

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆	Cycle Beats <i>Jamal</i>	6:15-7:00 MS ◆	Tabata Max <i>Eddie Carrington</i>	6:30-7:15 CS ◆	<b>Cycle Power</b> <b>Alex Breaux</b>	6:30-7:15 MS ◆	METCON3 <i>Christopher Howard</i>	6:30-7:15 MS ◆	STRONG <i>Luis Weber</i>	8:45-9:35 TR ◆	Precision Run® <i>Cooper Mann</i>	8:45-9:35 TR ◆	Precision Run® <i>Paula Calabrese</i>
7:00-8:00 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	6:30-7:15 CS ◆	<b>Cycle Beats</b> <b>Mario Martinez</b>	6:45-7:45 MS ◆	<b>AK! Rope</b> <b>Sean O'Donnell</b>	6:45-7:30 TR ◆	<b>Precision Run®</b> <b>Michael Keeney</b>	7:00-7:45 CS ◆	Cycle Beats <i>Candace Peterson</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Colleen Murphy</i>	9:00-9:45 YS ◆	Vinyasa Yoga <i>Colleen Breeckner</i>
7:45-8:30 MS ◆	Athletic Conditioning <i>Eddie Carrington</i>	6:45-7:35 TR ◆	Precision Run® <i>Miriam Shestack</i>	7:00-7:45 YS ◆	EQX Barre Bum <i>Christopher Howard</i>	7:00-7:45 CS ◆	Cycle Power <i>Jonathan Carlucci</i>	7:15-8:15 YS ◆	Athletic Yoga <i>Serena Tom</i>	9:15-10:00 MS ◆	METCON3 <i>Kyle White</i>	9:15-10:00 CS ◆	Cycle Power <i>Alex Breaux</i>
9:00-9:45 MS ◆	Atletica <i>Stephen Bel Davies</i>	7:15-8:00 YS ◆	Vinyasa Yoga <i>Keely Garfield</i>	8:00-8:45 MS ◆	METCON3 <i>Sean O'Donnell</i>	7:15-8:00 YS ◆	EQX Barre Bum <i>Adam Bokunewicz</i>	8:00-8:45 MS ◆	Tabata Max <i>Patrick Tae</i>	9:30-10:15 CS ◆	ANTHEM™ <i>Michael Keeney</i>	9:45-10:30 MS ◆	Atletica <i>Paula Calabrese</i>
9:15-10:05 TR ◆	Precision Run® <i>Corky Corkum</i>	7:45-8:30 MS ◆	Cardio Sculpt <i>Adam Bokunewicz</i>	9:30-10:15 YS ◆	Pilates Mat <i>Khaleah London</i>	9:15-10:15 YS ◆	<b>Yoga Strong</b> <b>Margaret Schwarz</b>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Colleen Murphy</i>	10:00-11:00 CL ◆	Equinox Run Club <i>JP Lemire, Robin Zerbe</i>	10:30-11:15 YS ◆	Off The Barre <i>Rachel Genise</i>
12:00-12:45 YS ◆	EQX Barre Bum <i>Kelsey Stalter</i>	9:15-10:00 MS ◆	Tabata Max <i>Luis Weber</i>	10:30-11:20 TR ◆	Elevate <i>Khaleah London</i>	10:30-11:30 MS ◆	Studio Dance <i>Rosie Fiedelman</i>	1:15-2:00 YS ◆	EQX Barre Bum <i>Kevin VerEecke</i>	10:15-11:00 YS ◆	Pilates Fusion <i>Caroline Strong</i>	10:45-11:35 CS ◆	<b>The Pursuit: Bum</b> <b>Amanda Katz</b>
12:15-1:00 MS ◆	Stacked! <i>Christopher Vo</i>	11:00-12:00 PD ◆	<b>Swim Team</b> <b>Alex Ward</b>	10:45-11:45 PD ◆	Aqua Sport <i>Lisa Raphael</i>	11:00-12:00 PD ◆	<b>Swim Team</b> <b>Margaret Schwarz</b>	1:45-2:30 MS ◆	Rounds <i>Andrew Schillaci</i>	10:30-11:15 MS ◆	Cardio Sculpt <i>Kyle White</i>	11:15-12:00 MS ◆	METCON3 <i>Isabelle Luongo</i>
12:30-1:15 CS ◆	Cycle Power <i>Jonathan Carlucci</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	12:15-1:00 YS ◆	Pilates Fusion <i>Caroline Strong</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Mindy Frenkel</i>	4:15-5:05 TR ◆	Precision Run® <i>Andrew Slane</i>	11:30-12:15 YS ◆	<b>EQX Barre Bum</b> <b>Kevin VerEecke</b>	12:15-1:15 YS ◆	<b>Vinyasa Yoga</b> <b>Keely Garfield</b>
1:00-2:00 YS ◆	<b>Yoga Strong</b> <b>Jennifer Carlin</b>	12:15-1:00 MS ◆	Atletica <i>Ilaria Montagnani</i>	12:30-1:15 MS ◆	METCON3 <i>Kyle White</i>	12:30-1:15 MS ◆	Cardio Sculpt <i>Sarah Cucuzzella</i>	5:00-6:00 PD ◆	Swim Team Pro <i>Alex Ward</i>	12:30-1:30 YS ◆	<b>Vinyasa Yoga</b> <b>Suzanne Taylor</b>	1:00-1:45 MS ◆	Cardio Sculpt <i>Johnnie P</i>
	<b>Firestarter + Best Abs Ever</b> <b>Johanna Chase-Weinnich</b>	12:30-1:20 TR ◆	Precision Run® <i>Cooper Mann</i>	12:45-1:30 CS ◆	Cycle Beats <i>Kyle O'Brien</i>	12:45-1:35 TR ◆	Precision Run® <i>Robin Zerbe</i>	5:15-6:00 MS ◆	Stacked! <i>Andrew Slane</i>	1:30-2:15 MS ◆	Athletic Conditioning <i>Tracy Gordon</i>	1:30-2:30 PD ◆	Swim Team Pro <i>Jason Strong</i>
5:15-6:00 MS ◆		12:45-1:35 CS ◆	<b>The Pursuit: Build</b> <b>Melissa Morin</b>	5:15-6:00 MS ◆	Cardio Sculpt <i>Johnnie P</i>	5:15-6:00 MS ◆	FORZA! <i>Ilaria Montagnani</i>	5:45-6:30 YS ◆	Pilates Mat <i>Emma Christie</i>	2:30-3:15 MS ◆	Best Butt Ever <i>Tracy Gordon</i>	2:00-2:45 YS ◆	Athletic Stretch <i>Johnnie P</i>
5:15-6:05 TR ◆	Precision Run® <i>Paula Calabrese</i>	1:15-2:00 MS ◆	Zumba® <i>Yenny Barona</i>	5:30-6:45 YS ◆	<b>Vinyasa Yoga + Meditation</b> <b>Kristin Bilella</b>	5:30-6:15 YS ◆	Iyengar Yoga <i>Kavi Patel</i>	6:15-7:00 CS ◆	Cycle Power <i>D Gunnz</i>	4:00-4:45 MS ◆	Cardio Boxing <i>Thomas Heath</i>	3:45-4:30 MS ◆	Body Sculpt <i>James Ervin</i>
5:30-6:30 YS ◆	Vinyasa Yoga <i>Jade Alexis</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Tracy Gordon</i>	6:15-7:00 MS ◆	Tabata Max <i>Sarah Cucuzzella</i>	6:00-6:50 CS ◆	<b>The Pursuit: Bum</b> <b>Loi Jordon</b>	6:15-7:00 MS ◆	Pilates Mat <i>Emma Christie</i>			5:00-6:30 MS ◆	DANCEology <i>James Ervin</i>
6:00-6:45 CS ◆	Cycle Power <i>Kris Wilkins</i>	5:30-6:30 YS ◆	Athletic Yoga <i>Kristina Erikson</i>	6:45-7:30 CS ◆	Cycle Power <i>Jonathan Carlucci</i>	6:15-7:00 MS ◆	Powerstrike! <i>Ilaria Montagnani</i>	7:00-8:00 YS ◆	Cycle Power <i>D Gunnz</i>				
6:15-7:00 MS ◆	Powerstrike! <i>Nora Bisharat</i>	6:00-6:45 CS ◆	Cycle Power <i>Colleen Wright</i>	7:00-7:45 YS ◆	Pilates Fusion <i>Katherine Menna</i>	7:00-7:45 YS ◆	<b>Yoga Strong</b> <b>Michael Genais</b>	7:15-8:00 MS ◆					
7:00-7:45 YS ◆	Pilates Mat <i>Itsy Rachatasumrit</i>	6:15-7:00 MS ◆	Atletica <i>Paula Calabrese</i>	7:15-8:00 MS ◆	Zumba® <i>Diego Chauca</i>	7:15-8:00 MS ◆	Atletica <i>Ilaria Montagnani</i>						
7:15-8:00 MS ◆	METCON3 <i>Chris Yeoh</i>	7:00-7:45 YS ◆	<b>Off The Barre</b> <b>Vivian Jonokuchi</b>	7:30-8:20 TR ◆	Precision Run® <i>Sarah Cucuzzella</i>								
		7:15-8:00 MS ◆	Powerstrike! <i>Christopher Vo</i>										

