<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>6:30-7:15</td>
<td>Cycle Beats</td>
<td>Stacked!</td>
<td>Athletic Conditioning</td>
<td>Cycle Beats</td>
<td>Firestarter</td>
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<td>CS·</td>
<td>Faris</td>
<td>Angela Leigh</td>
<td>Daxon Bloomquist</td>
<td>Mike Harris</td>
<td>Dave Leong</td>
<td>Frank Louis</td>
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<td>6:30-7:15</td>
<td>Tabatha</td>
<td>Studio Cycling</td>
<td>Ab Lab</td>
<td>Vinyasa Yoga</td>
<td>Mathew Makings</td>
<td>Vinyasa Yoga</td>
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<td>Amy Amato</td>
<td>Sandy Waterbach</td>
<td>Daxon Bloomquist</td>
<td>Mikee Richardson</td>
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<td>6:30-7:15</td>
<td>Alignment Flow Yoga</td>
<td>Vinyasa Yoga</td>
<td>Precision Run® Alison O'Connor</td>
<td>METCON3</td>
<td>Studio Cycling</td>
<td>EQX Barre Burn</td>
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<td>YS·</td>
<td>Yanik Faylayev</td>
<td>Mardi Sykes</td>
<td>Restorative Conditioning</td>
<td>John Cianna</td>
<td>Mike Harris</td>
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<td>9:30-10:15</td>
<td>Cycle Beats</td>
<td>METCON3</td>
<td>Gregg Cook</td>
<td>METCON3</td>
<td>Master of One</td>
<td>Power Yoga</td>
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<td>Michael Keeney</td>
<td>Sugarbond Waterbach</td>
<td>Studio Cycling</td>
<td>John Cianna</td>
<td>Kylie Brown</td>
<td>L2 (Y)</td>
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<td>9:30-10:15</td>
<td>Stacked!</td>
<td>Inner Athletic</td>
<td>Gregg Cook</td>
<td>Precision Run®</td>
<td>Elevate</td>
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<td>Matt Ortel</td>
<td>Tomy Hart</td>
<td>THE CUT</td>
<td>John Cianna</td>
<td>Yoga (L2)</td>
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<td>12:30-1:30</td>
<td>PURE STRENGTH Natasha Ross</td>
<td>Alignment Flow Yoga</td>
<td>Eddie Carrington</td>
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<td>10:00-11:15</td>
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<td>12:30-1:30</td>
<td>Power Yoga (L2)</td>
<td>Yoga (L2)</td>
<td>Vinyasa Yoga</td>
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<td>10:15-11:15</td>
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<td>Benn Rasmussen</td>
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<td>Master of One</td>
<td>Precision Run®</td>
<td>THE MUSE™ Carollann Valentino</td>
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<td>Jenna Maenius</td>
<td>Michele Brickner</td>
<td>Emily Giovine</td>
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<td>Whipped!</td>
<td>Tabata</td>
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<td>John Cianna</td>
<td>Carolann Valentino</td>
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<td>7:00-7:45</td>
<td>Tabatha</td>
<td>Whipped!</td>
<td>EQX Barre Burn</td>
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<tr>
<td>MS·</td>
<td>Ben Hey!</td>
<td>John Cianna</td>
<td>Bianca Reid</td>
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<tr>
<td>7:15-8:00</td>
<td>Pilates</td>
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<td>YS·</td>
<td>Cameron Norsworthy</td>
<td>Monique Alhaddad</td>
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<td>7:45-8:05</td>
<td>Ab Lab</td>
<td>Meditation</td>
<td>Yoga</td>
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<td>Lauren Blundin</td>
<td>Yoga</td>
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</tbody>
</table>

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE
**SCHEDULE EFFECTIVE SATURDAY**

Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, Intermediate Advanced

**TUESDAY**

Cycling Studio

Push your cardio to new limits with this Athletic Conditioning class

Treadmill Area

Beginner: Advance sign-up required

**THURSDAY**

**WEDNESDAY**

MS L1

CLASS LEVEL GUIDE

TRANSFORMED BODIES.

INSTRUCTORS.

SIGNATURE CLASSES.

ACCLAIMED CLASSES.

EQUINOX

TRIBECA

54 MURRAY STREET

NEW YORK NY 10007

EQUINOX.COM

@EQUINOX

MON - THU: 5:30AM - 11:00PM

FRI: 5:30AM - 10:00PM

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

GROUP FITNESS MANAGER
danielle.dugan@equinox.com

**CYCLING**

ANTIHM™ 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** Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

**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.

**RUNNING**

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

**PRECISION RUN** You don’t have to go outside to blaze new trails. Innovated by David Sliker, Precision Run is redefining our indoor treadmill training with the only method-driven program in the industry.

**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, hones and tones 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.

YIN YOGA MEDITATION Go slow to release and center with this deeply meditative Yoga practice. Find the power in stillness through the Yin Yoga technique of prolonged poses. Each pose acts as a mini-meditation, unleashing a free flow of energy throughout connective tissue, refocusing and rejuvenating the body.

**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.

ADRENALINE Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One workout. One way to change your body.

ATHLETIC CONDITIONING Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

ATLETICA Sculpt and train your body like an athlete. Ilaria’s new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new reaveal.

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.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

MASTER OF ONE One weight is all it takes. Zero in on results with a next-generation HIIT weight training class that strips your training to the core. Use a single weight for a total body workout. Rise to the challenge with fierce focus, killer cardio training, and supercharged strength, all-in-one.

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.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABULA 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! 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.

**BARRY**

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

**LONG + LEAN**

DANCE FITNESS WORKOUT Fuse vitality and grace to raise your spirits and your heart rate in a workout that’s equal parts dance, sculpt, and cardio.

RESTORATIVE CONDITIONING Perfect for those interested in active ageing and maximizing their potential at every stage in life. Stay fit and energized in a conditioning class featuring strength building, restorative stretching, and routines designed to improve freedom of motion.

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**

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 POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

**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.

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.

**ACTIVE REGENERATION**

BEST STRETCH EVER Better, faster, stronger. Unlock your muscles to unleash your potential with 30 minutes of posture-improving, stability-increasing, body-awareness-enhancing stretching. Using the Mobility Stick, turn stretching into training. You’ll hang, twist, push, and pull to find your best stretch ever.