

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 TR◆ Tread and Shred <i>Jodi Cornish</i>	6:30-7:15 MS◆ <b>Whipped! Or Artzi</b>	6:45-7:45 BR◆ Boxing <i>Matt Apolinaris</i>	6:45-7:30 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:45-7:30 CS◆ Studio Cycling <i>Nikki Bucks</i>	6:45-7:30 MS Tabata <i>Lulu Faria</i>	7:00-7:45 MS Cardio Sculpt <i>Marie Jasmin</i>	7:00-8:00 BR◆ Boxing <i>Matt Apolinaris</i>	6:30-7:15 CS◆ <b>Cycle Beats Meg Mauro</b>	6:30-7:15 MS Stacked! <i>Muri Assunção</i>	9:30-10:30 MS Vinyasa Yoga <i>Vivian Luo</i>	10:30-11:00 MS◆ Firestarter <i>Yenny Barona</i>	7:00-7:45 MS Precision Running® <i>Cynthia Barrett</i>	11:00-11:45 CS◆ <b>Studio Cycling Candace Peterson</b>
7:00-7:45 MS◆ <b>MetCon(M) Angel Aulet</b>	12:00-12:45 CS◆ Studio Cycling <i>Mike Harris</i>	7:00-7:45 MS EQX Barre Burn <i>Joan Ferraro</i>	12:00-12:45 MS Studio Cycling <i>Mike Harris</i>	7:00-7:45 TR◆ Precision Running® <i>Cynthia Barrett</i>	7:00-7:45 TR◆ Precision Running® <i>Cynthia Barrett</i>	7:45-8:30 MS Essentials Series <i>Equinox Trainers</i>	7:00-7:45 TR◆ Precision Running® <i>Cynthia Barrett</i>	7:00-7:45 MS Stacked! <i>Muri Assunção</i>	12:00-12:45 CS◆ Studio Cycling <i>Sabrina Cohen</i>	10:15-11:00 CS◆ <b>Cycle Beats Brian Robinson</b>	11:00-11:45 CS◆ <b>Studio Cycling Candace Peterson</b>	7:45-8:30 MS Essentials Series <i>Equinox Trainers</i>	11:05-11:25 MS Ab Lab <i>Yenny Barona</i>
12:00-12:45 MS◆ Whipped! <i>Gregg Cook</i>	12:15-12:45 MS◆ <b>Firestarter Andrew Harper</b>	1:00-1:45 MS EQX Barre Burn <i>Joan Ferraro</i>	12:15-12:45 MS◆ <b>Firestarter Andrew Harper</b>	12:30-1:30 BR◆ Boxing <i>Matt Apolinaris</i>	12:30-1:30 BR◆ Boxing <i>Matt Apolinaris</i>	12:30-1:15 CS◆ Studio Cycling <i>Frank Salzone</i>	12:00-12:45 CS◆ Studio Cycling <i>Sabrina Cohen</i>	12:00-12:45 CS◆ Studio Cycling <i>Sabrina Cohen</i>	12:15-1:00 MS◆ PURE STRENGTH (L3) <i>Chris Norvell</i>	10:45-11:30 MS◆ Tabata <i>Carolann Valentino</i>	11:05-11:25 MS Ab Lab <i>Yenny Barona</i>	12:15-1:00 MS◆ PURE STRENGTH (L3) <i>Chris Norvell</i>	12:00-1:00 MS Power Yoga <i>Rika Henry</i>
12:45-1:45 BR◆ FightTech <i>Steve Feinberg</i>	12:30-1:30 BR◆ Boxing <i>Champ Parris</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	12:30-1:30 BR◆ Boxing <i>Champ Parris</i>	12:45-1:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	12:45-1:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	12:30-1:30 BR◆ Boxing <i>Curtis Summit</i>	12:30-1:30 BR◆ Boxing <i>Curtis Summit</i>	1:15-2:00 MS Athletic Conditioning <i>Chris Norvell</i>	11:15-12:00 CS◆ ANTHEM™ <i>Brian Robinson</i>	12:00-1:00 MS Power Yoga <i>Rika Henry</i>	1:15-2:00 MS Athletic Conditioning <i>Chris Norvell</i>	
12:50-1:35 CS◆ TERRAcycle! <i>Gregg Cook</i>	12:45-1:05 MS <b>Core Conditioning Andrew Harper</b>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	12:45-1:05 MS <b>Core Conditioning Andrew Harper</b>	1:00-1:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	1:00-1:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	1:15-2:00 MS Athletic Conditioning <i>Chris Norvell</i>	1:15-2:00 MS Athletic Conditioning <i>Chris Norvell</i>	4:00-4:30 MS◆ THE CUT: Jump Rope <i>Justin Walker</i>			4:00-4:30 MS◆ THE CUT: Jump Rope <i>Justin Walker</i>	
1:00-1:45 MS EQX Barre Burn <i>Joan Ferraro</i>	12:50-1:35 TR◆ Precision Running® <i>Mike Harris</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	12:50-1:35 TR◆ Precision Running® <i>Mike Harris</i>	2:00-3:00 MS Power Yoga <i>Rika Henry</i>	2:00-3:00 MS Power Yoga <i>Rika Henry</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	4:30-4:50 MS Ab Lab <i>Justin Walker</i>	4:30-4:50 MS Ab Lab <i>Justin Walker</i>	4:30-4:50 MS Ab Lab <i>Justin Walker</i>			4:30-4:50 MS Ab Lab <i>Justin Walker</i>	
