

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆ 7:00-7:45 MS◆	Cyclesanity® <i>Jillian Wright</i> METCON3 <i>Scott Gervais</i>	6:45-7:30 MS 7:00-8:00 BR◆ 7:00-7:45 TR◆	Athletic Conditioning <i>Molly Day</i> Boxing <i>Matt Apolinaris</i> Tread and Shred <i>Jodi Cornish</i>	6:00-7:00 MS 6:30-7:15 CS◆ 7:15-8:00 MS	Vinyasa Yoga <i>Jena Maenius</i> Studio Cycling <i>Nikki Bucks</i> Cardio Sculpt <i>Marie Jasmin</i>	6:45-7:30 MS 7:00-8:00 BR◆ 7:00-7:45 TR◆ 7:45-8:30 MS	Tabata <i>Lulu Faria</i> Boxing <i>Matt Apolinaris</i> Precision Running® <i>Cynthia Barrett</i> Essentials Series <i>Equinox Trainers</i>	6:30-7:15 CS◆ 7:00-7:45 MS 12:00-12:45 MS◆ 12:30-1:30 BR◆ 12:45-1:30 CS◆ 1:00-1:45 MS 2:00-2:50 MS	Cycle Beats <i>Meg Mauro</i> Whipped! <i>Muri Assunção</i> PURE STRENGTH (L3) <i>Chris Norvell</i> Boxing <i>Curtis Summit</i> 12:45-1:30 BR◆ 12:45-1:30 CS◆ 1:00-1:45 MS 2:00-2:50 MS	10:00-10:45 CS◆ 10:45-11:30 MS◆ 11:00-11:45 CS◆ 11:45-12:45 MS	Cycle Beats <i>Taylor Wesley</i> Tabata <i>Carolann Valentino</i> Cycle Beats <i>Taylor Wesley</i> Vinyasa Yoga <i>Vivian Luo</i>	10:30-11:00 MS◆ 11:00-11:45 CS◆ 11:05-11:25 MS 12:00-1:00 MS	Firestarter <i>Yenny Barona</i> Studio Cycling <i>Candace Peterson</i> Ab Lab <i>Yenny Barona</i> Power Yoga <i>Rika Henry</i>
12:00-12:45 MS◆ 12:45-1:45 BR◆ 12:50-1:35 CS◆ 1:00-1:45 MS 2:00-3:00 MS	Whipped! <i>Gregg Cook</i> FightTech <i>Steve Feinberg</i> TERRAcycle! <i>Gregg Cook</i> EQX Barre Burn <i>Joan Ferraro</i> Vinyasa Yoga <i>Johan Montijano</i>	12:00-12:45 CS◆ 12:15-12:45 MS◆ 12:30-1:30 BR◆ 12:45-1:05 MS 12:50-1:35 TR◆ 1:15-2:15 MS 4:45-5:30 MS	Studio Cycling <i>Mike Harris</i> Firestarter <i>Andrew Harper</i> Boxing <i>Champ Parris</i> Core Conditioning <i>Andrew Harper</i> Precision Running® <i>Mike Harris</i> Vinyasa Yoga <i>Jena Maenius</i> Tabata <i>Luis Weber</i>	12:00-12:45 MS 12:30-1:30 BR◆ 12:45-1:30 CS◆ 1:00-1:45 MS 2:00-3:00 MS	Tabata <i>Jennifer Hamlin</i> Boxing <i>Matt Apolinaris</i> Studio Cycling <i>Eniko Kiraly</i> EQX Barre Burn <i>Adam Bokunewicz</i> Power Yoga <i>Rika Henry</i>	5:30-6:15 MS 5:30-6:15 TR◆ 6:15-7:00 CS◆ 6:30-7:15 MS◆ 7:15-8:00 CS◆ 7:30-8:30 MS	Tabata Strength <i>Selena Dorans</i> Studio Cycling <i>Faris</i> Boxing <i>Thomas Heath</i> Alignment Flow Yoga <i>Vanessa Spina</i>	5:30-6:15 MS 4:00-4:30 MS◆ 4:30-4:50 MS 5:30-6:30 MS	Pilates Remix <i>Cathe Thompson</i> THE CUT: Jump Rope <i>Justin Walker</i> Ab Lab <i>Justin Walker</i> Vinyasa Yoga <i>Charlene Lite</i>				
5:30-6:15 MS 5:30-6:15 TR◆ 6:15-7:00 CS◆ 6:30-7:15 MS◆ 7:15-8:00 CS◆ 7:30-8:30 MS	Tabata <i>Patrick Tae</i> Precision Running® <i>Linette Guelen</i> Cycle Beats <i>Brandon Scott (NY)</i> Ropes and Rowers <i>Parker Krug</i> Cycle Beats <i>Brandon Scott (NY)</i> Power Yoga <i>Rika Henry</i>	5:45-6:30 MS◆ 6:15-7:00 CS◆ 6:30-7:30 BR◆ 6:45-7:15 MS 7:15-8:00 CS◆ 7:15-7:35 MS 7:45-8:45 MS	METCON3 <i>Luis Weber</i> Cycle Beats <i>Faith Murphy</i> Boxing <i>Champ Parris</i> Firestarter <i>Mally Reber</i> Cycle Beats <i>Meghan Cox</i> Core Conditioning <i>Mally Reber</i> Vinyasa Yoga <i>Kumiko Buckman</i>	6:30-7:15 CS◆ 6:30-7:15 MS 7:30-8:00 MS◆ 8:00-8:15 MS 8:15-8:30 MS	Studio Cycling <i>Colleen Conlon</i> Pilates <i>Kat Marion</i> Firestarter <i>Andrew Harper</i> Best Abs Ever <i>Andrew Harper</i> Upper-Cuts <i>Andrew Harper</i>								

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

GROUP FITNESS MANAGER
 cathe.thompson@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
 BR Boxing Studio
 TR Treadmill Area

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

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.

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, tones and stretches 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.

ESSENTIALS SERIES The Essentials Series include: Cycling, Yoga, Athletic Training and Barre classes. The classes start with a brief introduction followed by an abbreviated workout.

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.

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!

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

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.

PILATES REMIX Light up every muscle with this core-forward Pilates class that sets traditional moves to a heart-pumping soundtrack. Through the use of a single prop and continuous choreography, you'll electrify your burn, strength, and flexibility.

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: 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.