

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆	Cycle Beats <i>LR Davidson</i>	6:30-7:15 MS ◆	<b>METCON3</b> <i>Molly Day</i>	6:30-7:15 CS ◆	Cycle Power <i>Christopher Infantino</i>	6:30-7:15 MS ◆	Tabata Max <i>Matt Ortel</i>	7:00-7:45 CS ◆	<b>Cycle Beats Michelle</b> <i>Koenigsmecht</i>	9:45-10:30 MS ◆	<b>STRONG</b> <i>Shaun Anthony</i>	9:30-10:15 CS ◆	Cycle Power <i>Frank Louis</i>
7:45-8:30 MS ◆	Athletic Conditioning <i>Breanna Cummings</i>	7:00-7:45 CS ◆	Cycle Power <i>Mike Harris</i>	7:45-8:30 MS ◆	<b>METCON3</b> <i>Luis Weber</i>	7:15-8:00 YS ◆	Off The Barre <i>Richel Ruiz</i>	7:45-8:30 MS ◆	<b>Whipped!</b> <i>Ron Christopher</i>	10:00-10:45 TR ◆	Precision Run® <i>John Cianca</i>	9:45-10:30 MS ◆	<b>METCON3</b> <i>Elizabeth Tretter</i>
8:00-8:45 TR ◆	Precision Run® <i>LR Davidson</i>	7:45-8:30 MS ◆	Best Butt Ever <i>Molly Day</i>	8:00-8:45 TR ◆	Precision Run® <i>LR Davidson</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	8:30-9:15 YS ◆	<b>Athletic Yoga Rika Henry</b>	10:15-11:15 YS ◆	Athletic Yoga (L2) <i>Rika Henry</i>	10:15-11:00 YS ◆	Off The Barre <i>Caroline Strong</i>
9:15-10:00 MS ◆	Stacked! <i>Luis Weber</i>	9:15-10:00 MS ◆	<b>STRONG</b> <i>Alison Corcoran</i>	9:00-9:45 CS ◆	Cycle Beats <i>LR Davidson</i>	10:00-10:45 CS ◆	Cycle Power <i>Mike Harris</i>	9:15-10:00 MS ◆	Tabata Max <i>John Cianca</i>	10:45-11:30 CS ◆	Cycle Beats <i>Meghan Cox</i>	10:45-11:30 TR ◆	Precision Run® <i>Alison Corcoran</i>
10:00-10:45 YS ◆	Pilates Mat <i>Will Taylor</i>	10:00-10:45 CS ◆	Cycle Beats <i>Steven Goldsmith</i>	9:15-10:00 MS ◆	<b>THE CUT</b> <i>Eddie Carrington</i>	12:30-1:15 MS ◆	<b>METCON3</b> <i>Ianthe Mellors</i>	10:15-11:00 TR ◆	Precision Run® <i>John Cianca</i>	11:00-11:45 MS ◆	<b>METCON3</b> <i>John Cianca</i>	11:00-11:45 CS ◆	Cycle Beats <i>Michelle Koenigsmecht</i>
12:00-1:00 YS ◆	<b>Yoga Strong Rika Henry</b>	10:15-11:00 YS ◆	<b>Pilates Fusion Ron Tal</b>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Mardi Sykes</i>	5:45-6:30 YS ◆	Athletic Stretch <i>Rika Henry</i>	12:00-12:45 YS ◆	Pilates Mat <i>Will Taylor</i>	11:30-12:30 YS ◆	Vinyasa Yoga <i>Kumiko Buckman</i>	11:45-12:30 MS ◆	Tabata Max <i>Alison Corcoran</i>
5:30-6:15 MS ◆	Athletic Conditioning <i>KaRa Dizon</i>	11:00-11:45 MS ◆	Cardio Sculpt <i>Calvin Wiley</i>	12:30-1:15 MS ◆	<b>STRONG</b> <i>Ron Christopher</i>	6:00-6:45 TR ◆	Precision Run® <i>Miriam Shestack</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Seth Barron</i>	12:00-12:45 CS ◆	Cycle Power <i>Christopher Infantino</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Sarah Randall</i>
5:45-6:30 TR ◆	Precision Run® <i>Alison Corcoran</i>	12:30-1:15 MS ◆	Tabata Max <i>John Cianca</i>	5:30-6:15 MS ◆	<b>Stacked! Butchie Gamble</b>	6:15-7:00 CS ◆	Cycle Beats <i>Taylor Palmby</i>			12:45-1:30 YS ◆	Off The Barre <i>Daigi-Ann Thompson</i>	1:30-2:15 YS ◆	Pilates Mat <i>Dara Adler</i>
6:00-6:45 CS ◆	Cycle Power <i>Meghan Cox</i>	5:45-6:30 YS ◆	Off The Barre <i>Daigi-Ann Thompson</i>	5:45-6:45 YS ◆	<b>Yoga Strong Kumiko Buckman</b>	6:45-7:30 MS ◆	Whipped! <i>John Cianca</i>			2:00-2:45 MS ◆	Athletic Conditioning <i>Ginny King</i>	4:00-5:15 YS ◆	<b>Regeneration Yoga Kumiko Buckman</b>
6:30-7:30 YS ◆	Vinyasa Yoga <i>Mardi Sykes</i>	6:00-6:45 TR ◆	<b>Precision Run® Shaun Anthony</b>	6:15-7:00 CS ◆	<b>Cycle Beats Jason Vasquez</b>	7:00-7:45 YS ◆	Off The Barre <i>Caroline Strong</i>						
7:00-7:45 MS ◆	Best Butt Ever <i>Meghan Cox</i>	6:15-7:00 CS ◆	<b>Cycle Beats Michelle Koenigsmecht</b>	6:45-7:30 MS ◆	Cardio Sculpt <i>Robert Burke</i>								
		6:45-7:30 MS ◆	Cardio Kickboxing <i>Akin Williams</i>										
		7:00-8:00 YS ◆	Athletic Yoga (L2) <i>Rika Henry</i>										

## TRIBECA

54 MURRAY STREET  
NEW YORK NY 10007  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:00PM

**FRI:** 5:30AM - 8:00PM

**SAT - SUN:** 8:00AM - 6:00PM

## KID'S CLUB HOURS

**MON - SUN:** 8:00AM - 2:00PM

## 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
CS	Cycling Studio
YS	Yoga 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.

**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.

**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.

**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.

**WHIPPED!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

### 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

**CARDIO KICKBOXING** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**THE CUT** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

### STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

### SCULPT

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.