

**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>Faris</i>	6:00-6:45 MS	METCON3 <i>Lizzy Sullivan</i>	6:00-6:45 MS ◆	<b>Athletic Conditioning</b> <i>Daxton Bloomquist</i>	6:30-7:15 CS ◆	Cycle Beats <i>Mike Harris</i>	7:00-7:45 CS ◆	Cycle Beats <i>Nicole Ramos</i>	9:00-10:00 YS ◆	Authentic Mat Pilates <i>Kaitlyn Schuetze</i>	9:00-9:45 CS ◆	Cycle Beats <i>Frank Louis</i>
6:30-7:15 MS ◆	Athletic Conditioning <i>Parker Krug</i>	6:30-7:15 CS ◆	<b>ANTHEM™</b> <i>Angela Leigh</i>	7:15-8:05 MS ◆	Cardio Dance Sculpt <i>Molly Day</i>	7:00-7:55 MS ◆	Rounds <i>Mary O</i>	7:00-7:45 MS ◆	METCON3 <i>Matt Ortel</i>	9:15-10:00 CS ◆	<b>Cycle Beats</b> <i>Javier Ortega</i>	9:30-10:15 MS ◆	Athletic Conditioning <i>Molly Day</i>
7:30-8:15 MS ◆	Whipped! <i>Parker Krug</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:20 TR ◆	Precision Run@ <i>Alison O'Connor</i>	7:00-8:00 YS	Vinyasa Yoga <i>Danielle Dugan</i>	9:15-10:00 CS ◆	<b>Cycle Power</b> <i>Mike Harris</i>	9:30-10:15 MS ◆	METCON3 <i>John Cianca</i>	10:00-11:00 YS	<b>Vinyasa Yoga</b> <i>Elitza Ivanova</i>
9:30-10:15 CS ◆	<b>Cycle Power</b> <i>Michael Keeney</i>	7:30-8:15 MS ◆	Stacked! <i>Angela Leigh</i>	9:30-10:15 CS ◆	THE CUT <i>Eddie Carrington</i>	8:15-9:00 MS	EQX Barre Bum <i>Cindya Davis</i>	9:15-10:00 TR ◆	Tabata <i>Michael Ringer</i>	10:15-11:05 TR ◆	Elevate <i>Kyle Brown</i>	10:30-11:30 MS ◆	Cardio Dance Sculpt <i>Molly Day</i>
9:30-10:15 MS	Stacked! <i>Matt Ortel</i>	8:30-9:15 YS	Pilates Fusion <i>Cathe Thompson</i>	9:30-10:15 MS	Vinyasa Yoga <i>Mardi Sykes</i>	9:15-10:00 MS ◆	METCON3 <i>John Cianca</i>	10:30-11:30 YS	Power Yoga (L2) <i>Rika Henry</i>	10:30-11:15 CS ◆	Power Yoga (L2) <i>Rika Henry</i>	10:30-11:15 MS ◆	Cardio Dance Sculpt <i>Molly Day</i>
10:20-10:50 MS ◆	Best Stretch Ever <i>Danielle Dugan</i>	9:15-10:00 MS ◆	JABS: Cardio <i>Gina DiNapoli</i>	10:15-11:15 YS	Vinyasa Yoga <i>Mardi Sykes</i>	10:00-11:15 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>	10:05-10:55 TR ◆	Precision Run@ <i>John Cianca</i>	10:30-11:15 MS ◆	Tabata <i>John Cianca</i>	1:00-2:00 YS	Vinyasa Yoga (L2) <i>Mariah Betts</i>
12:30-1:15 MS ◆	<b>PURE STRENGTH</b> <i>Natasha Ross</i>	9:30-11:00 YS	Alignment Flow Yoga (L2) <i>Benn Rasmussen</i>	12:30-1:15 MS	Tabata <i>Carolann Valentino</i>	10:05-10:55 TR ◆	Precision Run@ <i>John Cianca</i>	12:30-1:15 MS	Master of One <i>Natasha Ross</i>	11:20-11:50 MS ◆	Best Stretch Ever <i>Rika Henry</i>	5:00-5:45 MS ◆	Barre <i>Lindsey Miller (NY)</i>
12:30-1:30 YS ◆	Power Yoga (L2) <i>Rika Henry</i>	12:15-1:05 TR ◆	Precision Run@ <i>John Cianca</i>	12:30-1:30 YS	Vinyasa Yoga <i>Emily Giovine</i>	12:15-1:00 YS	Authentic Mat Pilates <i>Taylor Phillips</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Lara Benusis</i>	11:30-12:15 TR ◆	Precision Run@ <i>John Cianca</i>		
6:00-6:45 MS ◆	Stacked! <i>Matt Ortel</i>	12:15-1:15 YS	Authentic Mat Pilates <i>Michele Brickner</i>	5:30-6:15 MS	<b>Best Butt Ever</b> <i>Adam Bokunewicz</i>	5:45-6:30 MS ◆	Whipped! <i>John Cianca</i>	5:30-6:15 MS	Tabata <i>Monique Alhaddad</i>	11:30-12:30 YS	Alignment Flow Yoga <i>Danielle Dugan</i>		
