

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 MS◆	<b>PURE STRENGTH</b> <i>Sam Rothemel</i>	7:00-7:45 MS	Whipped! <i>Muri Assunção</i>	7:00-8:00 MS	Vinyasa Yoga <i>Stormy Barbara</i>	7:00-7:45 MS	<b>METCON3</b> <i>Alyssa Cerrachio</i>	7:00-7:45 MS	Vinyasa Yoga <i>Eli Walker</i>
12:15-1:00 MS	Tabata <i>Tracy Gordon</i>	7:15-8:05 TR◆	Precision Running® <i>Cynthia Barrett</i>	7:00-8:00 PG◆	Playground Experience - PGX <i>Lulu Faria, Ronnie Allen</i>	12:15-1:00 MS◆	<b>PURE STRENGTH</b> <i>Eric Cobb</i>	7:00-8:00 PG◆	Playground Experience - PGX <i>LR Davidson, Ranah Farkhondeh</i>
12:30-1:15 CS◆	Studio Cycling <i>Lewis McNairy</i>	12:15-1:00 MS	<b>METCON3</b> <i>Matt Ortel</i>	7:15-8:05 TR◆	Precision Running® <i>Susan Simon</i>	12:30-1:15 CS◆	Cycle Beats <i>Betsy Buzaid</i>	7:15-8:05 TR◆	Precision Running® <i>Kevin St-Fort</i>
1:00-2:00 PG◆	Playground Experience - PGX <i>Jimmy Joseph, Ronnie Allen</i>	12:30-1:15 CS◆	Studio Cycling <i>Jason Strong</i>	12:15-1:00 MS	Speedball® <i>Steve Feinberg</i>	1:15-2:15 MS	Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 MS	Boot Camp <i>Nicolas Panebianco</i>
5:45-6:30 CS◆	Studio Cycling <i>Monika Janeczek</i>	1:15-2:00 MS	Body Sculpt <i>John Tarmaggiore</i>	12:30-1:15 CS◆	Studio Cycling <i>Shane Blouin</i>	5:45-6:30 MS◆	<b>PURE STRENGTH</b> <i>Ronnie Allen</i>	1:00-2:00 PG◆	Playground Experience - PGX <i>Jack McGowan, Michael Keeney</i>
5:45-6:30 MS	Cardio Kick <i>Akin Williams</i>	5:45-6:30 MS◆	<b>PURE STRENGTH</b> <i>Ross Twanmoh</i>	2:00-3:00 PG◆	<b>Playground Experience - PGX</b> <i>Danielle Hopkins, Ronnie Allen</i>	6:30-7:00 MS	Athletic Conditioning <i>Ronnie Allen</i>	1:15-2:00 MS	EQX Barre Burn <i>Caroline Strong</i>
6:45-7:30 MS	Tabata <i>Angie Lee</i>	6:30-7:00 MS◆	Firestarter <i>Ross Twanmoh</i>	5:45-6:30 CS◆	Studio Cycling <i>Jan Erik Navoa</i>			5:45-6:30 MS	<b>METCON3</b> <i>Erin Barry</i>
	<b>Playground Experience - PGX</b> <i>Erin Sanders, Matt Ortel</i>	7:05-7:35 MS	Core Conditioning <i>Ross Twanmoh</i>	5:45-6:30 MS	Chisel'd <i>Lulu Faria</i>			6:00-7:00 PG◆	Playground Experience - PGX <i>Dominic Manfredi, Luis Weber</i>
7:30-8:30 PG◆				6:35-7:05 MS	Core Conditioning <i>Lulu Faria</i>				
				7:30-8:30 PG◆	Playground Experience - PGX <i>Gerren Liles, Ronnie Allen (SUB)</i>				

# EQUINOX

## EAST 43RD STREET

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EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:00PM  
**FRI:** 5:30AM - 9:00PM  
**SAT & SUN:** CLOSED

**GROUP FITNESS MANAGER**  
DOMINIC MANFREDI  
dominic.manfredi@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

MS	Main Studio
CS	Cycling Studio
PG	The Playground
TR	Treadmill Area

#### 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

**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

**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.

**BOOT CAMP** You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

**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.

**PLAYGROUND EXPERIENCE - PGX** A supercharged team-on-team class that catapults you through the most challenging circuit-training program we've ever developed. Only available at The Playground, our groundbreaking in-club training space.

**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!

**WHIPPED!** Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

#### BARRE

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

#### CONDITIONING

**BODY SCULPT** A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

**CHISEL'D** A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

**CORE CONDITIONING** A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

**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.

**SPEEDBALL**® A cardiovascular and muscular endurance class using the medicine ball as an athletic training tool. Increases agility, speed, core strength and stability especially, muscular endurance and functional athletic strength. Designed by Steve Feinberg

#### BOXING & MARTIAL ARTS

**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.