

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ <b>Studio Cycling</b> <b>Kevin Condon</b>	6:00-6:45 CS◆ Studio Cycling <i>Erika Osberg</i>	6:30-7:15 CS◆ Studio Cycling <i>Dave M.</i>	6:30-7:15 CS◆ Cycle Beats <i>D Gunnz</i>	6:30-7:15 CS◆ Studio Cycling <i>Lewis McNairy</i>	8:30-9:50 YS Iyengar Yoga <i>Debbie Green</i>	9:00-10:00 MS Cardio Kick <i>Akin Williams</i>
6:45-7:30 MS METCON3 <i>Matt Ortel</i>	6:30-7:30 MS Ultimate Workout <i>Joanna Stahl</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	7:00-7:45 MS Tabata <i>Joshua Vela</i>	7:00-7:45 YS Pilates Power <i>Nicola Yvette</i>	9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>	9:30-10:15 CS◆ <b>Studio Cycling</b> <b>Haley Allen</b>
8:00-8:45 MS Power Sculpt <i>Antonio Hudson</i>	7:00-7:45 CS◆ Studio Cycling <i>Erika Osberg</i>	7:15-8:00 YS EQX Barre Burn <i>Megan Callahan</i>	7:15-8:15 YS Vinyasa Yoga <i>Michael Gervais</i>	7:15-8:00 MS Athletic Conditioning <i>Eddie Carrington</i>	9:30-10:15 MS METCON3 <i>Antonio Hudson</i>	10:00-11:15 YS Vinyasa Yoga <i>Damien Alexander</i>
8:00-8:50 TR◆ Precision Running® <i>Cynthia Barrett</i>	7:15-8:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	8:00-8:45 MS THE CUT <i>Sarah Starkweather</i>	7:45-8:30 MS THE CUT <i>Joshua Vela</i>	8:00-8:50 TR◆ Precision Running® <i>Rachel Mariotti</i>	10:00-10:45 CS◆ Studio Cycling <i>Wil Ashley</i>	10:15-11:00 MS <b>METCON3</b> <b>Teddy Sanchez</b>
8:30-9:15 CS◆ Studio Cycling <i>Rachel Vaziralli</i>	8:00-8:50 MS Cardio Sculpt <i>Keith Irace</i>	8:00-8:50 TR◆ <b>Precision Running®</b> <b>Erin Barry</b>	8:30-9:15 CS◆ Studio Cycling <i>Keith Irace</i>	9:00-9:00 YS Vinyasa Yoga <i>Damien Alexander</i>	10:00-11:00 YS The willPower Method <i>Maris Madeira</i>	11:00-11:45 CS◆ Studio Cycling <i>Danielle Wettan</i>
9:00-9:50 MS EQX Barre Burn <i>Sarah Starkweather</i>	9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>	9:00-10:00 MS Cardio Sculpt <i>Marie Jasmin</i>	9:00-9:45 YS Barre Pilates <i>Jennifer Herrera</i>	9:00-10:00 MS Power Sculpt <i>Dana Snyder</i>	10:30-11:15 MS Zumba® <i>Antonio Hudson</i>	11:15-12:00 MS THE CUT <i>Gina DiNapoli</i>
10:30-11:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	9:00-9:45 MS Zumba® <i>Antonio Hudson</i>	10:30-11:30 YS Vinyasa Yoga (L3) <i>Ariel Karass</i>	10:00-11:00 YS Vinyasa Yoga <i>Nadia Zaki</i>	10:00-11:00 MS Dance Grooves <i>Rosie Fiedelman</i>	11:00-11:45 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	11:50-12:20 YS Ab Lab <i>Danielle Wettan</i>
12:00-12:45 CS◆ Studio Cycling <i>Darbi Worley</i>	11:00-12:00 MS Dance Grooves <i>Nadia Zaki</i>	12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>	11:00-12:00 YS INNER Warrior <i>Nadia Zaki</i>	10:30-11:30 YS Vinyasa Yoga <i>Jena Maenius</i>	11:15-12:30 YS Vinyasa Yoga <i>Sarra Morton</i>	12:00-1:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>
