

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
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>Debby Green</i>	9:00-10:00 MS	Cardio Kick <i>Akin Williams</i>	9:00-9:45 CS◆	Red, Ride and Blue <i>D Gunnz</i>	6:00-6:45 CS◆	Studio Cycling <i>Erika Osberg</i>	6:30-7:15 CS◆	Studio Cycling <i>Dave M.</i>
7:00-7:45 MS	Tabata <i>Danielle Hopkins (SUB)</i>	7:00-7:45 YS	Pilates Power <i>Zach Bergfelt (SUB)</i>	9:00-9:45 CS◆	Studio Cycling <i>D Gunnz (SUB)</i>	9:30-10:15 CS◆	Studio Cycling <i>Mike Harris</i>	9:00-10:00 MS	EQX Barre Burn <i>Lori Celeste</i>	6:30-7:30 MS	Body Conditioning <i>Joanna Stahl</i>	6:30-7:15 MS	Cardio Kick <i>Akin Williams</i>
7:15-8:15 YS	Vinyasa Yoga <i>Lindsay Carson (SUB)</i>	7:15-8:00 MS	Athletic Conditioning <i>Eddie Carrington</i>	9:15-10:00 MS	METCON3 <i>Antonio Hudson</i>	10:15-11:30 YS	Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:45 CS◆	Gear up for Summer <i>D Gunnz</i>	7:00-7:45 CS◆	Studio Cycling <i>Erika Osberg</i>	7:00-8:00 YS	The willPower Method <i>Maris Madeira</i>
7:45-8:30 MS	THE CUT <i>Delida Torres (SUB)</i>	8:00-8:50 TR◆	Precision Running® <i>Rachel Mariotti</i>	10:00-10:45 CS◆	Studio Cycling <i>D Gunnz (SUB)</i>	11:00-11:45 MS	Studio Cycling <i>Danielle Wettan</i>	11:00-11:45 MS	Summer Slam <i>Angel Aulet</i>	7:15-8:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	8:00-8:50 MS	THE CUT <i>Sarah Starkweather (SUB)</i>
8:30-9:15 CS◆	Studio Cycling <i>Keith Irace</i>	8:00-9:00 YS	Vinyasa Yoga <i>Damien Alexander</i>	10:10-11:00 MS	Zumba® <i>Antonio Hudson</i>	11:50-12:20 YS	Ab Lab <i>Danielle Wettan</i>	11:45-1:00 YS	Vinyasa Yoga <i>Robert Nguyen</i>	9:00-9:45 MS	Studio Cycling <i>Wil Ashley</i>	8:00-8:50 TR◆	Precision Running® <i>Chelsea Amengual</i>
10:00-11:00 YS	Vinyasa Yoga <i>Nadia Zaki</i>	9:00-10:00 MS	Power Sculpt <i>Dana Snyder</i>	11:00-11:45 CS◆	Studio Cycling <i>Jan Erik Navoa</i>	12:15-1:00 CS◆	Cycle Beats <i>D Gunnz</i>	12:15-1:00 MS	METCON3 <i>Angel Aulet</i>	11:00-12:00 MS	Dance Grooves <i>Nadia Zaki</i>	9:00-9:30 MS	Best Abs Ever <i>Marie Jasmin</i>
11:00-12:00 YS	INNER Warrior <i>Nadia Zaki</i>	10:00-11:00 MS	Dance Grooves <i>Rosie Fiedelman</i>	11:15-12:00 MS	30/60/90® <i>Janice JP Prishwalko</i>	1:00-2:00 MS◆	TKOProFitness Boxing <i>Curtis Summit</i>			12:00-1:00 YS	INNER Strength <i>Nadia Zaki</i>	9:30-10:30 MS	Cardio Sculpt <i>Marie Jasmin</i>
12:00-12:30 MS◆	Firestarter <i>Amanda Young</i>	10:30-11:30 YS	Vinyasa Yoga <i>Jena Maenius</i>	11:15-12:30 YS	Vinyasa Yoga <i>Sarra Morton</i>					12:15-1:00 MS	THE CUT <i>Mary O</i>	10:30-11:30 YS	Vinyasa Yoga (L3) <i>Ariel Karass</i>
12:15-1:00 CS◆	Studio Cycling <i>Erika Osberg (SUB)</i>	12:15-1:00 MS	Whipped! <i>Gerren Liles</i>	12:30-1:30 MS◆	TKOProFitness Boxing <i>Curtis Summit</i>					1:15-2:15 YS	Vinyasa Yoga <i>Mary Horne</i>	12:15-1:00 CS◆	Studio Cycling <i>Alie Giaime</i>
12:30-1:00 MS	Best Butt Ever <i>Amanda Young</i>	12:30-1:15 CS◆	Studio Cycling <i>Wil Ashley</i>	4:00-5:00 YS	Vinyasa Yoga <i>Melini Jesudason</i>					5:30-6:00 MS◆	Firestarter <i>Amanda Young</i>	12:15-1:00 MS	Tabata <i>Jack McGowan</i>
