

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>	7:00-8:00 YS Rise and Shine Yoga <i>Josh Mathew-Meier</i>	11:00-11:45 CS◆ Studio Cycling <i>Danielle Wettan</i>						11:00-11:40 CS◆ Red, Ride and Blue <i>Sabrina Cohen</i>	6:30-7:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	6:00-6:45 MS EQX Barre Burn <i>Adam Bokunewicz</i>			
6:45-7:30 MS Kickboxing <i>Akin Williams</i>	7:30-8:15 CS◆ Studio Cycling <i>Alex Lepinsky</i>	12:00-1:00 YS Vinyasa Yoga <i>Erin Barry</i>						12:00-12:45 MS Summer Slam <i>Sabrina Cohen</i>	7:30-8:15 MS METCON3 <i>Danielle Wettan</i>	6:45-7:30 CS◆ Studio Cycling <i>BJ Olson</i>			
7:15-8:15 YS Power Yoga <i>Lara Benusis</i>	12:15-1:00 CS◆ Cyclesanity® <i>Erica Villalba (SUB)</i>								12:00-12:45 CS◆ Team Lipstick Cycling <i>Laura Cozik</i>	7:00-7:45 MS METCON3 <i>Paula Calabrese</i>			
12:15-1:00 MS Tabata <i>Jack McGowan</i>	12:30-1:15 MS THE CUT <i>Eddie Carrington</i>								12:15-1:00 MS 30/60/90® <i>Daniel Mordechai</i>	7:45-8:30 CS◆ Studio Cycling <i>Rachel Vaziralli</i>			
12:15-1:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	1:00-2:00 YS Vinyasa Yoga <i>Rika Henry</i>								12:15-1:15 YS Power Yoga <i>Lindsay Carson</i>	12:00-12:30 MS Kettlebell Power <i>Omar Sandoval</i>			
12:30-1:15 CS◆ Studio Cycling <i>Flaminia Fanale</i>	1:30-2:15 MS Body Sculpt <i>Lisa Raphael</i>								1:00-1:45 CS◆ Team Lipstick Cycling <i>Laura Cozik</i>	12:00-12:45 YS Pilates <i>Jill Weinstein</i>			
1:00-1:30 MS Core Conditioning <i>Jack McGowan</i>	5:15-6:15 YS Slow Flow Yoga <i>Dee Holliday</i>								1:15-2:00 MS EQX Barre Burn <i>Lynze Schiller</i>	12:15-1:00 CS◆ Studio Cycling <i>Wil Ashley</i>			
5:30-6:15 MS METCON3 <i>Angie Lee</i>									1:30-2:30 YS Restorative Flow Yoga <i>Yuval Samburski</i>	12:30-1:15 MS Titan Method <i>Omar Sandoval</i>			
5:30-6:30 YS Vinyasa Yoga <i>Eli Walker</i>									5:15-6:00 MS METCON3 <i>Daniel Mordechai</i>	1:00-2:00 YS Vinyasa Yoga <i>Rika Henry</i>			
6:15-7:00 CS◆ Studio Cycling <i>Nikki Bucks</i>									5:15-6:15 YS◆ Power Yoga <i>Yanik Faylayev</i>	1:15-2:15 BR◆ Boxing <i>Curtis Summit</i>			
6:30-7:15 MS Barre <i>Matt Ross</i>									6:15-7:00 CS◆ Studio Cycling <i>Ariella Hackmann</i>	1:20-2:05 MS Powerstrike! <i>Omar Sandoval</i>			
6:45-7:30 YS Pilates <i>Angie Lee</i>									6:15-7:00 MS THE CUT <i>Nikki Fainsan</i>	5:30-6:00 MS◆ Firestarter <i>Mara Gabrielle</i>			
7:30-8:15 MS◆ Tabata (L2) <i>Lauren Colenso-Semple</i>									6:30-7:15 MS Pilates <i>Jennifer Benesch</i>	5:30-6:30 YS Vinyasa Yoga <i>Kumiko Buckman</i>			
									6:30-7:15 YS Cardio Sculpt <i>Kelsey Stalter</i>	6:00-6:45 CS◆ Studio Cycling <i>Christian Ramos</i>			
									7:15-8:00 MS Vinyasa Yoga <i>Johan Montijano</i>	6:00-6:20 MS Ab Lab <i>Mara Gabrielle</i>			
										6:30-7:15 MS Zumba® <i>Yenny Barona</i>			
										6:45-7:45 YS Power Yoga <i>Rika Henry</i>			
										7:30-8:15 MS Athletic Conditioning <i>Ben Dampley</i>			

EQUINOX

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MEMORIAL DAY HOLIDAY HOURS

MAY 27: 09:00 AM - 02:00 PM
MAY 28 - CLOSED
MAY 29: 08:00 AM - 02:00 PM

GROUP FITNESS MANAGER

JOAN FERRARO
joan.ferraro@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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
BR	Boxing Studio

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

CLUB HOURS: Sat 5/27
9am-2pm Sun 5/28 Closed
Mon 5/29 8am-2pm

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!

RED, RIDE AND BLUE 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.

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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!

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.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

RISE AND SHINE YOGA Wake your body gently with sun salutations and nourishing vinyasa. Flow from posture to posture using the breath to guide you. Leave you feeling refreshed and ready for your day. It's better than a double latte to start your morning!

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

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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.

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting 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.

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 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.