

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:00-8:00 PG ◆	Playground Experience - PGX <i>Ronnie Allen (SUB), LR Davidson</i>	6:45-7:30 CS ◆	Studio Cycling <i>Candace Peterson</i>	7:00-8:00 PG ◆	Playground Experience - PGX <i>Ronnie Allen, Chris Chang</i>	6:45-7:30 CS ◆	Studio Cycling <i>Lisa Raphael</i>	7:00-7:45 MS	Slow Flow Yoga <i>Jessica Willis</i>
8:15-9:05 TR ◆	Precision Running® <i>Miriam Shestack</i>	12:00-12:50 TR ◆	Precision Running® <i>Taylor Spearnak</i>	7:00-7:50 TR ◆	Precision Running® <i>KT Goldthorpe</i>	7:00-7:45 MS	METCON3 <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	Stacked! <i>Matt Ortel</i>	7:15-8:15 MS	Power Yoga <i>Stormy Barbara</i>	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>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Danielle Hopkins (SUB), Katie Thrasher</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>	5:30-6:20 TR ◆	Precision Running® <i>Ashley Underwood</i>	12:30-1:15 CS ◆	Studio Cycling <i>Shane Blouin</i>	1:00-1:50 TR ◆	Elevate <i>Kevin St-Fort</i>	12:30-1:15 CS ◆	Studio Cycling <i>James Donegan</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>	4:00-5:00 PG ◆	Playground Experience - PGX <i>Sabrina Cohen, Paula Calabrese</i>	1:00-2:00 PG ◆	Playground Experience - PGX <i>Jack McGowan, Ronnie Allen</i>
6:00-6:45 CS ◆	Studio Cycling <i>Candace Peterson</i>	6:30-7:30 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, Paula Calabrese</i>	2:00-3:00 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, Michael Keeney</i>	5:45-6:30 MS ◆	PURE STRENGTH <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>	5:45-6:30 MS	Chisel'd <i>Lulu Faria</i>	6:35-7:05 MS ◆	THE CUT: Jump Rope <i>Ronnie Allen</i>	6:00-7:00 PG ◆	Playground Experience - PGX <i>LR Davidson, Jennifer Taveras</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>	6:15-7:00 CS ◆	Studio Cycling <i>LR Davidson</i>	7:05-7:35 MS	Athletic Conditioning <i>Ronnie Allen</i>		
				6:35-7:05 MS	Core Conditioning <i>Lulu Faria</i>				
				7:30-8:30 PG ◆	Playground Experience - PGX <i>Dominic Manfredi, LR Davidson</i>				

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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

PG	The Playground
TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio

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 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 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

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 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.

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

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!

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

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 Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

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.