

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS◆	METCON3 <i>Jamal</i>	6:15-7:00 CS◆	Studio Cycling <i>Jamal</i>	6:15-7:05 TR◆	Precision Run® <i>Ash Michelle</i>	6:30-7:15 CS◆	Studio Cycling <i>Joanna Stahl</i>	6:30-7:15 CS◆	Studio Cycling <i>Jamal</i>	8:15-9:05 TR◆	Precision Run® <i>Kari McKillip</i>	8:45-10:15 YS	Iyengar Yoga <i>Debby Green</i>
6:30-7:20 TR◆	Precision Run® <i>Kevin Scott</i>	6:30-7:15 MS	Cardio Kick <i>Akin Williams</i>	6:30-7:15 CS◆	Studio Cycling <i>Kristin Kenney</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>Ilaria Montagnani</i>	9:15-10:00 CS◆	Studio Cycling <i>Tyler Lemire</i>
6:45-7:30 CS◆	Cycle Beats <i>Mallory Weiss</i>	7:00-8:00 YS◆	Vinyasa Yoga <i>Lisa Anzelmo</i>	6:45-7:30 MS◆	Cross Fire <i>Jwara Jones</i>	7:00-7:50 TR◆	Precision Run® <i>Breanna Cummings</i>	6:45-7:35 TR◆	Precision Run® <i>Javier Ortega</i>	9:00-10:15 YS◆	Power Yoga <i>Erica Chen</i>	9:30-9:55 MS	Best Abs Ever <i>Andrew Harper</i>
7:00-8:00 YS	Vinyasa Yoga <i>Michael Gervais</i>	7:15-8:00 CS◆	Studio Cycling <i>Javier Ortega</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>	9:15-10:00 CS◆	Studio Cycling <i>Alfonso Alchaer</i>	10:00-10:30 MS	Firestarter <i>Andrew Harper</i>
7:30-8:20 MS◆	The Sculpt Society <i>Sean O'Donnell</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 CS◆	Studio Cycling <i>Joanna Stahl</i>	7:30-8:15 CS◆	Studio Cycling <i>Courtney Sergeant</i>	9:45-10:35 MS	Powerstrike! <i>Ilaria Montagnani</i>	10:30-11:15 CS◆	Studio Cycling <i>Kyle O'Brien</i>
7:30-8:20 TR◆	Precision Run® <i>Yury Rockit</i>	8:15-9:15 YS	Iyengar Yoga <i>Debby Green</i>	7:45-8:30 MS◆	EQX Barre Burn <i>Meri Bobber</i>	7:30-8:15 MS◆	Stacked! <i>Rachel Vaziralli</i>	7:30-8:00 MS◆	Firestarter <i>Diane LaVon</i>	10:30-11:30 YS◆	Pilates Fusion <i>Ron Tal</i>	10:30-11:15 YS	Pilates Fusion <i>Nicola Yvette</i>
7:45-8:30 CS◆	Studio Cycling <i>Jack McGowan</i>	9:00-9:45 CS◆	Studio Cycling <i>Jack McGowan</i>	8:45-9:30 YS	Authentic Mat Pilates <i>Bonnie Crellin</i>	8:15-9:30 YS	Iyengar Yoga <i>Debby Green</i>	8:00-8:25 MS	Core Conditioning <i>Diane LaVon</i>	10:45-11:30 CS◆	Studio Cycling <i>Eniko Kiraly</i>	10:45-11:30 MS	METCON3 Sam Wolf
8:45-9:30 YS	Pilates Fusion <i>Dara Adler</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>Rachel Vaziralli</i>	8:15-9:00 YS◆	Pilates Remix <i>Emma Rivera</i>	10:45-11:45 MS◆	Atletica (L2) <i>Ilaria Montagnani</i>	11:30-12:45 YS	Slow Flow Yoga (L2) <i>Diana Rilov</i>
10:00-11:00 PD◆	Aqua Boot Camp <i>Dejuan Lewis</i>	11:00-11:25 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>	9:15-10:00 CS◆	Studio Cycling <i>Kristin Kenney</i>	11:45-1:00 YS◆	Vinyasa Yoga <i>Alexandra Wood</i>	12:00-12:50 MS◆	Barefoot Body Conditioning <i>Alicia Archer</i>
10:00-11:00 YS◆	Yin Yoga Meditation <i>Robert Nguyen</i>	11:30-12:15 MS◆	Tabata (L2) <i>Jack McGowan</i>	10:00-11:00 PD◆	Aqua Boot Camp <i>Lisa Raphael</i>	11:00-11:50 YS	Athletic Stretch Anubha Elaine Boudouris <i>Whipped!</i> <i>Tim Flores</i>	10:00-10:50 MS◆	Band Burn <i>Chaz Jackson</i>	12:00-12:45 CS◆	Studio Cycling <i>Eniko Kiraly</i>	1:00-2:00 MS	deepEXTREME™ <i>Alicia Archer</i>
11:15-12:05 TR◆	Precision Run® <i>Jack McGowan</i>	12:15-1:15 YS	Vinyasa Yoga <i>Jessica Stickler</i>	10:00-11:00 YS	Power Yoga Francesca Bove	12:15-1:15 YS	Vinyasa Yoga <i>Rika Henry</i>	11:00-12:00 MS	INNER Warrior <i>Nadia Zaki</i>	12:45-1:45 PD◆	Aqua Boot Camp <i>Lisa Raphael</i>	5:00-5:45 MS	Stacked! Jacqueline Kouri