5:30-6:15 MS Tabata <i>Patrick Tae</i>	1:15-2:15 MS <b>Vinyasa Yoga Jena Maenius</b>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	1:15-2:15 MS <b>Vinyasa Yoga Jena Maenius</b>	5:00-5:45 MS◆ PURE STRENGTH (L3) <i>Ronnie Allen</i>	5:00-5:45 MS◆ PURE STRENGTH (L3) <i>Ronnie Allen</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	5:30-6:15 MS◆ <b>MetCon(M) Selena Dorans</b>	5:30-6:15 MS◆ <b>MetCon(M) Selena Dorans</b>	5:30-6:30 MS Vinyasa Yoga <i>Charlene Lite</i>			5:30-6:30 MS Vinyasa Yoga <i>Charlene Lite</i>	
5:30-6:15 TR◆ Precision Running® <i>Linette Guelen</i>	4:45-5:30 MS Tabata <i>Luis Weber</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	4:45-5:30 MS Tabata <i>Luis Weber</i>	5:50-6:20 MS◆ THE CUT: Jump Rope <i>Ronnie Allen</i>	5:50-6:20 MS◆ THE CUT: Jump Rope <i>Ronnie Allen</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	6:30-7:15 CS◆ Studio Cycling <i>Faris</i>	6:30-7:15 CS◆ Studio Cycling <i>Faris</i>	5:30-6:30 MS Vinyasa Yoga <i>Charlene Lite</i>			6:30-7:15 CS◆ Studio Cycling <i>Faris</i>	
6:15-7:00 CS◆ Cycle Beats <i>Brandon Scott (NY)</i>	5:45-6:30 MS◆ METCON3 <i>Luis Weber</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	5:45-6:30 MS◆ METCON3 <i>Luis Weber</i>	6:15-7:00 CS◆ ANTHEM™ <i>Lindsay Carson</i>	6:15-7:00 CS◆ ANTHEM™ <i>Lindsay Carson</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	6:30-7:30 MS Alignment Flow Yoga <i>Vanessa Spina</i>	6:30-7:30 MS Alignment Flow Yoga <i>Vanessa Spina</i>				6:30-7:30 MS Alignment Flow Yoga <i>Vanessa Spina</i>	
6:30-7:15 MS◆ Ropes and Rowers <i>Parker Krug</i>	6:00-6:45 CS◆ <b>Cycle Beats Faith Murphy</b>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	6:00-6:45 CS◆ <b>Cycle Beats Faith Murphy</b>	6:30-7:15 MS Pilates <i>Kat Marion</i>	6:30-7:15 MS Pilates <i>Kat Marion</i>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	7:00-8:00 BR◆ <b>Boxing Thomas Heath</b>	7:00-8:00 BR◆ <b>Boxing Thomas Heath</b>				7:00-8:00 BR◆ <b>Boxing Thomas Heath</b>	
7:15-8:00 CS◆ <b>Cycle Beats Brandon Scott (NY)</b>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	7:30-8:00 MS◆ <b>Firestarter Andrew Harper</b>	7:30-8:00 MS◆ <b>Firestarter Andrew Harper</b>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>	7:40-8:25 MS EQX Barre Burn <i>Dillon Spicer</i>	7:40-8:25 MS EQX Barre Burn <i>Dillon Spicer</i>				7:40-8:25 MS EQX Barre Burn <i>Dillon Spicer</i>	
7:30-8:30 MS Power Yoga <i>Rika Henry</i>	6:30-7:30 CL◆ <b>Summer Series: Equinox Run Group (L1)</b>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:30 CL◆ <b>Summer Series: Equinox Run Group (L1)</b>	8:00-8:15 MS <b>Best Abs Ever Andrew Harper</b>	8:00-8:15 MS <b>Best Abs Ever Andrew Harper</b>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>						8:00-8:15 MS <b>Best Abs Ever Andrew Harper</b>	
	6:45-7:30 MS THE CUT <i>Mara Gabrielle</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	6:45-7:30 MS THE CUT <i>Mara Gabrielle</i>	8:15-8:30 MS <b>Upper-Cuts Andrew Harper</b>	8:15-8:30 MS <b>Upper-Cuts Andrew Harper</b>	1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>						8:15-8:30 MS <b>Upper-Cuts Andrew Harper</b>	
	7:00-7:45 CS◆ <b>Cycle Beats Faith Murphy</b>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	7:00-7:45 CS◆ <b>Cycle Beats Faith Murphy</b>			1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>							
	7:45-8:45 MS Vinyasa Yoga <i>Kumiko Buckman</i>	2:00-3:00 MS Vinyasa Yoga <i>Johan Montijano</i>	7:45-8:45 MS Vinyasa Yoga <i>Kumiko Buckman</i>			1:15-2:15 MS Power Yoga <i>Lindsay Carson</i>							

