

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:30-7:15 CS ◆	<b>Studio Cycling</b> <b>Kristin Kenney</b>	6:30-7:15 CS ◆	Studio Cycling <i>Danielle Wettan</i>	6:30-7:15 CS ◆	Studio Cycling <i>Gabrielle Silverman</i>	6:45-7:30 MS	Kickboxing <i>Akin Williams</i>	7:00-8:00 YS	Rise and Shine Yoga <i>Josh Mathew-Meier</i>	10:00-10:45 MS	Kickboxing <i>Mikey Brunson</i>
7:00-7:45 MS ◆	Boot Camp <i>Paula Calabrese</i>	7:30-8:15 MS ◆	METCON3 <i>Danielle Wettan</i>	7:00-7:50 MS ◆	Tabata <i>Paula Calabrese</i>	7:00-7:45 CS ◆	<b>Studio Cycling</b> <b>Eniko Kiraly</b>	7:30-8:15 CS ◆	Studio Cycling <i>Nikki Bucks</i>	11:00-11:45 CS ◆	Studio Cycling <i>Danielle Wettan</i>
7:30-8:15 CS ◆	<b>Studio Cycling</b> <b>Kristin Kenney</b>	12:15-1:00 MS	Stacked! <i>Janice JP Prishwalko</i>	7:30-8:15 CS ◆	Studio Cycling <i>Rachel Vaziralli</i>	7:15-8:15 YS	Power Yoga <i>Lara Benusis</i>	12:00-12:45 MS	Chisel'd <i>Eddie Carrington</i>	12:00-1:00 YS	Vinyasa Yoga <i>Rika Henry</i>
7:30-8:30 YS	Vinyasa Yoga <i>Jena Maenius</i>	12:15-1:15 YS ◆	Power Yoga <i>Lindsay Carson</i>	12:00-12:30 MS	Kettlebell Power <i>Omar Sandoval</i>	12:15-1:00 MS	Tabata <i>Jack McGowan</i>	12:15-1:00 CS ◆	Cyclesanity® <i>Jillian Wright</i>		
12:15-1:00 MS	Athletic Conditioning <i>Dawn Parker</i>	12:30-1:20 CS ◆	<b>Cycle Beats</b> <b>Betsy Mallonee</b>	12:00-12:45 YS	Pilates <i>Dara Spitalny</i>	12:15-1:15 YS	Vinyasa Yoga <i>Jen Guarneri</i>	1:00-1:45 MS ◆	THE MUSE™ <i>Peyton Royal</i>		
12:15-1:15 YS	Vinyasa Yoga <i>Sarra Morton</i>	1:15-2:00 MS	EQX Barre Burn <i>Lynze Schiller</i>	12:15-1:00 CS ◆	Studio Cycling <i>Wil Ashley</i>	12:30-1:15 CS ◆	Studio Cycling <i>Flaminia Fanale</i>	1:00-2:00 YS	Vinyasa Yoga <i>Kristina Erikson</i>		
12:30-1:30 BR ◆	Boxing <i>Curtis Summit</i>	1:30-2:20 TR ◆	<b>Precision Running®</b> <b>Caroline Kaczor</b>	12:30-1:15 MS	Titan Method <i>Omar Sandoval</i>	1:00-1:20 MS	Core Conditioning <i>Jack McGowan</i>	5:30-6:15 CS ◆	Studio Cycling <i>Alex Lepinsky</i>		
12:30-1:15 CS ◆	Studio Cycling <i>Vicky Massoud</i>	5:15-5:45 MS ◆	Firestarter <i>Yenny Barona</i>	1:00-2:00 YS	Vinyasa Yoga <i>Lisa Bermudez</i>	1:30-2:20 TR ◆	Precision Running® <i>Jack McGowan</i>	5:30-6:15 MS	Boot Camp <i>Natasha Ross</i>		
1:15-2:00 MS	Best Butt Ever <i>Dawn Parker</i>	5:15-6:15 YS ◆	Power Yoga <i>Lara Benusis</i>	1:15-2:15 BR ◆	Boxing <i>Curtis Summit</i>	5:30-6:15 MS	METCON3 <i>Angie Lee</i>	5:30-6:30 YS	Slow Flow Yoga <i>Dee Holliday</i>		
1:30-2:15 YS	Pilates <i>Caroline Strong</i>	5:45-6:05 MS	Ab Lab <i>Yenny Barona</i>	5:30-6:00 MS ◆	Firestarter <i>Mara Gabrielle</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Terrence Monte</i>	6:15-6:30 MS	Ab Lab <i>Natasha Ross</i>		
5:15-6:00 TR ◆	Precision Running® <i>Sandy Wasserbach</i>	6:15-7:00 CS ◆	Studio Cycling <i>Caroline Kaczor</i>	5:30-6:30 YS ◆	Power Yoga <i>Rika Henry</i>	6:15-7:00 CS ◆	Studio Cycling <i>Nikki Bucks</i>				
5:30-6:15 MS	Athletic Conditioning <i>Sabrina Cohen</i>	6:15-7:00 MS	THE CUT <i>Kari McKillip</i>	6:00-6:45 CS ◆	Studio Cycling <i>Christian Ramos</i>	6:30-7:15 MS ◆	THE MUSE™ <i>Alexis Sweeney</i>				
5:30-6:30 YS	Vinyasa Yoga <i>Samantha Debicki</i>	6:30-7:15 YS	Pilates <i>Jennifer Benesch</i>	6:00-6:20 MS	Ab Lab <i>Mara Gabrielle</i>	6:45-7:45 YS	Vinyasa Yoga <i>Jena Maenius</i>				
6:15-7:00 CS ◆	Studio Cycling <i>Sandy Wasserbach</i>	7:20-8:05 MS	Inner Athlete <i>Katie Thrasher</i>	6:30-7:15 MS	Zumba® <i>Nikki Fainsan</i>	7:30-8:15 MS	Tabata <i>Emily Stubler</i>				
6:30-7:15 MS ◆	Powerstrike! <i>Sabrina Cohen</i>	7:45-8:45 YS	Vinyasa Yoga <i>Johan Montijano</i>	6:45-7:45 YS	Vinyasa Yoga <i>Kumiko Buckman</i>						
6:45-7:30 YS ◆	<b>Pilates</b> <b>Kat Marion</b>			7:30-8:15 MS ◆	Tabata Strength (L2) <i>Paula Calabrese</i>						
7:15-7:45 BR ◆	Boxing <i>Sabrina Cohen</i>										
7:15-8:00 CS ◆	Studio Cycling <i>Sandy Wasserbach</i>										
7:30-8:15 MS	<b>EQX Barre Burn</b> <b>Felicia Csolak</b>										

# EQUINOX

## EAST 44TH STREET

420 LEXINGTON AVENUE  
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EQUINOX.COM  
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**MON - THU:** 5:30 AM - 10:00 PM

**FRI:** 5:30 AM - 9:00 PM

**SAT:** 9:00 AM - 6:00 PM

**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

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

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**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.

#### 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

**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.

**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

**AB LAB** Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

**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.

**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.

**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!

**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.

**INNER ATHLETE** Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

**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!

**TABATA STRENGTH** No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

**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

**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.

**THE MUSE™** Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

#### 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.