

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-7:45 MS ◆	PURE STRENGTH <i>Sam Rothermel</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	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>	7:00-8:00 PG ◆	Playground Experience - PGX <i>Lulu Faria, Ronnie Allen</i>	7:45-8:05 MS	Ab Lab <i>Alyssa Cerrachio</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>Ronnie Allen (SUB), Equinox Trainers (SUB)</i>
12:15-1:00 MS	Tabata <i>Tracy Gordon</i>	12:15-1:00 MS	METCON3 <i>Matt Ortel</i>	7:15-8:05 TR ◆	Precision Running® <i>KT Goldthorpe</i>	12:15-1:00 MS ◆	PURE STRENGTH <i>Eric Cobb</i>	12:15-1:00 MS	Boot Camp <i>Nicolas Panebianco</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>	12:30-1:15 CS ◆	Cycle Beats <i>Betsy Mallonee</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Jack McGowan, Ronnie Allen</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>	1:15-2:15 MS	Vinyasa Yoga <i>Johan Montijano</i>	1:15-2:00 MS	EQX Barre Burn <i>Caroline Strong</i>
5:45-6:30 MS	Cardio Kick <i>Akin Williams</i>	5:45-6:30 MS ◆	PURE STRENGTH <i>Ronnie Allen</i>	2:00-3:00 PG ◆	Playground Experience - PGX <i>Danielle Hopkins, Michael Keeney</i>	5:45-6:30 MS ◆	PURE STRENGTH <i>Ronnie Allen</i>	5:45-6:30 MS	METCON3 <i>Erin Barry</i>
6:45-7:30 MS	Tabata <i>Angie Lee</i>	6:30-7:00 MS	Athletic Conditioning <i>Ronnie Allen</i>	5:45-6:30 CS ◆	Studio Cycling <i>Jan Erik Navoa</i>	6:30-7:00 MS	Athletic Conditioning <i>Ronnie Allen</i>	6:00-7:00 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, Kevin St-Fort (SUB)</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>				
				6:35-7:05 MS	Core Conditioning <i>Lulu Faria</i>				
				7:30-8:30 PG ◆	Playground Experience - PGX <i>Ranah Farkhondeh (SUB), Dominic Manfredi</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
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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

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!

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! 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.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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.