12:15-1:00 CS◆	Studio Cycling <i>Kristin Kenney</i>	12:30-1:15 CS◆	Studio Cycling <i>Reza Pazooki</i>	11:15-12:05 TR◆	Precision Run® <i>Arthur Tang</i>	12:35-1:20 MS◆	PURE STRENGTH Alex Gallagher	11:15-12:05 TR◆	Precision Run® <i>John Cianca</i>	1:15-2:05 MS	Band Burn Mara Gabrielle	6:00-7:15 YS◆	Vinyasa Yoga <i>Robert Nguyen</i>
12:30-1:30 MS◆	Barefoot Body Conditioning <i>Alicia Archer</i>	2:00-2:50 MS	Band Burn <i>Adam Bokunewicz</i>	11:45-12:10 MS	Core Conditioning <i>Andrew Slane</i>	1:00-1:45 CS◆	Studio Cycling <i>Nadia Zaki</i>	12:05-12:50 CS◆	Studio Cycling <i>Nadia Zaki</i>	1:15-2:05 MS	Vinyasa Yoga (L2) Domenic Savino		
1:30-2:30 YS◆	Vinyasa Yoga <i>Mindy Frenkel</i>	5:15-6:05 TR◆	Precision Run® <i>John Cianca</i>	12:15-1:00 MS	Stacked! <i>Andrew Slane</i>	2:00-3:00 MS◆	Barefoot Body Conditioning <i>Alicia Archer</i>	12:15-12:50 CS◆	Body Sculpt Jaime Morales	3:00-4:15 YS◆	Tabata (L2) Andrew Slane		
4:00-4:45 MS◆	Body Sculpt <i>Calvin Wiley</i>	5:30-6:15 CS◆	Studio Cycling <i>Nicole Ramos</i>	12:30-1:30 YS	Vinyasa Yoga Kat Ruiz	4:00-5:00 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>	12:15-1:00 MS	INNER Power Flow <i>Nadia Zaki</i>	4:30-5:15 MS◆			
5:30-6:15 CS◆	Studio Cycling <i>Alfonso Alchaer</i>	5:30-6:30 MS	INNER Warrior <i>Nadia Zaki</i>	4:00-4:50 MS◆	Barefoot Body Conditioning <i>Alicia Archer</i>	5:30-6:20 TR◆	Precision Run® <i>Alex Gallagher</i>	1:00-2:00 YS◆	Vinyasa Yoga (L2) <i>Domenic Savino</i>	5:30-6:45 YS			
5:30-6:15 MS	Stacked! <i>Patrick Tae</i>	5:30-6:15 YS	Pilates Fusion <i>Lilly Ballarin</i>	5:15-6:00 MS◆	PURE STRENGTH Matt Ortel	5:45-6:30 MS◆	Tabata Strength <i>Jan Erik Navoa</i>	4:00-5:15 YS◆	Vinyasa Yoga (L2) <i>Domenic Savino</i>				
5:30-6:30 YS	Vinyasa Yoga Robert Nguyen	6:30-7:45 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	5:30-6:30 YS	Vinyasa Yoga <i>Lauren Musselman</i>	5:45-6:30 YS	Pilates Fusion <i>Michael Apuzzo</i>	5:00-5:25 MS	Core Conditioning Luis Weber	5:30-6:15 MS◆	METCON3 Luis Weber		
6:25-7:25 MS	Dance! <i>Tootsie Olan</i>	6:35-7:20 MS◆	Studio Cycling <i>Nadia Zaki</i>	6:05-6:35 MS	Cardio Blast <i>Matt Ortel</i>	6:30-7:15 CS◆	Studio Cycling <i>Javier Ortega</i>	5:45-6:30 CS◆	Cycle Beats Arthur Tang	5:45-6:30 CS◆	Cycle Beats Arthur Tang		
6:30-7:15 CS◆	Studio Cycling <i>Alfonso Alchaer</i>	7:30-8:45 MS	Hip Hop <i>Casey Sheehan</i>	6:40-7:25 MS	EQX Barre Burn <i>Lexi Julian</i>	6:35-7:45 YS	Vinyasa Yoga <i>Mariah Betts</i>	6:30-7:30 MS	Calvinography Calvin Wiley	6:30-7:30 MS	Calvinography Calvin Wiley		
6:30-7:30 PD◆	Aqua Boot Camp <i>Peyton Bryant</i>	7:45-8:30 CS◆	Studio Cycling Robert Pennino	6:45-7:30 CS◆	Cyclesanity® Jillian Wright	6:45-7:30 MS◆	Circuit Challenge <i>Jan Erik Navoa</i>	6:30-7:30 MS	Roll & Release Jonathan McKinna	6:30-7:15 YS◆			
6:45-7:30 YS	Pilates Fusion Kimmel Yeager	8:30-9:30 PD◆	Swim Team (L2) <i>Robert Pennino</i>	6:45-8:00 YS	Power Yoga (L2) Julia Stephens	8:30-9:30 PD◆	Swim Team (L2) <i>Taylor Wright</i>						
7:30-8:15 MS	Athletic Conditioning <i>Ianthe Mellors</i>			7:35-8:35 MS	NYC Dance Project <i>Abby Goldenberg</i>								
7:45-8:30 CS◆	Studio Cycling <i>Reza Pazooki</i>												
7:45-8:45 YS	Vinyasa Yoga Vanessa Alfano												

