

| MONDAY 11/20   |  | TUESDAY 11/21   |  | WEDNESDAY 11/22   |   | THURSDAY 11/23 |  | FRIDAY 11/24  |   | SATURDAY 11/25 |  | SUNDAY 11/26 |  |
|--|--|---|--|---|---|----------------|--|---|---|----------------|--|--------------|--|
| 6:30-7:15<br>CS◆<br>Studio Cycling<br><i>Dave M.</i>                       | 7:00-7:45<br>MS<br>Boot Camp<br><i>Paula Calabrese</i>                     | 6:30-7:15<br>CS◆<br>Studio Cycling<br><i>Danielle Wettan</i>                  | 7:30-8:15<br>MS<br>METCON3<br><i>Danielle Wettan</i> | 6:00-6:45<br>MS<br>EQX Barre Burn<br><i>Adam Bokunewicz</i>         | 7:00-7:50<br>MS◆<br>Tabata<br><i>Paula Calabrese</i>          |                |  | 12:15-1:00<br>CS◆<br>Cyclesanity@<br><i>Jillian Wright</i>      | 10:00-10:45<br>MS<br>Kickboxing<br><i>Mikey Brunson</i> |                |  |              |  |
| 7:30-8:15<br>CS◆<br>Studio Cycling<br><i>Dave M.</i>                       | 7:30-8:30<br>YS<br>Vinyasa Yoga<br><i>Jena Maenius</i>                     | 12:00-12:45<br>CS◆<br>Team Lipstick<br>Cycling<br><i>David Donofrio (SUB)</i> |  | 7:30-8:15<br>CS◆<br>Studio Cycling<br><i>Jamal (SUB)</i>            | 8:30-9:15<br>MS<br>METCON3<br><i>Jamal</i>                    |                |  | 1:00-2:00<br>YS<br>Gratitude Yoga<br><i>Kristina Erikson</i>    |   |                |  |              |  |
| 12:15-1:00<br>MS<br>Athletic<br>Conditioning<br><i>Dawn Parker</i>         | 12:15-1:15<br>YS<br>Vinyasa Yoga<br><i>Sarra Morton</i>                    | 12:15-1:00<br>MS<br>Stacked!<br><i>Janice JP Prishwalko</i>                   |  | 12:00-12:30<br>MS<br>Kettlebell Power<br><i>Justin Walker (SUB)</i> | 12:00-12:45<br>YS<br>Pilates<br><i>Kaitlyn Schuetze (SUB)</i> |                |  | 1:30-2:00<br>MS◆<br>THE CUT: Jump<br>Rope<br><i>Erin Barry</i>  |   |                |  |              |  |
| 12:30-1:30<br>BR◆<br>Boxing<br><i>Curtis Summit</i>                        | 12:30-1:15<br>CS◆<br>Studio Cycling<br><i>Alex Lepinsky (SUB)</i>          | 1:00-1:45<br>CS◆<br>Team Lipstick<br>Cycling<br><i>David Donofrio (SUB)</i>   |  | 12:15-1:00<br>CS◆<br>Studio Cycling<br><i>Wil Ashley</i>            | 12:30-1:15<br>MS<br>Carve and Sculpt<br><i>Justin Walker</i>  |                |  | 2:00-2:20<br>MS<br>Core Conditioning<br><i>Erin Barry</i>       |   |                |  |              |  |
| 1:15-2:00<br>MS<br>Best Butt Ever<br><i>Dawn Parker</i>                    | 1:30-2:15<br>YS<br>Pilates<br><i>Caroline Strong</i>                       | 1:15-2:00<br>MS<br>EQX Barre Burn<br><i>Sarah May Epstein (SUB)</i>           |  | 1:00-2:00<br>YS<br>Gratitude Yoga<br><i>Nikki Baksh</i>             | 1:15-2:15<br>BR◆<br>Boxing<br><i>Curtis Summit</i>            |                |  | 5:30-6:15<br>MS<br>Thanks and Planks<br><i>Miriam Shestack</i>  |   |                |  |              |  |
| 5:30-6:15<br>MS<br>Athletic<br>Conditioning<br><i>Erin Barry</i>           | 5:30-6:30<br>YS<br>Vinyasa Yoga<br><i>Samantha Debicki</i>                 | 5:15-6:00<br>MS<br>METCON3<br><i>Kendall Janicola</i>                         |  | 5:30-6:15<br>MS<br>Half Time Hustle<br><i>Angie Lee</i>             | 5:30-6:30<br>YS<br>Power Yoga<br><i>Rika Henry</i>            |                |  | 5:30-6:30<br>YS<br><b>Slow Flow Yoga</b><br><i>Dee Holliday</i> |   |                |  |              |  |
| 5:45-6:15<br>BR◆<br>Boxing<br><i>Sabrina Cohen</i>                         | 6:15-7:00<br>CS◆<br>Team Lipstick<br>Cycling<br><i>Frank Salzone (SUB)</i> | 6:15-7:00<br>MS<br>THE CUT<br><i>Kari McKillip</i>                            |  | 6:00-6:45<br>CS◆<br>Studio Cycling<br><i>Christian Ramos</i>        | 6:30-7:15<br>MS<br>Zumba@<br><i>Yenny Barona</i>              |                |  | 6:15-6:30<br>MS<br>Ab Lab<br><i>Miriam Shestack (SUB)</i>       |   |                |  |              |  |
| 6:30-7:15<br>MS<br>Powerstrike!<br><i>Sabrina Cohen</i>                    | 6:45-7:30<br>YS<br>Pilates<br><i>Mathew Makings</i>                        | 6:30-7:15<br>YS<br>Pilates<br><i>Jennifer Benesch</i>                         |  | 6:45-7:45<br>YS<br>Gratitude Yoga<br><i>Kumiko Buckman</i>          |   |                |  | 7:00-7:45<br>YS<br>Meditation<br><i>Craig Hunter</i>            |   |                |  |              |  |
| 7:15-8:00<br>CS◆<br>Team Lipstick<br>Cycling<br><i>Frank Salzone (SUB)</i> | 7:30-8:15<br>MS<br>EQX Barre Burn<br><i>Felicia Csolak</i>                 | 7:20-8:05<br>MS<br>Carve and Sculpt<br><i>Boyd Melson</i>                     |  |   |   |                |  |   |   |                |  |              |  |
|  |  | 7:45-8:45<br>YS<br>Vinyasa Yoga<br><i>Johan Montijano</i>                     |  |   |   |                |  |   |   |                |  |              |  |

