

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	6:00-6:45 CS◆ Studio Cycling <i>Erika Osberg</i>	6:30-7:15 CS◆ Studio Cycling <i>Dave M.</i>	9:00-9:45 CS◆ Beast n Feast Ride <i>Wil Ashley</i>	8:00-9:00 YS Vinyasa Yoga <i>Damien Alexander</i>	8:30-9:50 YS Iyengar Yoga <i>Debbie Green</i>	9:00-10:00 MS Cardio Kick <i>Akin Williams</i>	9:00-10:15 CS◆ ANTHEM <i>Betsy Mallonee</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>	9:00-10:00 MS Power Sculpt <i>Delida Torres</i>	9:30-10:15 CS◆ Studio Cycling <i>Wil Ashley</i>	9:00-10:15 MS ANTHEM <i>Betsy Mallonee</i>
8:00-8:45 MS Athletic Conditioning <i>Boyd Melson</i>	7:00-7:45 CS◆ Studio Cycling <i>Erika Osberg</i>	7:15-8:00 YS◆ EQX Barre Burn <i>Lexi Julian (SUB)</i>	10:00-10:45 CS◆ Beast n Feast Ride <i>Wil Ashley</i>	10:00-11:00 MS Dance Grooves <i>Rosie Fiedelman</i>	9:30-10:15 MS Boot Camp <i>Boyd Melson</i>	10:00-11:15 YS Vinyasa Yoga <i>Damien Alexander</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>	10:00-10:45 CS◆ Studio Cycling <i>Wil Ashley</i>	10:15-11:00 MS METCON3 <i>Teddy Sanchez</i>	10:00-11:15 YS Vinyasa Yoga <i>Damien Alexander</i>
8:00-8:50 TR◆ Precision Running® <i>Cynthia Barrett</i>	8:00-8:50 MS Cardio Sculpt <i>Boyd Melson (SUB)</i>	8:00-8:45 TR◆ Precision Running® <i>Erin Barry</i>	10:30-11:15 MS Tabata <i>LR Davidson</i>	12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>	10:00-11:00 YS Barefoot Body Conditioning <i>Lauren Anthony</i>	11:00-11:45 CS◆ Studio Cycling <i>Danielle Wettan</i>	8:30-9:15 CS◆ ANTHEM <i>Michael Keeney</i>	8:00-8:50 MS Cardio Sculpt <i>Boyd Melson (SUB)</i>	9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>	8:30-9:15 CS◆ ANTHEM <i>Michael Keeney</i>	12:15-1:00 MS Whipped! <i>Gerren Liles</i>	11:00-11:45 MS Studio Cycling <i>Jan Erik Navoa</i>	11:00-11:45 MS 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>	11:00-12:00 YS Gratitude Yoga <i>Sarra Morton</i>	12:15-1:00 MS Whipped! <i>Gerren Liles</i>	10:30-11:15 MS Zumba® <i>Danica Ruhalter (SUB)</i>	11:15-12:00 MS THE CUT <i>Delida Torres</i>	10:30-11:30 YS Vinyasa Yoga (L3) <i>Jena Maenius (SUB)</i>	9:00-9:45 MS Zumba® <i>Yenny Barona (SUB)</i>	9:00-9:45 MS Zumba® <i>Yenny Barona (SUB)</i>	9:00-10:00 MS Cardio Sculpt <i>Marie Jasmin</i>	12:30-1:15 CS◆ Studio Cycling <i>Wil Ashley</i>	11:30-12:20 YS Ab Lab <i>Danielle Wettan</i>	11:50-12:20 YS Ab Lab <i>Danielle Wettan</i>
10:30-11:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	11:00-12:00 MS Dance Grooves <i>Nadia Zaki</i>	10:30-11:30 YS Vinyasa Yoga (L3) <i>Jena Maenius (SUB)</i>	11:30-12:15 MS METCON3 <i>LR Davidson</i>	1:15-2:15 YS Vinyasa Yoga <i>Michael Gervais</i>	11:00-12:00 BR◆ Boxing <i>Jermaine Bailey</i>	12:00-1:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	12:15-1:00 MS Boot Camp <i>Boyd Melson</i>	11:00-12:00 MS Dance Grooves <i>Nadia Zaki</i>	11:00-12:00 MS Dance Grooves <i>Nadia Zaki</i>	10:30-11:30 YS Vinyasa Yoga (L3) <i>Jena Maenius (SUB)</i>	1:15-2:15 YS Vinyasa Yoga <i>Michael Gervais</i>	12:00-1:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	12:00-1:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>
12:15-1:00 MS Boot Camp <i>Boyd Melson</i>	12:00-1:00 YS INNER Strength <i>Nadia Zaki</i>	12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>	5:30-6:00 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	5:30-6:00 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	11:15-12:15 YS Vinyasa Yoga <i>Sarra Morton</i>	12:15-1:00 CS◆ Cycle Beats: Football Pre-Game Ride <i>D Gunnz</i>	12:30-1:15 MS◆ Studio Cycling <i>Danielle Wettan (SUB)</i>	12:00-1:00 YS INNER Strength <i>Nadia Zaki</i>	12:15-12:45 MS◆ Firestarter <i>Mary O</i>	12:15-1:00 CS◆ Studio Cycling <i>Alie Giaime</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	4:00-5:15 YS Restorative Flow Yoga <i>Elaine Moen (SUB)</i>	12:15-1:00 CS◆ Cycle Beats: Football Pre-Game Ride <i>D Gunnz</i>
1:00-2:00 YS Vinyasa Yoga <i>Mariah Betts (SUB)</i>	12:50-1:20 MS◆ THE CUT: Jump Rope <i>Mary O</i>	12:15-1:00 MS Tabata <i>Jack McGowan</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	11:30-12:15 MS Tabata <i>Patrick Tae</i>	4:00-5:15 YS Restorative Flow Yoga <i>Elaine Moen (SUB)</i>	1:00-2:00 YS Power Yoga <i>Jessica Stickler (SUB)</i>	12:50-1:20 MS◆ THE CUT: Jump Rope <i>Mary O</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	1:00-2:00 YS Power Yoga <i>Jessica Stickler (SUB)</i>	6:00-7:00 YS Vinyasa Yoga <i>Daniela Vuckovic (SUB)</i>	5:00-5:15 MS Tabata <i>Janice JP Prishwalko</i>	4:00-5:15 YS Restorative Flow Yoga <i>Elaine Moen (SUB)</i>
4:15-5:05 TR◆ Precision Running® <i>Caroline Kaczor</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	1:00-2:00 YS Power Yoga <i>Jessica Stickler (SUB)</i>	6:00-7:00 YS Vinyasa Yoga <i>Daniela Vuckovic (SUB)</i>	6:00-7:00 YS Vinyasa Yoga <i>Daniela Vuckovic (SUB)</i>	12:15-12:45 MS Ab Lab <i>Patrick Tae</i>	5:00-5:45 MS Tabata <i>Janice JP Prishwalko</i>	4:15-5:05 TR◆ Precision Running® <i>Janice JP Prishwalko</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	1:00-2:00 YS Power Yoga <i>Jessica Stickler (SUB)</i>	6:00-7:00 YS Vinyasa Yoga <i>Daniela Vuckovic (SUB)</i>	5:00-5:45 MS Tabata <i>Janice JP Prishwalko</i>	5:00-5:45 MS Tabata <i>Janice JP Prishwalko</i>
