

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ ANTHEM™ <i>Angela Leigh</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◆ <b>Rhythm Revolution</b> <i>D Gunnz</i>	6:30-7:15 CS◆ Studio Cycling <i>Eric Cobb</i>	8:30-9:50 YS Iyengar Yoga <i>Debbly Green</i>	9:00-10:00 MS Cardio Kick <i>Akin Williams</i>
6:45-7:30 MS METCON3 <i>Matt Ortel</i>	6:30-7:30 MS Ultimate Workout <i>Joanna Stahl</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	7:00-7:45 MS Tabata <i>Joshua Vela</i>	7:00-7:45 YS◆ THE MUSE™ <i>Yury Rockit</i>	9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>	9:30-10:15 CS◆ Studio Cycling <i>Michelle Goldberg</i>
7:15-8:00 YS◆ THE MUSE™ <i>Elgin McCargo</i>	7:00-7:45 CS◆ Studio Cycling <i>Erika Osberg</i>	7:15-8:00 YS◆ EQX Barre Burn <i>Megan Callahan</i>	7:15-8:15 YS Vinyasa Yoga <i>Michael Gervais</i>	7:15-8:00 MS Athletic Conditioning <i>Eddie Carrington</i>	9:30-10:15 MS METCON3 <i>Antonio Hudson</i>	10:00-11:15 YS Vinyasa Yoga <i>Bee Bosnak</i>
8:00-8:45 MS Athletic Conditioning <i>Danielle Hopkins</i>	7:15-8:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	8:00-8:45 MS THE CUT <i>Sarah Starkweather</i>	8:00-8:45 MS THE CUT <i>Joshua Vela</i>	8:00-8:50 TR◆ Precision Running® <i>Rachel Mariotti</i>	10:00-10:45 CS◆ Studio Cycling <i>Wil Ashley</i>	10:15-11:00 MS METCON3 <i>Teddy Sanchez</i>
8:00-8:50 TR◆ Precision Running® <i>Cynthia Barrett</i>	8:00-8:50 MS Cardio Sculpt <i>Keith Irace</i>	8:00-8:50 TR◆ Precision Running® <i>Clayton Rule</i>	8:30-9:15 CS◆ Studio Cycling <i>Keith Irace</i>	8:00-9:00 YS Vinyasa Yoga <i>Damien Alexander</i>	10:00-10:45 YS◆ THE MUSE™ <i>Maris Madeira</i>	11:00-11:45 CS◆ Studio Cycling <i>Danielle Wettan</i>
8:30-9:15 CS◆ Studio Cycling <i>Rachel Vaziralli</i>	9:00-9:45 CS◆ Studio Cycling <i>Wil Ashley</i>	8:30-9:15 CS◆ ANTHEM™ <i>Michael Keeney</i>	9:00-9:45 YS Barre Pilates <i>Jennifer Herrera</i>	9:15-10:20 MS◆ The Class by <b>Taryn Toomey</b> <i>Taryn Toomey</i>	10:30-11:15 MS <b>Cardio Dance Club</b> <i>Antonio Hudson</i>	11:15-12:00 MS THE CUT <i>Delida Torres</i>
9:00-9:50 MS EQX Barre Burn <i>Sarah Starkweather</i>	9:00-9:45 MS <b>Cardio Dance Club</b> <i>Antonio Hudson</i>	9:00-10:00 MS Cardio Sculpt <i>Marie Jasmin</i>	10:00-11:00 YS INNER Power Flow <i>Nadia Zaki</i>	10:30-11:30 YS Vinyasa Yoga <i>Jena Maenius</i>	11:00-11:45 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	11:50-12:20 YS Ab Lab <i>Danielle Wettan</i>
12:15-1:00 MS METCON3 <i>Luis Weber</i>	11:00-12:00 MS Dance Grooves <i>Nadia Zaki</i>	10:30-11:30 YS Vinyasa Yoga (L3) <i>Ariel Karass</i>	11:10-12:25 YS INNER Warrior <i>Nadia Zaki</i>	11:00-12:00 MS <b>Dance Grooves</b> <i>Rosie Fiedelman</i>	11:00-11:45 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	12:00-1:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>
12:30-1:15 CS◆ The Pursuit: Burn <i>Rachel Vaziralli</i>	12:00-1:00 YS INNER Strength <i>Nadia Zaki</i>	12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>	12:15-1:00 CS◆ ANTHEM™ <i>Katie Horwitch</i>	12:00-12:45 BR◆ Boxing <i>Jermaine Bailey</i>	11:30-12:15 MS Tabata <i>Patrick Tae</i>	12:15-1:00 CS◆ <b>Rhythm Revolution</b> <i>D Gunnz</i>
1:00-2:00 YS Vinyasa Yoga <i>Benn Rasmussen</i>	12:15-1:00 MS THE CUT <i>Mary O</i>	12:15-1:00 MS Tabata <i>Jack McGowan</i>	12:15-12:45 MS◆ THE CUT: Jump Rope <i>Paula Calabrese</i>	12:15-1:00 MS Whipped! <i>Gerren Liles</i>	12:15-12:45 MS Ab Lab <i>Patrick Tae</i>	4:00-5:15 YS Restorative Flow Yoga <i>Brian Liem</i>
4:15-5:05 TR◆ Precision Running® <i>Caroline Kaczor</i>	1:00-1:20 MS Ab Lab <i>Mary O</i>	12:30-1:15 CS◆ The Pursuit: Build <i>Flaminia Fanale</i>	12:50-1:20 MS <b>Tabata Strength</b> <i>Paula Calabrese</i>	12:30-1:15 MS Studio Cycling <i>Wil Ashley</i>	12:30-1:30 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>	
5:00-6:00 YS Vinyasa Yoga <i>Jamie Lyn Skolnick</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	1:00-2:00 YS Power Yoga <i>Domenic Savino</i>	1:00-2:00 YS Vinyasa Yoga <i>Sarra Morton</i>	1:15-2:15 YS Vinyasa Yoga <i>Michael Gervais</i>	4:00-5:00 YS Vinyasa Yoga <i>Melini Jesudason</i>	5:00-5:45 MS Tabata <i>Janice JP Prishwako</i>
6:00-6:45 MS Athletic Conditioning <i>Tim Flores</i>	5:15-6:05 YS Deep EXtreme <i>Aida Palau</i>	4:15-5:05 TR◆ Precision Running® <i>Janice JP Prishwako</i>	5:30-6:15 YS Yoga Core <i>Cooper Chou</i>	5:30-6:00 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	5:30-6:30 CS◆ <b>Cycle Beats: Club Bangers Ride</b> <i>D Gunnz</i>	5:30-6:15 YS Pilates Fusion <i>Zach Bergfelt</i>
6:10-7:00 YS Pilates Fusion <i>Laura Hanlon</i>	6:00-6:45 MS <b>Tabata</b> <i>Adam Bokunewicz</i>	5:30-6:15 MS METCON3 <i>Janice JP Prishwako</i>	5:30-6:15 CS◆ Studio Cycling <i>Wil Ashley</i>	6:00-6:15 MS Ab Lab <i>Andrew Slane</i>		
6:15-7:00 CS◆ Studio Cycling <i>Caroline Kaczor</i>	6:15-7:00 CS◆ Studio Cycling <i>Eric Cobb</i>	6:00-7:00 YS Vinyasa Yoga <i>Sarra Morton</i>	5:30-6:15 MS Tabata <i>Rachel Shasha</i>	6:00-7:00 YS Vinyasa Yoga <i>Angela Leigh</i>		
7:00-7:50 MS Powerstrike! <i>Ilaria Montagnani</i>	6:15-7:00 YS Pilates Flow <i>Aida Palau</i>	6:30-7:00 MS ABsession™ <i>Violet Zaki</i>	6:30-7:15 CS◆ Studio Cycling <i>Wil Ashley</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>	6:30-7:15 CS◆ EQX Barre Burn <i>Megan Callahan</i>			
7:15-8:15 YS Vinyasa Yoga <i>Robert Nguyen</i>	7:00-7:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>	7:00-8:00 BR◆ Kickboxing <i>Alberto Reyes</i>	6:30-7:15 YS Pilates Fusion <i>Lilly Ballarin</i>			
8:00-9:00 MS Definitions <i>Ilaria Montagnani</i>	7:15-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>	7:00-8:00 MS Zen Combat <i>Violet Zaki</i>	7:00-8:00 BR◆ TKOProFitness Boxing <i>Curtis Summit</i>			
	7:30-8:15 CS◆ The Pursuit: Build <i>Eric Cobb</i>	7:15-8:00 YS Barre Pilates <i>Jennifer Herrera</i>	7:30-8:15 MS METCON3 <i>Antonio Hudson</i>			
			7:30-8:30 YS Vinyasa Yoga <i>Johan Montijano</i>			

