

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ Cycle Beats <i>John King</i>	6:15-7:00 CS◆ Studio Cycling <i>Jamal</i>	6:30-7:15 CS◆ Studio Cycling <i>Kristin Kenney</i>	6:30-7:15 CS◆ Studio Cycling <i>Joanna Stahl</i>	6:30-7:15 CS◆ Studio Cycling <i>Emily Stubler</i>	8:15-9:05 TR◆ Precision Running® <i>Taylor Phillips</i>	9:15-10:30 YS Iyengar Yoga <i>Debby Green</i>
6:30-7:15 MS METCON3 <i>Jamal</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	6:30-7:15 MS Athletic Conditioning <i>Patrick Tae</i>	6:30-7:15 MS THE CUT <i>Eddie Carrington</i>	6:30-7:15 MS Athletic Conditioning <i>Amber Edwards</i>	8:45-9:35 MS◆ Definitions <i>Iliaria Montagnani</i>	9:30-10:15 CS◆ Studio Cycling <i>Reed Foster</i>
7:00-8:00 YS Vin-Hatha Yoga <i>Diana Rilov</i>	7:00-8:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	7:30-8:15 CS◆ Cycle Beats <i>Patrick Tae</i>	7:00-8:00 YS Vinyasa Yoga <i>Angela Leigh</i>	7:00-8:00 YS Vinyasa Yoga <i>Ana Sussmann</i>	9:00-10:15 YS Power Yoga <i>Lindsay Carson</i>	9:30-10:00 MS ABsession™ <i>Violet Zaki</i>
7:30-8:15 MS Barefoot Body Conditioning <i>Priscilla Curtis</i>	7:30-8:15 MS Atletica <i>Stephen Bel Davies</i>	7:30-8:15 MS Stacked! <i>Muri Assunção</i>	7:30-8:15 CS◆ Studio Cycling <i>Joanna Stahl</i>	7:30-8:00 MS◆ Firestarter <i>Diane LaVon</i>	9:15-10:00 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	10:00-10:55 MS Zen Combat <i>Reed Foster</i>
7:30-8:20 TR◆ Precision Running® <i>Jamal</i>	8:00-9:00 MS Iyengar Yoga <i>Debby Green</i>	7:30-8:30 YS Vinyasa Yoga <i>Kristin Kenney</i>	7:30-8:15 MS◆ Stacked! <i>Danielle Hopkins</i>	8:00-8:20 MS Core Conditioning <i>Diane LaVon</i>	9:45-10:35 MS Powerstrike! <i>Iliaria Montagnani</i>	10:40-11:25 YS Pilates <i>Nicola Yvette</i>
9:00-9:45 YS◆ THE MUSE™ <i>Dara Adler</i>	9:00-9:45 CS◆ Studio Cycling <i>Danielle Hopkins</i>	9:00-10:00 YS Pilates <i>Bonnie Crellin</i>	8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	9:15-10:00 CS◆ Studio Cycling <i>Kristin Kenney</i>	10:30-11:30 YS◆ Pilates Fusion <i>Taylor Phillips</i>	11:00-11:45 CS◆ Studio Cycling <i>Reed Foster</i>
10:00-11:00 PD◆ Aqua Boot Camp <i>Jenni Patterson</i>	10:00-10:50 MS EQX Barre Burn <i>Miri Greenberg</i>	9:15-10:00 MS The Low Down <i>Antonio Hudson</i>	9:00-9:45 CS◆ Studio Cycling <i>Jack McGowan</i>	10:00-11:00 MS EQX Barre Burn <i>Becca Pace</i>	10:45-11:30 CS◆ ANTHEM™ <i>Lindsay Carson</i>	11:05-11:50 MS Asset Management <i>Violet Zaki</i>
10:00-10:50 YS Pilates Fusion <i>Dara Adler</i>	11:00-11:30 MS Core Conditioning <i>Jack McGowan</i>	10:00-10:45 MS Cardio Dance Club <i>Antonio Hudson</i>	10:00-11:00 MS Body Sculpt <i>Calvin Wiley</i>	10:00-11:00 PD◆ Aqua Boot Camp <i>Christopher Lacour</i>	10:45-11:45 MS◆ Atletica <i>Iliaria Montagnani</i>	11:30-12:45 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>
11:00-11:45 MS Stacked! <i>Luis Weber</i>	11:30-12:15 MS Tabata (L2) <i>Jack McGowan</i>	10:00-11:00 PD◆ Aqua Boot Camp <i>Lisa Raphael</i>	11:30-12:15 MS◆ Whipped! <i>Danielle Hopkins</i>	11:15-12:05 TR◆ Precision Running® <i>John Cianca</i>	11:45-1:00 YS Vinyasa Yoga <i>Ariel Kiley</i>	12:00-12:50 MS◆ EQX Barre Burn <i>Alicia Archer</i>
