

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:30-7:15 CS◆	Studio Cycling <i>Dave M.</i>	6:30-7:15 CS◆	Studio Cycling <i>Danielle Wettan</i>	6:00-6:45 MS	EQX Barre Burn <i>Adam Bokunewicz</i>	6:30-7:15 CS◆	Studio Cycling <i>Eniko Kiraly</i>	7:00-8:00 YS	Rise and Shine Yoga <i>Josh Mathew-Meier</i>	10:00-10:45 MS	Cardio Kick <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>	6:30-7:15 CS◆	<b>Studio Cycling</b> <i>Gabrielle Silverman</i>	6:45-7:30 MS	Cardio Kick <i>Akin Williams</i>	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◆	Studio Cycling <i>Dave M.</i>	12:00-12:45 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>	7:00-7:50 MS◆	Tabata <i>Paula Calabrese</i>	7:15-8:15 YS	Power Yoga <i>Lara Benusis</i>	12:15-1:00 CS◆	Cyclesanity® <i>Jillian Wright</i>		
7:30-8:30 YS	Vinyasa Yoga <i>Jena Maenius</i>	12:15-1:00 MS	Stacked! <i>Janice JP Prishwalko</i>	7:30-8:15 CS◆	Studio Cycling <i>Rachel Vaziralli</i>	12:15-1:00 MS	Tabata <i>Jack McGowan</i>	12:30-1:15 MS	Chisel'd <i>Eddie Carrington</i>		
12:15-1:00 MS	Athletic Conditioning <i>Dawn Parker</i>	12:15-1:15 YS◆	Power Yoga <i>Lindsay Carson</i>	8:30-9:15 MS	METCON3 <i>Rachel Vaziralli</i>	12:15-1:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	1:00-2:00 YS	Vinyasa Yoga <i>Kristina Erikson</i>		
12:15-1:15 YS	Vinyasa Yoga <i>Sarra Morton</i>	1:00-1:45 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>	12:00-12:30 MS	Kettlebell Power <i>Omar Sandoval</i>	1:00-1:20 MS	Core Conditioning <i>Jack McGowan</i>	1:30-2:15 MS	<b>Boot Camp</b> <i>Molly Day</i>		
12:30-1:30 BR◆	Boxing <i>Curtis Summit</i>	1:15-2:00 MS	EQX Barre Burn <i>Lynze Schiller</i>	12:00-12:45 YS	Pilates <i>Dara Spitalny</i>	1:30-2:20 TR◆	Precision Running® <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>	1:30-2:20 TR◆	Precision Running® <i>Lindsay Carson</i>	12:15-1:00 CS◆	Studio Cycling <i>Wil Ashley</i>			5:30-6:15 MS	Boot Camp <i>Natasha Ross</i>		
1:15-2:00 MS	Best Butt Ever <i>Dawn Parker</i>	5:15-6:00 MS	METCON3 <i>Kendall Janicola</i>	12:30-1:15 MS	Titan Method <i>Omar Sandoval</i>	5:30-6:15 MS	METCON3 <i>Angie Lee</i>	5:30-6:30 YS	<b>Slow Flow Yoga</b> <i>Dee Holliday</i>		
1:30-2:15 YS	Pilates <i>Caroline Strong</i>	5:15-6:15 YS◆	Power Yoga <i>Lara Benusis</i>	1:00-2:00 YS	Vinyasa Yoga <i>Lisa Bermudez</i>	5:30-6:30 YS	Vinyasa Yoga <i>Eli Walker</i>	6:15-6:30 MS	Ab Lab <i>Natasha Ross</i>		
5:30-6:15 MS	Athletic Conditioning <i>T.B.D.</i>	6:15-7:00 CS◆	Studio Cycling <i>Caroline Kaczor</i>	1:15-2:15 BR◆	Boxing <i>Curtis Summit</i>	6:15-7:00 CS◆	Studio Cycling <i>Nikki Bucks</i>				
5:30-6:30 YS	Vinyasa Yoga <i>Samantha Debicki</i>	6:15-7:00 MS◆	THE CUT <i>Kari McKillip</i>	5:30-6:00 MS◆	Firestarter <i>Mara Gabrielle</i>	6:30-7:15 MS	EQX Barre Burn <i>Alexis Sweeney</i>				
5:45-6:15 BR◆	Boxing <i>Sabrina Cohen</i>	6:30-7:15 YS	Pilates <i>Jennifer Benesch</i>	5:30-6:30 YS	Power Yoga <i>Rika Henry</i>	6:45-7:45 YS	Vinyasa Yoga <i>Jess Taras</i>				
6:15-7:00 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>	7:20-8:05 MS	Cardio Sculpt <i>Kelsey Stalter</i>	6:00-6:45 CS◆	Studio Cycling <i>Christian Ramos</i>	7:30-8:15 MS◆	Tabata (L2) <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>	6:00-6:20 MS	Ab Lab <i>Mara Gabrielle</i>						
6:45-7:30 YS	Pilates <i>Mathew Makings</i>			6:30-7:15 MS	Zumba® <i>Yenny Barona</i>						
7:15-8:00 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>			6:45-7:45 YS	Vinyasa Yoga <i>Kumiko Buckman</i>						
7:30-8:15 MS	EQX Barre Burn <i>Felicia Csolak</i>			7:30-8:15 MS	<b>Tabata (L2)</b> <i>Paula Calabrese</i>						

# EQUINOX

## EAST 44TH STREET

420 LEXINGTON AVENUE  
NEW YORK NEWYORK 10170  
(212) 953-2499  
EQUINOX.COM  
@EQUINOX

**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

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
TR	Treadmill Area

#### WHAT'S NEW THIS MONTH

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

Friday evening Meditation class with Craig Hunter will now be held at the 43rd St. Equinox main studio on Fridays 6:45pm beginning December 1.

#### 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

**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

**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!

**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.

**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!

**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.

#### 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.

**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.

**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.

#### 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.

**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.

**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.