

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆ Studio Cycling <i>Jan Erik Navoa</i>		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>Debbly Green</i>		9:15-10:00 YS Pilates Fusion <i>Lenny Reisner</i>	
8:00-8:50 TR◆ Precision Running® <i>Cynthia Barrett</i>		6:15-7:00 YS Body Conditioning <i>Joanna Stahl</i>		7:15-8:00 YS EQX Barre Burn <i>Megan Callahan</i>		7:15-8:15 YS Vinyasa Yoga <i>Michael Gervais</i>		7:00-7:45 YS Pilates Power <i>Nicola Yvette</i>		9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>		9:30-10:15 CS◆ Studio Cycling <i>Mike Harris</i>	
8:30-9:15 CS◆ Studio Cycling <i>Rachel Vaziralli</i>		7:00-7:45 CS◆ Studio Cycling <i>Erika Osberg</i>		8:00-8:50 TR◆ Precision Running® <i>Chelsea Amengual</i>		8:30-9:15 CS◆ Studio Cycling <i>Keith Irace</i>		8:00-8:50 TR◆ Precision Running® <i>Rachel Mariotti</i>		10:00-10:45 CS◆ Studio Cycling <i>Wil Ashley</i>		10:15-11:30 YS Vinyasa Yoga <i>Damien Alexander</i>	
9:00-9:45 YS Barre Pilates <i>Jennifer Herrera</i>		7:15-8:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>		8:10-9:00 YS Barefoot Body Conditioning <i>Sarah Starkweather</i>		9:00-9:45 YS Pilates Fusion <i>Zach Bergfelt</i>		8:00-9:00 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>	
10:15-11:05 TR◆ Precision Running® <i>Ross Twanmoh</i>		9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>		9:00-9:45 YS EQX Barre Burn <i>Sarah Starkweather</i>		10:00-11:00 YS Vinyasa Yoga <i>Nadia Zaki</i>		9:00-9:50 YS Barefoot Body Conditioning <i>Dana Snyder</i>		11:00-11:45 CS◆ Studio Cycling <i>Jan Erik Navoa</i>		11:50-12:20 YS Ab Lab <i>Danielle Wettan</i>	
10:30-11:30 YS Vinyasa Yoga <i>Nikki Baksh</i>		9:00-9:45 YS EQX Barre Burn <i>Adam Bokunewicz</i>		10:30-11:30 YS Vinyasa Yoga (L3) <i>Ariel Karass</i>		11:00-12:00 YS INNER Warrior <i>Nadia Zaki</i>		10:00-10:50 YS Dance Grooves <i>Rosie Fiedelman</i>		11:15-12:30 YS Vinyasa Yoga <i>Sarra Morton</i>		12:00-1:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	
12:00-12:45 CS◆ Studio Cycling <i>Darbi Worley</i>		11:00-12:00 YS Dance Grooves <i>Nadia Zaki</i>		12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>		12:15-1:00 CS◆ Studio Cycling <i>Rachel Vaziralli</i>		11:00-12:00 YS Vinyasa Yoga <i>Jena Maenius</i>		12:30-1:30 MS◆ TKOProFitness Boxing <i>Curtis Summit</i>		12:15-1:00 CS◆ Cycle Beats <i>D Gunnz</i>	
1:00-2:00 YS Vinyasa Yoga <i>Benn Rasmussen</i>		12:00-1:00 YS INNER Strength <i>Nadia Zaki</i>		12:15-1:00 CS◆ Studio Cycling <i>Alie Giaime</i>		1:00-2:00 YS Vinyasa Yoga <i>Sarra Morton</i>		12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>		12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>		4:00-5:15 YS Restorative Flow Yoga <i>Brian Liem</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>Domenic Savino</i>		5:30-6:15 CS◆ Studio Cycling <i>Wil Ashley</i>		12:30-1:15 CS◆ Studio Cycling <i>Wil Ashley</i>		4:00-5:00 YS Vinyasa Yoga <i>Melini Jesudason</i>		5:30-6:15 YS Pilates Fusion <i>Zach Bergfelt</i>	
5:00-6:00 YS Vinyasa Yoga <i>Jamie Lyn Skolnick</i>		5:00-6:00 YS Pilates Flow <i>Aida Palau</i>		4:15-5:05 TR◆ Precision Running® <i>Janice JP Prishwalko</i>		5:30-6:15 YS Pilates Fusion <i>Lilly Ballarin</i>		1:15-2:15 YS Vinyasa Yoga <i>Michael Gervais</i>					
6:15-7:00 CS◆ Studio Cycling <i>Caroline Kaczor</i>		6:00-7:00 YS◆ EQX Barre Burn <i>Aida Palau</i>		5:15-5:45 YS Ab Lab <i>Janice JP Prishwalko</i>		6:30-7:15 CS◆ Studio Cycling <i>Wil Ashley</i>		6:00-7:00 YS Vinyasa Yoga <i>Angela Leigh</i>					
6:15-7:00 YS Pilates Fusion <i>Laura Hanlon</i>		6:30-7:15 CS◆ Studio Cycling <i>LR Davidson</i>		6:00-7:00 YS Vinyasa Yoga <i>Sarra Morton</i>		6:30-7:15 YS EQX Barre Burn <i>Megan Callahan</i>		6:15-7:00 CS◆ Studio Cycling <i>Nikki Bucks</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>		7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>							
7:15-8:15 YS Vinyasa Yoga <i>Robert Nguyen</i>		7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>		7:00-8:00 BR◆ Kickboxing <i>Alberto Reyes</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
TR	Treadmill Area
YS	Yoga Studio
BR	Boxing Studio
MS	Main 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.

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.

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.

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.

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.

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

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

BOXING & MARTIAL ARTS

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

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!

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