11:15-12:05 TR◆ Precision Running® <i>Jack McGowan</i>	12:15-1:15 YS Vinyasa Yoga <i>Jessica Stickler</i>	11:00-12:00 MS INNER Strength <i>Nadia Zaki</i>	12:30-1:15 CS◆ Studio Cycling <i>LR Davidson</i>	12:00-12:45 CS◆ Studio Cycling <i>Nadia Zaki</i>	12:00-12:45 CS◆ Studio Cycling <i>Eniko Kiraly</i>	1:00-2:00 MS Deep EXtreme <i>Alicia Archer</i>
12:30-1:15 CS◆ Studio Cycling <i>Kristin Kenney</i>	12:30-1:15 CS◆ Studio Cycling <i>Reza Pazooki</i>	11:15-12:05 TR◆ Precision Running® <i>Arthur Tang</i>	12:30-1:30 YS Vinyasa Yoga <i>Patricia Pinto</i>	12:15-1:00 MS◆ PURE STRENGTH <i>Alex Gallagher</i>	12:00-12:45 MS◆ Circuit Challenge <i>Matt Ortel</i>	6:00-7:15 YS◆ Vinyasa Yoga <i>Liz Wexler</i>
12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	12:05-12:50 CS◆ Studio Cycling <i>Nadia Zaki</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	1:00-2:00 YS INNER Power Flow <i>Nadia Zaki</i>	12:45-1:45 PD◆ Aqua Boot Camp <i>Lisa Raphael</i>	
1:30-2:30 YS Vinyasa Yoga <i>Mindy Frenkel</i>	5:30-6:15 CS◆ Studio Cycling <i>Courtney Sergeant</i>	12:15-1:00 MS Best Butt Ever <i>Jack McGowan</i>	4:00-5:00 YS Vinyasa Yoga <i>Benn Rasmussen</i>	4:00-5:15 YS Vinyasa Yoga (L2) <i>Domenic Savino</i>	1:30-2:15 MS Essentials Series <i>Equinox Trainers</i>	
5:00-5:25 MS Core Conditioning <i>Amber Edwards</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	5:30-6:00 MS◆ THE CUT: Jump Rope <i>Jan Erik Navoa</i>	5:00-5:25 MS Core Conditioning <i>Luis Weber</i>	3:00-4:00 YS Power Yoga <i>Melinda Abbott</i>	
5:30-6:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	5:30-6:30 YS Pilates Fusion <i>Lilly Ballarin</i>	5:15-6:00 MS◆ PURE STRENGTH <i>Matt Ortel</i>	5:30-6:20 TR◆ Precision Running® <i>Alex Gallagher</i>	5:30-6:15 MS◆ METCON3 <i>Luis Weber</i>	4:30-5:00 MS◆ Firestarter <i>Andrew Slane</i>	
5:30-6:15 MS Tabata <i>Amber Edwards</i>	6:30-7:40 YS Vinyasa Yoga <i>Cooper Chou</i>	5:30-6:15 CS◆ Studio Cycling <i>Danielle Hopkins</i>	5:45-6:30 YS◆ THE MUSE™ <i>Yury Rockit</i>	6:15-7:15 YS Alignment Flow Yoga <i>Jackie Prete</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	
5:30-6:30 YS Vinyasa Yoga <i>Elaine O'Brien</i>	6:35-7:20 CS◆ Studio Cycling <i>Nadia Zaki</i>	5:30-6:30 YS Alignment Flow Yoga <i>Lisa Tatham</i>	6:00-6:30 MS Core Conditioning <i>Jan Erik Navoa</i>	6:30-7:30 MS Calvinography <i>Calvin Wiley</i>	5:30-6:45 YS Vinyasa Yoga <i>Mikee Richardson</i>	
6:25-7:25 MS Dance! <i>Tootsie Olan</i>	6:40-7:25 MS◆ METCON3 <i>John Cianca</i>	6:05-6:35 MS Cardio Blast <i>Matt Ortel</i>	6:30-7:15 CS◆ Studio Cycling <i>Leah Platt</i>			
6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	7:35-8:35 MS DANCEology (L2) <i>James Ervin</i>	6:40-7:25 MS Barre <i>Mathew Makings</i>	6:35-7:45 YS Vinyasa Yoga <i>Mariah Betts</i>			
6:30-7:30 PD◆ Aqua Boot Camp <i>Peyton Bryant</i>	7:45-8:30 CS◆ Studio Cycling <i>Reed Foster</i>	6:45-7:30 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:45-7:30 MS◆ Circuit Challenge <i>Jan Erik Navoa</i>			
6:30-7:30 YS Pilates <i>Gina Ianni</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Ellis Peters</i>	6:45-8:00 YS Vinyasa Yoga <i>Michael Gervais</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Ellis Peters</i>			
7:30-8:00 MS ABsession™ <i>Violet Zaki</i>		7:35-8:35 MS NYC Dance Project <i>Abby Goldenberg</i>				
7:40-8:40 YS Vinyasa Yoga <i>Jessica Stickler</i>						
7:45-8:30 CS◆ Studio Cycling <i>Reza Pazooki</i>						
8:00-8:45 MS Asset Management <i>Violet Zaki</i>						