# EQUINOX

## EAST 44TH STREET

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## THANKSGIVING MODIFIED HOURS

NOVEMBER 23 - CLOSED

## GROUP FITNESS MANAGER

JOAN FERRARO

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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

|    |                |
|----|----------------|
| CS | Cycling Studio |
| MS | Main Studio    |
| YS | Yoga Studio    |
| BR | Boxing Studio  |
| TR | Treadmill Area |

### WHAT'S NEW THIS MONTH

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

Club will be CLOSED on Thanksgiving Day.

## STUDIO CYCLING

**CYCLESANITY**® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

**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.

**TEAM LIPSTICK CYCLING** Laura Cozik designed Team Lipstick Cycling through pure bike racing principles. This co-ed class is laden with tempo drills, threshold attacks, anaerobic sprints ... all merged with killer music. Classes are intelligently planned for serious fitness addicts in New York City who love to Get Racy!

## 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

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**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!

**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.

**KETTLEBELL POWER** Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

**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.

**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!

**THANKS AND PLANKS** Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

## 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.

**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.

**CARVE AND SCULPT** Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

**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.

## PILATES

**PILATES** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

## DANCE

**ZUMBA**® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

## BOXING & MARTIAL ARTS

**BOXING** A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

**KICKBOXING** An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

**POWERSTRIKE!** Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.

**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.

**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.

## ACTIVE REGENERATION

**MEDITATION** Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.