

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>Debbly 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♦	Whipped! <i>Muri Assunção</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	Vinyasa Yoga <i>Michael Gervais</i>	7:00–8:00 YS	Vinyasa Yoga <i>Lisa Anzelmo</i>	7:30–8:15 CS♦	Cycle Beats <i>Marquis Johnson</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>Erica Chen</i>	9:30–10:00 MS	ABsession™ <i>Violet Zaki</i>
7:30–8:15 CS♦	Studio Cycling <i>Alfonso Alchaer</i>	7:30–8:15 CS♦	Studio Cycling <i>Javier Ortega</i>	7:30–8:15 MS	EQX Barre Burn <i>Yury Rockit</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>Violet Zaki</i>
7:30–8:20 MS♦	The Sculpt Society <i>Adam Sanford</i>	7:30–8:15 MS	Atletica <i>Stephen Bel Davies</i>	7:30–8:30 YS	Vinyasa Yoga <i>Kristin Kenney</i>	7:30–8:15 MS♦	Stacked! <i>Rachel Vaziralli</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>
7:30–8:20 TR♦	Precision Running® <i>Yury Rockit</i>	8:05–9:05 YS	Iyengar Yoga <i>Debbly Green</i>	9:00–10:00 YS	Pilates <i>Bonnie Crellin</i>	8:05–9:05 YS	Iyengar Yoga <i>Debbly Green</i>	8:15–9:00 YS♦	Pilates Remix <i>Emma Rivera</i>	10:30–11:30 YS♦	Pilates Fusion <i>Taylor Phillips</i>	11:00–11:45 CS♦	Studio Cycling <i>Reed Foster</i>
9:00–9:45 YS♦	THE MUSE™ <i>Dara Adler</i>	9:00–9:45 CS♦	Studio Cycling <i>Jack McGowan</i>	9:15–10:00 MS	The Low Down <i>Antonio Hudson</i>	9:00–9:45 CS♦	Studio Cycling <i>Rachel Vaziralli</i>	9:15–10:00 CS♦	Studio Cycling <i>Kristin Kenney</i>	10:45–11:30 CS♦	Studio Cycling <i>Eniko Kiraly</i>	11:05–11:50 MS	Asset Management <i>(L2)</i> <i>Zaki</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>	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♦	EQX Barre Burn <i>Becca Pace</i>	10:45–11:45 MS♦	Atletica <i>Iliaria Montagnani</i>	11:30–12:45 YS	Slow Flow Yoga <i>(L2)</i> <i>Diana Rilov</i>
10:00–10:50 YS	Pilates Fusion <i>Dara Adler</i>	11:00–11:25 MS	Core Conditioning <i>Jack McGowan</i>	10:00–11:00 PD♦	Aqua Boot Camp <i>Lisa Raphael</i>	11:15–12:05 TR♦	Whipped! <i>Gerren Liles</i>	10:00–11:00 PD♦	Aqua Boot Camp <i>Christopher Lacour</i>	11:45–1:00 YS	Vinyasa Yoga <i>Ariel Kiley</i>	12:00–12:50 MS♦	EQX Barre Burn <i>Alicia Archer</i>
11:00–11:45 MS	Stacked! <i>Luis Weber</i>	11:15–12:05 TR♦	Elevate <i>Shane Blouin</i>	11:15–12:05 TR♦	Precision Running® <i>Arthur Tang</i>	11:45–12:10 MS	Core Conditioning <i>Andrew Slane</i>	12:30–1:20 MS♦	INNER Warrior <i>Nadia Zaki</i>	11:00–12:00 MS	Studio Cycling <i>Eniko Kiraly</i>	12:30–1:15 CS♦	ANTHEM™ <i>Or Artzi</i>
11:15–12:05 TR♦	Precision Running® <i>Jack McGowan</i>	11:30–12:15 MS	Tabata (L2) <i>Jack McGowan</i>	12:00–12:45 CS♦	Studio Cycling Story <i>VonHolzhausen</i>	12:00–12:45 MS	Studio Cycling <i>Nadia Zaki</i>	12:30–1:30 YS	Precision Running® <i>John Cianca</i>	11:15–12:05 TR♦	Whipped! <i>Matt Ortel</i>	1:00–2:00 MS	Deep EXtreme <i>Alicia Archer</i>