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 EQUINOX.COM
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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 8:00AM - 9:00PM

GROUP FITNESS MANAGER
 jack.mcgowan@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
TR	Treadmill Area
PD	Pool Deck

WHAT'S NEW THIS MONTH

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

CYCLESANITY® Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

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

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

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

INNER POWER FLOW Using elements from various Yoga traditions, this class will challenge you and will focus on core flexibility and breath. Each movement is linked with breath to work your entire body, refresh your mind, and soothe your soul. Created by Nadia Zaki.

IYENGAR YOGA Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props. Good for students concerned with injuries.

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.

VIN-HATHA YOGA This class combines the flow of Vinyasa with the moving meditation of Hatha. The main emphasis of "Vin-Hatha" is to build strength in order to prepare for a more advanced practice with specific focus on alignment and internal balance.

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.

ATLETICA Sculpt and train your body like An athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body.

High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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.

CARDIO BLAST Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

ESSENTIALS SERIES The Essentials Series include: Cycling, Yoga, Athletic Training and Barre classes. The classes start with a brief introduction followed by an abbreviated workout.

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.

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.

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.

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!

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.

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.

LONG + LEAN

ABSESSION™ Violet Zaki's signature workout combines cardio,

strengthening and stabilizing moves for a stronger core. Creative moves are incorporated to target the entire core from various angles.

ASSET MANAGEMENT Make the most of your assets. Get ready for an intense workout from Violet Zaki that will challenge your muscles with weighted moves and get your heart racing. Walk out feeling the burn and enjoying the sculpted results.

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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.

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

INNER STRENGTH Power through Nadia Zaki's challenging dance-based conditioning course. Reform your balance and alignment and hone your focus as you strengthen and stretch your whole body.

THE LOW DOWN Get a better rearview in a class devoted to intense shaping and sculpting. Challenge your abs and strengthen your glutes, thighs, and hamstrings for a total lower body workout that will enhance your finest assets.

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.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

DANCE

CALVINOGRAPHY Calvin Wiley's signature dance workout teaches you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop!

CARDIO DANCE CLUB Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.