GREENWICH AVE

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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

MS	Main Studio
TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio
PD	Pool Deck

WHAT'S NEW THIS MONTH

CYCLING

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

PRECISION RUN® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Run 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.

YIN YOGA MEDITATION Go slow to release and center with this deeply meditative Yoga practice. Find the power in stillness through the Yin Yoga technique of prolonged poses. Each pose acts as a mini-meditation, unleashing a free flow of energy throughout connective tissue, refocusing and rejuvenating the body.

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 ABS EVER Chisel your core and ignite your metabolism with a challenging six-pack of exercises that builds abdominal muscles and enhances total-body performance.

CARDIO BLAST Looking for an incredible, addictive, energetic 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.

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

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!

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.

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

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LONG + LEAN

BAND BURN Warm up then launch into two blocks of time-under-tension sequences and

chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

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.

DEEPEXTREME™ deepEXTREME™ by Robert Steinbacher is a challenging barefoot workout. Inspired by yoga, Pilates, martial arts and dance, this system uses strength, cardio, flexibility and breathing techniques to meet the needs of every student. Leave feeling the balance of physical training and mental relaxation.

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

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 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

AUTHENTIC MAT PILATES Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

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 props 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.

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

HIP HOP Equinox dance instructors teach you fun combinations to hip hop music. Learn new movements in this fun-filled and vibrant class environment.