5:00-6:00 YS Vinyasa Yoga <i>Michael Gervais (SUB)</i>	5:15-6:05 YS Deep EXtreme <i>Aida Palau</i>	4:15-5:05 TR◆ Precision Running® <i>Janice JP Prishwalko</i>	5:00-6:00 YS Vinyasa Yoga <i>Sarra Morton</i>	5:00-6:00 YS Vinyasa Yoga <i>Sarra Morton</i>	12:30-1:30 MS◆ TKOProFitness Boxing <i>Curtis Summit</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:00-6:00 YS Vinyasa Yoga <i>Sarra Morton</i>	5:15-6:05 YS Deep EXtreme <i>Aida Palau</i>	5:30-6:00 MS◆ Firestarter <i>Amanda Young</i>	4:15-5:05 TR◆ Precision Running® <i>Janice JP Prishwalko</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Pilates Fusion <i>Zach Bergfelt</i>
6:00-6:45 MS Athletic Conditioning <i>Tim Flores</i>	6:00-6:45 MS◆ Firestarter <i>Amanda Young</i>	5:00-6:00 YS Vinyasa Yoga <i>Sarra Morton</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	4:00-5:00 YS Vinyasa Yoga <i>Rika Henry (SUB)</i>	5:30-6:15 YS Pilates Fusion <i>Zach Bergfelt</i>	5:00-6:00 YS Vinyasa Yoga <i>Sarra Morton</i>	6:00-6:45 MS◆ Firestarter <i>Amanda Young</i>	6:00-6:45 MS Tabata <i>Amanda Young</i>	5:00-6:00 YS Vinyasa Yoga <i>Sarra Morton</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Pilates Fusion <i>Zach Bergfelt</i>
6:10-7:00 YS Pilates Fusion <i>Laura Hanlon</i>	6:00-6:45 MS Tabata <i>Amanda Young</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>	6:00-6:45 MS Tabata <i>Amanda Young</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>
6:15-7:00 CS◆ Studio Cycling <i>Caroline Kaczor</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 YS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:15-7:00 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>
7:00-7:50 MS Powerstrike! <i>Ilaria Montagnani</i>	6:30-7:15 CS◆ Studio Cycling <i>Erika Osberg</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 YS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:30-7:15 CS◆ Studio Cycling <i>Erika Osberg</i>	6:15-7:00 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>	6:30-7:15 CS◆ Studio Cycling <i>Erika Osberg</i>	6:30-7:15 CS◆ Studio Cycling <i>Erika Osberg</i>	6:30-7:15 CS◆ Studio Cycling <i>Erika Osberg</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>
7:15-8:00 CS◆ Studio Cycling <i>Baxter Sanders</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 YS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	6:15-7:00 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>
7:15-8:15 YS Vinyasa Yoga <i>Rita Murjani (SUB)</i>	7:00-7:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 YS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	7:00-7:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	6:15-7:00 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>	7:00-7:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	7:00-7:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	7:00-7:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>
8:00-9:00 MS Definitions <i>Ilaria Montagnani</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 YS Barre Pilates <i>Jennifer Herrera</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	6:15-7:00 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	6:15-7:00 MS Barre Pilates <i>Jennifer Herrera</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwalko</i>	5:30-6:15 YS Cycle Beats: Club Bangers Ride <i>D Gunnz</i>

## FLATIRON

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

## THANKSGIVING MODIFIED HOURS

**NOVEMBER 23:** 07:00 AM - 02:00 PM

## 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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

## STUDIO 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.

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**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

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**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.

**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.

## 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.

**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!

**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.

**BAREFOOT BODY CONDITIONING** High intensity,

mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

**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.

**DEEP EXTREME** The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

**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

**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.

## 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.

**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.

**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.

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