1:00-2:00 YS	Vinyasa Yoga <i>Sarra Morton</i>	1:15-2:15 MS◆	Boxing <i>Jermaine Bailey</i>							6:00-6:45 MS	Tabata <i>Amanda Young</i>	1:00-2:00 YS	Power Yoga <i>Domenic Savino</i>
5:15-6:00 YS	Pilates Fusion <i>Lilly Ballarin</i>	1:15-2:15 YS	Vinyasa Yoga <i>Lisa Anzelmo (SUB)</i>							6:00-7:00 YS	Pilates Flow <i>Aida Palau</i>	1:15-2:15 MS◆	Boxing <i>Jermaine Bailey</i>
5:30-6:15 CS◆	Studio Cycling <i>Wil Ashley</i>	6:00-7:00 YS	Vinyasa Yoga <i>Jen Guarnieri</i>							6:30-7:15 CS◆	Studio Cycling <i>Chelsea Amengual (SUB)</i>	4:30-5:20 MS	THE CUT <i>Eddie Carrington</i>
5:30-6:15 MS	Tabata <i>Rachel Shasha</i>									7:00-8:00 MS	EQX Barre Burn <i>Aida Palau</i>	5:30-6:15 MS	METCON3 <i>Ross Twanmoh (SUB)</i>
6:15-7:15 YS	Vinyasa Yin Yoga <i>Robert Nguyen (SUB)</i>									7:15-8:15 YS	Vinyasa Yoga <i>Lindsey Valdez (SUB)</i>	6:00-7:00 YS	Vinyasa Yoga <i>Sarra Morton</i>
6:30-7:15 CS◆	Studio Cycling <i>Wil Ashley</i>									8:15-9:15 MS◆	TKOProFitness Boxing <i>Curtis Summit</i>	6:30-7:15 MS	30/60/90® <i>Anthony Cunanan</i>
6:30-7:15 MS	EQX Barre Burn <i>Megan Callahan (SUB)</i>											6:45-7:30 CS◆	Studio Cycling <i>Alfonso Alchaer</i>
7:30-8:30 MS	Cardio Dance Fusion <i>Emily Naim</i>											7:15-8:00 YS	Barre Pilates <i>Jennifer Herrera</i>
7:30-8:30 YS	Vinyasa Yoga <i>Johan Montijano</i>											7:30-8:30 MS◆	Kickboxing <i>Alberto Reyes</i>

## FLATIRON

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

## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 08:00 AM - 06:00 PM

**MAY 29:** 08:00 AM - 07:00 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
YS	Yoga Studio
TR	Treadmill Area

### WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## STUDIO CYCLING

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

**GEAR UP FOR SUMMER** Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

**RED, RIDE AND BLUE** 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.

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## 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.

**VINYASA YIN YOGA** A class that will gently stretch and rehabilitate the connective tissues that form our joints combined with a flowing vinyasa workout.

**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

**30/60/90®** Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

**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.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

**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!** Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

## 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.

**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.

**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.

**BODY CONDITIONING** Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

**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.

**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.

## 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

**CARDIO DANCE FUSION** A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

**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!

**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.