

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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>Kristina Erikson (SUB)</i>			12:15-1:00 MS	Half Time Hustle <i>Miriam Shestack</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>								
12:15-1:00 MS	Tabata <i>Tracy Gordon</i>	12:15-1:00 MS	METCON3 <i>Matt Ortel</i>	7:00-7:50 TR ◆	Precision Running® <i>KT Goldthorpe</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 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 ◆	Beast n Feast Ride <i>Shane Blouin</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>Dominic Manfredi (SUB), Michael Keeney</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>								
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>										

EQUINOX

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23 - 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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

PG STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

Z 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.

A ATHLETIC TRAINING

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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.

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.

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.