12:30–1:15 CS♦	Studio Cycling <i>Kristin Kenney</i>	12:15–1:15 YS	Vinyasa Yoga <i>Jessica Stickler</i>	12:15–1:00 MS	Best Butt Ever <i>Andrew Slane</i>	12:00–12:45 MS	Studio In Use <i>Equinox Trainers</i>	1:00–1:45 CS♦	Studio Cycling <i>Nadia Zaki</i>	12:05–12:50 CS♦	Aqua Boot Camp <i>Lisa Raphael</i>	1:00–1:50 TR♦	Precision Running® <i>Alfonso Alchaer</i>
12:30–1:30 MS	EQX Barre Burn <i>Alicia Archer</i>	12:30–1:15 CS♦	Studio Cycling <i>Reza Pazooki</i>	12:30–1:30 YS	Vinyasa Yoga <i>Kat Ruiz</i>	1:45–3:45 YS	EQX Barre Burn <i>Alicia Archer</i>	1:45–3:45 YS	Studio In Use <i>Equinox Trainers</i>	12:20–1:05 MS♦	PURE STRENGTH <i>Alex Gallagher</i>	4:00–4:45 MS♦	Essentials Series <i>Equinox Instructor</i>
1:30–2:30 YS	Vinyasa Yoga <i>Mindy Frenkel</i>	12:30–1:30 MS	Studio In Use <i>Equinox Trainers</i>	12:15–1:00 MS	Best Butt Ever <i>Andrew Slane</i>	2:00–3:00 MS	EQX Barre Burn <i>Alicia Archer</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>	5:00–5:45 MS♦	Tabata (L2) <i>Amy Amato</i>
4:00–4:45 MS	Body Sculpt <i>Calvin Wiley</i>	2:00–3:00 MS	EQX Barre Burn <i>Alicia Archer</i>	12:30–1:30 YS	Vinyasa Yoga <i>Kat Ruiz</i>	4:00–5:00 YS	Alignment Flow <i>Yoga Benn Rasmussen</i>	4:00–5:00 YS	Alignment Flow <i>Yoga Benn Rasmussen</i>	3:00–4:15 YS♦	Vinyasa Yoga (L2) <i>Domenic Savino</i>	5:00–5:45 YS♦	THE MUSE™ <i>Justine Ayala</i>
5:00–5:30 MS	Best Butt Ever <i>Abbey Hunt</i>	5:30–6:15 CS♦	Studio Cycling <i>Courtney Sergeant</i>	4:00–4:50 MS	EQX Barre Burn <i>Alicia Archer</i>	5:30–6:00 MS♦	PURE STRENGTH <i>Matt Ortel</i>	5:30–6:00 MS♦	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	4:30–5:00 MS♦	Firestarter <i>Dave Leong</i>	6:00–7:15 YS♦	Vinyasa Yoga <i>Liz Wexler</i>
5:30–6:15 CS♦	Studio Cycling <i>Alfonso Alchaer</i>	5:30–6:30 MS	INNER Warrior <i>Nadia Zaki</i>	5:15–6:00 MS♦	PURE STRENGTH <i>Matt Ortel</i>	5:30–6:20 TR♦	Precision Running® <i>Alex Gallagher</i>	5:30–6:20 TR♦	Precision Running® <i>Alex Gallagher</i>	4:30–5:20 YS	Pilates <i>Ron Tal</i>		
5:30–6:30 YS	Vinyasa Yoga <i>Elaine O'Brien</i>	5:30–6:30 YS	Pilates Fusion <i>Lilly Ballarin</i>	5:30–6:15 CS♦	Cycle Beats <i>Meghan Cox</i>	5:45–6:30 YS♦	THE MUSE™ <i>Yury Rockit</i>	5:45–6:30 YS♦	THE MUSE™ <i>Yury Rockit</i>	5:15–6:15 PD♦	EQX H2O: Speed (L2) <i>Gaby Yosca</i>		
5:35–6:20 MS	Tabata <i>Abbey Hunt</i>	6:30–7:40 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	5:30–6:15 CS♦	Cycle Beats <i>Meghan Cox</i>	6:00–6:30 MS	Core Conditioning <i>Jan Erik Navoa</i>	6:00–6:30 MS	Core Conditioning <i>Jan Erik Navoa</i>	5:30–6:15 MS♦	METCON3 <i>Luis Weber</i>		
6:25–7:25 MS	Dance! <i>Tootsie Olan</i>	6:35–7:20 CS♦	Studio Cycling <i>Nadia Zaki</i>	5:30–6:30 YS	Alignment Flow <i>Yoga Lisa Tatham</i>	6:05–6:35 MS	Cardio Blast <i>Matt Ortel</i>	6:05–6:35 MS	Cardio Blast <i>Matt Ortel</i>	5:45–6:30 CS♦	Cycle Beats <i>Arthur Tang</i>		
