

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 MS ◆	METCON3 <i>Allie Lewis-Towbes</i>	6:30-7:15 MS ◆	Athletica <i>Erka Heam</i>	6:45-7:30 MS ◆	Tabata Max <i>John Cianca</i>	6:30-7:15 MS ◆	METCON3 <i>Ginny King</i>	6:45-7:30 BR ◆	Boxing <i>Jemaine Bailey</i>	9:30-10:15 CS ◆	Cycle Beats <i>EvAutio</i>	10:30-11:15 BR ◆	Boxing <i>Delida Torres</i>
7:45-8:35 TR ◆	Precision Run® <i>Sarah Cucuzzella</i>	6:45-7:30 CS ◆	Cycle Beats <i>Clayton Buckaloo</i>	7:00-7:45 CS ◆	Cycle Power <i>Nikki Bucks</i>	6:45-7:30 CS ◆	Cycle Power <i>Lisa Bosalavage</i>	7:00-7:45 CS ◆	Cycle Power <i>TomJohn Mershon</i>	11:00-11:50 TR ◆	Precision Run® <i>Linette Guelen</i>	12:00-12:45 MS ◆	Athletic Yoga <i>Rika Henry</i>
12:15-1:00 MS ◆	METCON3 <i>Janice JP Prishwalko</i>	7:30-8:20 TR ◆	Precision Run® <i>Alison Corcoran</i>	7:45-8:30 TR ◆	Precision Run® <i>John Cianca</i>	7:00-7:45 TR ◆	Precision Run® <i>Robert Burke</i>	7:45-8:30 MS ◆	Best Butt Ever <i>Elizabeth Tretter</i>	12:00-12:45 MS ◆	STRONG <i>Felix Ferreira</i>	1:30-2:15 MS ◆	METCON3 <i>Allie Lewis-Towbes</i>
12:30-1:15 CS ◆	Cycle Beats <i>Marie Jasmin</i>	8:00-8:45 MS ◆	Off The Barre <i>Bianca Reid</i>	12:00-12:45 BR ◆	Boxing <i>Thomas Heath</i>	8:00-8:45 MS ◆	Firestarter + Best Abs Ever <i>Robert Burke</i>	12:00-12:45 MS ◆	Ropes and Rowers <i>Luis Weber</i>	1:00-1:45 BR ◆	Boxing <i>Andrew Schillaci</i>		
1:15-2:00 MS ◆	Pilates Fusion <i>Ma Wenger</i>	12:15-1:00 CS ◆	Cycle Power <i>Mario Martinez</i>	12:30-1:15 CS ◆	Cycle Beats <i>Javier Ortega</i>	12:15-1:00 CS ◆	Cycle Power <i>Alex Lyons</i>	12:30-1:15 CS ◆	Cycle Beats <i>Christopher Infantino</i>	1:30-2:30 MS ◆	Yoga Strong <i>Kristina Erikson</i>		
5:15-6:00 MS ◆	Tabata Max <i>John Cianca</i>	12:30-1:15 MS ◆	Athletic Conditioning <i>Sean O'Donnell</i>	1:00-1:45 MS ◆	Best Butt Ever + Best Abs Ever <i>Delida Torres</i>	12:30-1:15 MS ◆	STRONG <i>Felix Ferreira</i>	1:00-1:45 MS ◆	Stacked! <i>Miriam Shestack</i>				
5:45-6:30 CS ◆	Cycle Beats <i>Alex Lyons</i>	2:00-2:45 MS ◆	Athletic Yoga <i>Jamison Goodnight</i>	2:00-2:45 MS ◆	Off The Barre <i>Emily Naim</i>	2:00-2:45 MS ◆	Pilates Mat <i>Will Taylor</i>	5:00-5:45 TR ◆	Precision Run® <i>Jacob Reynolds</i>				
6:15-7:00 TR ◆	Precision Run® <i>Linette Guelen</i>	5:15-6:00 MS ◆	Vinyasa Yoga <i>Jason Orrell</i>	5:15-6:00 MS ◆	METCON3 <i>John Cianca</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Ianthe Mellors</i>	5:45-6:30 MS ◆	Vinyasa Yoga <i>Jacob Reynolds</i>				
6:45-7:30 MS ◆	Athletic Yoga <i>Rika Henry</i>	5:45-6:30 CS ◆	Cycle Power <i>Nikki Bucks</i>	5:45-6:30 CS ◆	Cycle Beats <i>Lisa Bosalavage</i>	5:45-6:30 CS ◆	Cycle Power <i>EvAutio</i>						
		6:45-7:30 MS ◆	METCON3 <i>Ginny King</i>	6:45-7:30 MS ◆	Vinyasa Yoga <i>Eddie Teboul</i>	6:15-7:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Ianthe Mellors</i>						

EQUINOX

WALL STREET

14 WALL STREET
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MON - THU: 5:30AM - 9:00PM

FRI: 5:30AM - 7:00PM

SAT - SUN: 9:00AM - 4:00PM

GROUP FITNESS MANAGER

rika.henry@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

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

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

ATLETICA A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

BARRE

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.