## FLATIRON

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**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
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
BR	Boxing Studio

**WHAT'S NEW THIS MONTH**  
Graceful. Intense.  
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, **THE MUSE**.

## 🚲 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: CLUB BANGERS RIDE** Come join the party with this themed ride! You'll hear some of the hottest music currently being played on the club scene from South beach to The Meat Packing District. This party will have you sweating in and out of the saddle!

**RHYTHM REVOLUTION** From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

**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.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

## 🏃 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

**INNER POWER FLOW** Using elements from various Yoga traditions, this class will challenge you and will focus on core flexibility and breath. Each movement is linked with breath to work your entire body, refresh your mind, and soothe your soul. Created by Nadia Zaki.

**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. 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.

**YOGA CORE** Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

## 🏋️ ATHLETIC TRAINING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge 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.

**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.

**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.

**ULTIMATE WORKOUT** The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

**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

**ABSESSION™** Violet's signature class, is a highly efficient and concentrated workout which combines core strengthening and stabilizing exercises that not only give you leaner abs and a stronger back, but will help improve posture and balance. It's not all about crunches!

**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.

**DEEP EXTREME** The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

**DEFINITIONS** An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

**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 CLASS BY TARYN TOOMEY** A special event POP-UP series. Through simple, repetitive calisthenics & plyometrics, students challenge the body to engage the mind. You will feel challenged and empowered all while building an incredibly strong, lean, resilient body. You will find you are much stronger than you thought.

**THE MUSE™** Get swept off your feet in a burst

of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

## 🧘 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.

## 🕺 DANCE

**CARDIO DANCE CLUB** Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

**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.

**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!

**POWERSTRIKE!** Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.

**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.