6:30–7:15 CS♦	Studio Cycling <i>Alfonso Alchaer</i>	6:40–7:25 MS♦	METCON3 <i>John Cianca</i>	6:05–6:35 MS	Cardio Blast <i>Matt Ortel</i>	6:40–7:25 MS	Barre <i>Mathew Makings</i>	6:40–7:25 MS	Barre <i>Mathew Makings</i>	6:15–7:15 YS	Alignment Flow <i>Yoga Jackie Prete</i>		
6:30–7:30 PD♦	Aqua Boot Camp <i>Peyton Bryant</i>	7:35–8:50 MS	DANCEology (L2) <i>James Ervin</i>	6:40–7:25 MS	Barre <i>Mathew Makings</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 MS	Calvinography <i>Calvin Wiley</i>		
6:35–7:35 YS	Pilates <i>Gina Ianni</i>	7:45–8:30 CS♦	Cycle Beats <i>Ally Raisian</i>	6:45–7:30 CS♦	Cyclesanity® <i>Jillian Wright</i>	6:45–7:30 MS♦	Vinyasa Yoga <i>Michael Gervais</i>	6:45–7:30 MS♦	Vinyasa Yoga <i>Michael Gervais</i>				
7:30–8:00 MS	ABsession™ <i>Violet Zaki</i>	7:45–8:45 YS	Power Yoga <i>Loren Yandoc</i>	6:45–8:00 YS	Vinyasa Yoga <i>Michael Gervais</i>	8:30–9:30 PD♦	NYC Dance Project <i>Abby Goldenberg</i>	8:30–9:30 PD♦	Swim Team (L2) <i>Ellis Peters</i>				
7:40–8:40 YS	Vinyasa Yoga <i>Jessica Stickler</i>	8:30–9:30 PD♦	Swim Team (L2) <i>Ellis Peters</i>	7:35–8:35 MS	NYC Dance Project <i>Abby Goldenberg</i>								
7:45–8:30 CS♦	Studio Cycling <i>Reza Pazooki</i>												
8:00–8:45 MS	Asset Management <i>Violet Zaki</i>												

GREENWICH AVE
 97 GREENWICH AVENUE
 NEW YORK NY 10014
 EQUINOX.COM
 @EQUINOX

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

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 indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

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

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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.

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 Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

ATLETICA Sculpt and train your body like an athlete. 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 off feeling the burn and enjoying the sculpted results.

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.

STUDIO IN USE Studio in use.

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.

THE SCULPT SOCIETY Sculpt your own work of art to today's most heart-pumping music in Megan Roup's signature class. Challenge yourself with a full-body workout that merges dance cardio, sliders, & light weights to create a long, lean physique. Put everything into overdrive & reap the results of a nonstop calorie burn.

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 Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

PILATES REMIX Light up every muscle with this core-forward Pilates class that sets traditional moves to a heart-pumping soundtrack. Through the use of a single prop and continuous choreography, you'll electrify your burn, strength, and 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.