# EQUINOX

## COLUMBUS CIRCLE

TIME WARNER CENTER  
(60TH AND BROADWAY)  
NEW YORK NY 10019  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:00PM

**FRI:** 5:30AM - 8:00PM

**SAT - SUN:** 7:00AM - 7:00PM

### KID'S CLUB HOURS

**MON - SUN:** 9:00AM - 1:00PM

### GENERAL MANAGER

LEO MONGIOVI

leo.mongiovi@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

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

### WHAT'S NEW THIS MONTH

### CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**THE PURSUIT: BUILD** Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

**THE PURSUIT: BURN** A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

### RUNNING

**ELEVATE** An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

**EQUINOX RUN CLUB** An outdoor group running class for both the marathoner and the beginner. Improve your pace, form, and endurance alongside your Equinox running community. An Equinox exclusive.

**PRECISION RUN®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

### YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**IYENGAR YOGA** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**VINYASA YOGA + MEDITATION** A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

**STRONG** A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

### BARRE

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### PILATES

**PILATES FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

### DANCE

**DANCEOLOGY** An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

**STUDIO DANCE** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

**ZUMBA®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

### BOXING AND KICKBOXING

**CARDIO BOXING** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**POWERSTRIKE!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

**ROUNDS** Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

### POOL

**AQUA SPORT** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power.

**SWIM TEAM** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form.

**SWIM TEAM PRO** Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour.

### STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

### SCULPT

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

 **ATHLETIC TRAINING**

**AK! ROPE** Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**ATLETICA** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**BEST BUTT EVER** Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

**FIRESTARTER + BEST ABS EVER** A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**FORZA!** Created by global fitness expert, Ilaria Montagnani, this intense martial arts workout uses wooden swords. Learn the strikes and perform fluid movements that train precision, agility, and strength.

**METCON3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.