN YOGA MEDITATION Go slow to release and center with this deeply meditative Yoga practice. Find the power in stillness through the Yin Yoga technique of prolonged poses. Each pose acts as a mini-meditation, unleashing a free flow of energy throughout connective tissue, refocusing and rejuvenating the body

🏋️ ATHLETIC TRAINING

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

ATHLETIC CONDITIONING Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

ATLETICA Sculpt and train your body like an athlete. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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.

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences will leave you drenched and empowered.

CROSS FUSION A broad and inclusive workout to challenge your entire fitness level. Each workout is designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.

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.

MASTER OF ONE One weight is all it takes. Zero in on results with a next-generation HIIT weight training class that strips your training to the core. Use a single weight for a total body workout. Rise to the challenge with fierce focus, killer cardio training, and supercharged strength, all in one.

METCONS 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 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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

TRI-TREAD Inspired by triathlon training techniques, this 45 minute treadmill workout of timed intervals is a great caloric expenditure burn designed with the athlete in mind.

👉 BARRE

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

👇 LONG + LEAN

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your bum. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

👉 PILATES

AUTHENTIC MAT PILATES Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

PILATES FUSION Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

👇 DANCE

CARDIO DANCE FITNESS A nonstop easy to follow, calorie-burning dance fitness workout designed to create a lean physique.

👇 BOXING + MARTIAL ARTS

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

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.

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.