**WALL STREET**  
 14 WALL STREET  
 NEW YORK NY 10005  
 EQUINOX.COM  
 @EQUINOX

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

**GROUP FITNESS MANAGER**  
 lindsay.carson@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**

- CL Club Lobby
- BR Boxing Studio
- TR Treadmill Area
- MS Main Studio
- CS Cycling Studio

**WHAT'S NEW THIS MONTH**

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

**🚴 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 cardio challenge that uses music to motivate your mood.

**CYCLESANITY®** Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

**STUDIO CYCLING** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

**TERRACYCLE!** Created by Gregg Cook and designed for outdoor road cyclists and triathletes, this class is based on real terrain and offers a challenging outdoor ride, indoors.

**🏃 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.

**SUMMER SERIES: EQUINOX RUN GROUP** Join the Equinox run community. Rack up miles and take in the city's sights with a group run followed by an in-club regeneration session. Guided by Equinox's own coaches, these summer group runs through the urban jungle are guaranteed to inspire you and maximize your goals.

**TREAD AND SHRED** Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

**🧘 YOGA**

**ALIGNMENT FLOW YOGA** This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

**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 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**

**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** 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.

**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.

**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.

**METCON(M)** One of our most popular Group Fitness classes reimagined to not only train your body, but your brain for long-term health. This high-intensity metabolic conditioning workout takes body and brain through three rounds of ten exercises tailored to challenge you physically and mentally.

**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.

**PURE STRENGTH** Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**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!

**UPPER-CUTS** Sculpt and strengthen your arms, shoulders and back while working through a powerful cardio blast.

**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.

**👉 LONG + LEAN**

**CARDIO SCULPT** Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

**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.

**👉 PILATES**

**PILATES** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

**👉 BOXING + MARTIAL ARTS**

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

**FIGHTTECH** Think boxing 101. Learn the basic execution of offensive and defensive techniques while conditioning yourself for performance and fitness through repetition. Great refresher for those who've studied boxing, and completely beginner friendly as well.

**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.