12:15-1:00 MS METCON3 <i>Luis Weber</i>	12:00-1:00 YS INNER Strength <i>Nadia Zaki</i>	12:15-1:00 CS◆ Studio Cycling <i>Alie Giaime</i>	12:00-12:45 MS THE CUT <i>Paula Calabrese</i>	12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>	11:30-12:15 MS <b>Tabata</b> <b>Patrick Tae</b>	12:15-1:00 CS◆ <b>Cycle Beats:</b> <b>Football Pre-</b> <b>Game Ride</b> <b>D Gunnz</b>
1:00-2:00 YS Vinyasa Yoga <i>Benn Rasmussen</i>	12:15-12:45 MS◆ Firestarter <i>Mary O</i>	12:15-1:00 MS Tabata <i>Jack McGowan</i>	12:15-1:00 CS◆ Studio Cycling <i>Kristina Earnest</i>	12:15-1:00 MS Whipped! <i>Gerren Liles</i>	12:15-12:45 MS <b>Ab Lab</b> <b>Patrick Tae</b>	4:00-5:15 YS Restorative Flow Yoga <i>Brian Liem</i>
4:15-5:05 TR◆ Precision Running® <i>Caroline Kaczor</i>	12:45-1:15 MS◆ Best Abs Ever <i>Mary O</i>	1:00-2:00 YS Power Yoga <i>Domenic Savino</i>	12:45-1:00 MS Ab Lab <i>Paula Calabrese</i>	12:30-1:15 CS◆ Studio Cycling <i>Wil Ashley</i>	12:30-1:30 MS◆ TKOProFitness Boxing <i>Curtis Summit</i>	5:00-5:45 MS <b>Tabata</b> <b>Janice JP</b> <b>Prishwalko</b>
5:00-6:00 YS Vinyasa Yoga <i>Jamie Lyn Skolnick</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	4:15-5:05 TR◆ Precision Running® <i>Janice JP</i> <i>Prishwalko</i>	1:00-2:00 YS Vinyasa Yoga <i>Sarra Morton</i>	1:15-2:15 YS Vinyasa Yoga <i>Michael Gervais</i>	4:00-5:00 YS Vinyasa Yoga <i>Melini Jesudason</i>	5:30-6:15 YS Pilates Fusion <i>Zach Bergfelt</i>
6:00-6:45 MS <b>Athletic Conditioning</b> <b>Tim Flores</b>	5:30-6:00 MS◆ Firestarter <i>Amanda Young</i>	5:30-6:15 MS METCON3 <i>Janice JP</i> <i>Prishwalko</i>	5:15-6:15 YS Yoga Core <i>Cooper Chou</i>	6:00-7:00 YS Vinyasa Yoga <i>Angela Leigh</i>	5:30-6:15 CS◆ <b>Cycle Beats: Club</b> <b>Bangers Ride</b> <b>D Gunnz</b>	
6:10-7:00 YS Pilates Fusion <i>Laura Hanlon</i>	6:00-7:00 YS Pilates Flow <i>Aida Palau</i>	6:00-7:00 YS Vinyasa Yoga <i>Sarra Morton</i>	5:30-6:15 MS Tabata <i>Rachel Shasha</i>	6:15-7:00 CS◆ Studio Cycling <i>Nikki Bucks</i>		
6:15-7:00 CS◆ Studio Cycling <i>Caroline Kaczor</i>	6:15-7:00 MS Tabata <i>Amanda Young</i>	6:30-7:00 MS <b>ABsession™</b> <b>Violet Zaki</b>	6:30-7:15 MS Studio Cycling <i>Wil Ashley</i>			
7:00-7:50 MS Powerstrike! <i>Ilaria Montagnani</i>	6:30-7:15 CS◆ Studio Cycling <i>LR Davidson</i>	6:30-7:00 MS <b>ABsession™</b> <b>Violet Zaki</b>	6:30-7:15 MS EQX Barre Burn <i>Megan Callahan</i>			
7:15-8:00 CS◆ Studio Cycling <i>Baxter Sanders</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	6:45-7:30 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	6:30-7:15 MS Pilates Fusion <i>Lilly Ballarin</i>			
7:15-8:15 YS Vinyasa Yoga <i>Robert Nguyen</i>	7:00-8:00 MS EQX Barre Burn <i>Aida Palau</i>	7:00-8:00 BR◆ Kickboxing <i>Alberto Reyes</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>			
8:00-9:00 MS Definitions <i>Ilaria Montagnani</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	7:00-8:00 MS <b>Zen Combat</b> <b>Violet Zaki</b>	7:30-8:20 MS <b>Ultimate Workout</b> <b>Patrick Tae</b>			
		7:15-8:00 YS Barre Pilates <i>Jennifer Herrera</i>	7:30-8:30 YS Vinyasa Yoga <i>Johan Montijano</i>			

