

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	Kickboxing <i>Mikey Brunson</i>
7:00-7:30 MS◆	<b>THE CUT: Jump Rope</b> <i>Paula Calabrese</i>	7:30-8:15 MS	METCON3 <i>Danielle Wettan</i>	6:45-7:30 CS◆	Studio Cycling <i>BJ Olson</i>	6:45-7:30 MS	Kickboxing <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>	7:00-7:45 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	30/60/90® <i>Janice JP Prishwalko</i>	7:45-8:30 CS◆	Studio Cycling <i>Rachel Vaziralli</i>	12:15-1:00 MS	Tabata <i>Jack McGowan</i>	12:30-1:15 MS	THE CUT <i>Eddie Carrington</i>		
7:35-8:05 MS	<b>Boot Camp</b> <i>Paula Calabrese</i>	12:15-1:15 YS	Power Yoga <i>Lindsay Carson</i>	12:00-12:30 MS	Kettlebell Power <i>Omar Sandoval</i>	12:15-1:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	1:00-2:00 YS	Vinyasa Yoga <i>Lisa Bermudez</i>		
12:15-1:00 MS	Athletic Conditioning <i>Dawn Parker</i>	1:00-1:45 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>	12:00-12:45 YS	<b>Pilates</b> <i>Dara Spitalny</i>	12:30-1:15 CS◆	Studio Cycling <i>Flaminia Fanale</i>	1:30-2:00 MS◆	<b>THE CUT: Jump Rope</b> <i>Erin Barry</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>	1:00-1:30 MS	Core Conditioning <i>Jack McGowan</i>	2:00-2:20 MS	<b>Core Conditioning</b> <i>Erin Barry</i>		
12:30-1:30 BR◆	Boxing <i>Curtis Summit</i>	5:15-6:00 MS	<b>METCON3</b> <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>	5:15-6:15 YS	Slow Flow Yoga <i>Dee Holliday</i>		
12:30-1:15 CS◆	Studio Cycling <i>Erica Villalba</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>	5:30-6:15 CS◆	Studio Cycling <i>Alex Lepinsky</i>		
1:15-2:00 MS	Best Butt Ever <i>Dawn Parker</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>	5:30-6:15 MS	Boot Camp <i>Natasha Ross</i>		
1:30-2:15 YS	Pilates <i>Caroline Strong</i>	6:15-7:00 MS	THE CUT <i>Nikki Fainsan</i>	5:30-6:00 MS◆	Firestarter <i>Mara Gabrielle</i>	6:30-7:15 MS	Barre <i>Matt Ross</i>	6:15-6:30 MS	Ab Lab <i>Natasha Ross</i>		
5:30-6:15 MS	Athletic Conditioning <i>Erin Barry</i>	6:30-7:15 YS	Pilates <i>Jennifer Benesch</i>	5:30-6:30 YS	Vinyasa Yoga <i>Kumiko Buckman</i>	6:30-7:15 MS	<b>Alignment Flow Yoga</b> <i>Jackie Blake</i>	6:45-7:30 YS	Meditation <i>Craig Hunter</i>		
5:30-6:30 YS	Vinyasa Yoga <i>Samantha Debicki</i>	7:20-8:05 MS	Cardio Sculpt <i>Kelsey Stalter</i>	6:00-6:45 CS◆	Studio Cycling <i>Christian Ramos</i>	6:45-7:45 YS	Tabata (L2) <i>Emily Stubler</i>				
5:45-6:15 BR◆	Boxing <i>Sabrina Cohen</i>	7:45-8:45 YS	Vinyasa Yoga <i>Hunt Parr</i>	6:00-6:20 MS	Ab Lab <i>Mara Gabrielle</i>	7:30-8:15 MS◆					
6:15-7:00 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>			6:30-7:15 MS	Zumba® <i>Yenny Barona</i>						
6:30-7:15 MS	Powerstrike! <i>Sabrina Cohen</i>			6:45-7:45 YS	Power Yoga <i>Rika Henry</i>						
6:45-7:30 YS	Pilates <i>Nicola Bam</i>			7:30-8:00 MS◆	<b>THE CUT: Jump Rope</b> <i>Paula Calabrese</i>						
7:15-8:00 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>			8:05-8:35 MS	<b>Boot Camp</b> <i>Paula Calabrese</i>						
7:30-8:15 MS	EQX Barre Burn <i>Kevin VerEecke</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

### WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

## 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!

## 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.

**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

**30/60/90**® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

**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.

**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

**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.

## 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.

**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.

**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 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.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Meet your need for speed as you fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

## ACTIVE REGENERATION

**MEDITATION** Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.