

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
7:00-7:45 MS	<b>METCON3</b> <i>Kevin St-Fort</i>	7:00-7:45 MS	Vinyasa Yoga <i>Eli Walker</i>							7:00-7:45 MS	<b>Whipped!</b> <i>Muri Assunção</i>	7:00-8:00 MS	Vinyasa Yoga <i>Stormy Barbara</i>
12:15-1:00 MS ◆	<b>PURE STRENGTH</b> <i>Ronnie Allen</i>	7:15-8:05 TR ◆	Precision Running® <i>Kevin St-Fort</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>
1:15-2:15 MS	Vinyasa Yoga <i>Johan Montijano</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Jack McGowan, Michael Keeney</i>							12:15-1:00 MS	<b>METCON3</b> <i>Matt Ortel</i>	7:15-8:05 TR ◆	Precision Running® <i>Susan Simon</i>
5:45-6:30 MS ◆	<b>PURE STRENGTH</b> <i>Ronnie Allen</i>	1:15-2:00 MS	EQX Barre Burn <i>Caroline Strong</i>							12:30-1:15 CS ◆	Studio Cycling <i>Jason Strong</i>	12:15-1:00 MS	Speedball® <i>Steve Feinberg</i>
6:30-7:00 MS	Athletic Conditioning <i>Ronnie Allen</i>	5:45-6:30 MS	<b>METCON3</b> <i>Erin Barry</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>Ross Twanmoh</i>	2:00-3:00 PG ◆	Playground Experience - PGX <i>Kevin St-Fort, Ronnie Allen</i>
										6:30-7:00 MS ◆	Firestarter <i>Ross Twanmoh</i>	5:45-6:30 MS	Chisel'd <i>Lulu Faria</i>
										7:05-7:35 MS	Core Conditioning <i>Ross Twanmoh</i>	6:35-7:05 MS	Core Conditioning <i>Lulu Faria</i>
												7:15-8:15 MS	Vinyasa Yoga <i>Melini Jesudason</i>
												7:30-8:30 PG ◆	Playground Experience - PGX <i>Gerren Liles, Dominic Manfredi</i>

# EQUINOX

## EAST 43RD STREET

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## MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 29- 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
PG	The Playground
CS	Cycling Studio

## STUDIO 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

**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.

**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.

**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

## WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.