6:00-7:00 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	1:15-2:00 MS ◆	Whipped! <i>John Cianca</i>	6:00-7:00 YS	Vinyasa Yoga <i>Katey Lewis</i>	6:45-7:30 MS	Barre <i>Lindsey Miller (NY)</i>	6:15-7:15 YS	Slow Flow Yoga <i>Lauren Blandin</i>	12:00-12:55 MS ◆	Rounds <i>Celine Perez</i>		
6:30-7:15 CS ◆	<b>Cycle Power</b> <i>Meghan Cox</i>	5:30-6:15 MS	METCON3 <i>Rachel Kagan</i>	6:45-7:30 MS ◆	<b>Atletica</b> <i>Carlos Fragoso</i>	6:45-7:45 YS	Power Yoga <i>Rika Henry</i>						
7:00-7:45 MS ◆	Tabata <i>Ben Hey!</i>	5:30-6:15 YS ◆	Pilates Fusion <i>Kimmel Yeager</i>										
7:15-8:00 YS	Pilates Fusion <i>Kaitlyn Schuetze</i>	6:15-7:00 CS ◆	Cycle Beats <i>Faris</i>										
		6:30-7:15 MS ◆	Cardio Kick <i>Akin Williams</i>										
		6:30-7:30 YS ◆	Vinyasa Yoga <i>Danielle Dugan</i>										
		7:30-8:15 MS ◆	Barre <i>Genevieve Gordon</i>										

# 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

KID'S CLUB HOURS

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

## GROUP FITNESS MANAGER

danielle.dugan@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

## WHAT'S NEW THIS MONTH

## 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** 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.

**CYCLE POWER** Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

## 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 Siik, 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.

**SLOW FLOW YOGA** Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

**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** 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 rearview.

**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.

**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

**BARRE** Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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

## LONG + LEAN

**JABS: CARDIO** Amp up to throw down. Punch, kick, and dance your way through a series of intense combos in Gina DiNapoli's signature kickboxing format. The whole studio is your personal ring in this non-stop cardio and muscle-toning workout.

## PILATES

**AUTHENTIC MAT PILATES** Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

**PILATES FUSION** Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

## DANCE

**CARDIO DANCE SCULPT** Fuse vitality and grace to raise your spirits and your heart rate in a workout that's equal parts cardio dance and light weight sculpting/conditioning.

## BOXING + MARTIAL ARTS

**CARDIO KICK** An intense non-contact cardiovascular workout derived from classic boxing and kickboxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

**ROUNDS** Three stations—zero breaks. Train like a pro through six rounds of skill-based intervals, testing your speed, strength, and grit. Leave the studio tapped out and amped up for more.

**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.