## FLATIRON

897 BROADWAY  
NEW YORK NEWYORK 10003  
212.780.9300  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 11:00PM  
**FRI:** 5:30AM - 10:00PM  
**SAT & SUN:** 8:00AM - 9:00PM

**GROUP FITNESS MANAGER**  
SARRA MORTON  
sarra.morton@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

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

#### WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

#### STUDIO CYCLING

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**CYCLE BEATS: CLUB BANGERS RIDE** Come join the party with this themed ride! You'll hear some of the hottest music currently being played on the club scene from South beach to The Meat Packing District. This party will have you sweating in and out of the saddle!

**CYCLE BEATS: FOOTBALL PRE-GAME RIDE** Come get focused and ready to rumble for this weekends football games. The music and workout will be more than enough to have you ready for action on or off the field!

**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.

#### 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.

#### YOGA

**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 such as belts and blocks. 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.

**RESTORATIVE FLOW YOGA** Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

**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.

**YOGA CORE** Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

#### ATHLETIC TRAINING

**ATHLETIC CONDITIONING** Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

**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.

**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!** 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

**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.

**ABSESSION™** Violet's signature class, is a highly efficient and concentrated workout which combines core strengthening and stabilizing exercises that not only give you leaner abs and a stronger back, but will help improve posture and balance . It's not all about crunches!

**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.

**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.

**DEFINITIONS** An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

**INNER STRENGTH** Created by Nadia Zaki to help you strengthen and stretch, this dance-based conditioning class includes exercises that target balance, focus, posture and alignment.

**POWER SCULPT** An intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body

**THE WILLPOWER METHOD** The willPower Method® combines strong cardio, muscle conditioning and flexibility training into one fluid format. This barefoot fusion class is sweaty and powerful, working the whole body and yielding great results.

**ULTIMATE WORKOUT** The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

#### PILATES

**BARRE PILATES** Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

**PILATES FLOW** This class is a vigorous sequence of mat exercises based on Joseph Pilates work. The class will demonstrate core stability, flexibility and balance with upbeat music and flowing transitions.

**PILATES FUSION** Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

**PILATES POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of

exercises designed to add power and stamina.

#### DANCE

**DANCE GROOVES** Unique mix of jazz dance, global rhythms and hip hop for all levels. Sweat, dance and get your groove on!

**ZUMBA®** Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

#### BOXING & MARTIAL ARTS

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

**CARDIO KICK** An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

**INNER WARRIOR** Find the Warrior within through strength in knowledge of body and mind. Inner Warrior is a practice that requires a commitment from your mind and body. It is a fusion of styles inspired from multiple martial art forms and yoga practices, all of which are brought to you in a pure fitness format.

**KICKBOXING** An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

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

**TKOPROFITNESS BOXING** This class focuses on real boxing principles. Curtis Summit, boxer extraordinaire, guides you through this intense boxing experience. Handwraps required. All levels.

**ZEN COMBAT** Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.