

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 MS	pureMUSCLE Sam Rothermel	7:00-7:45 MS	Whipped! <i>Muri Assunção</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>Lulu Faria, Ronnie Allen</i>	7:00-7:45 MS	METCON3 <i>Alyssa Cerrachio</i>	7:00-7:45 MS	Vinyasa Yoga <i>Jessica Willis</i>
8:15-9:05 TR ◆	Precision Running® <i>Miriam Shestack</i>	7:45-8:05 MS	Ab Lab <i>Muri Assunção</i>	7:00-7:50 TR ◆	Precision Running® <i>KT Goldthorpe</i>	7:45-8:05 MS	Ab Lab <i>Alyssa Cerrachio</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>LR Davidson, Ranah Farkhondeh</i>
12:15-1:00 MS	Tabata <i>Tracy Gordon</i>	12:15-1:00 MS	METCON3 <i>Matt Ortel</i>	7:15-8:15 MS	Vinyasa Yoga Stormy Barbara	12:00-12:45 MS	Athletic Conditioning <i>Eric Cobb</i>	7:00-7:50 TR ◆	Precision Running® <i>Luke Carron</i>
12:30-1:15 CS ◆	Studio Cycling <i>Lewis McNairy</i>	12:30-1:15 CS ◆	Studio Cycling <i>Jason Strong</i>	12:15-1:00 MS	Speedball® <i>Steve Feinberg</i>	1:00-2:00 MS	Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 MS	Boot Camp <i>Nicolas Panebianco</i>
1:00-2:00 PG ◆	Playground Experience - PGX <i>Jimmy Joseph, Ronnie Allen</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 ◆	PURE STRENGTH <i>Ronnie Allen</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Jack McGowan, Ronnie Allen</i>
5:45-6:30 MS	Cardio Kick <i>Akin Williams</i>	5:45-6:30 MS ◆	PURE STRENGTH <i>Ronnie Allen</i>	1:30-2:00 MS ◆	THE CUT: Jump Rope <i>Shane Blouin</i>	6:35-7:05 MS ◆	THE CUT: Jump Rope <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>	6:35-7:05 MS ◆	THE CUT: Jump Rope <i>Ronnie Allen</i>	2:00-3:00 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, Michael Keeney</i>	7:05-7:35 MS	Athletic Conditioning <i>Ronnie Allen</i>	5:45-6:30 MS	Athletic Conditioning <i>Ashley Underwood</i>
7:30-8:30 PG ◆	Playground Experience - PGX <i>Erin Sanders, Matt Ortel</i>	7:05-7:35 MS	Core Conditioning <i>Ronnie Allen</i>	5:45-6:30 MS	Chisel'd <i>Lulu Faria</i>			6:00-7:00 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, LR Davidson</i>
				6:35-7:05 MS	Core Conditioning <i>Lulu Faria</i>			6:45-7:30 MS	Meditation <i>Craig Hunter</i>
				7:30-8:30 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, LR Davidson</i>				

EQUINOX

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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
TR Treadmill Area
CS Cycling Studio
PG The Playground

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

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

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.

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!

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.

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.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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

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! 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

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.

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: 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.

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.