

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆	Cycle Power <i>Coco Cohen</i>	6:30-7:20 CS ◆	The Pursuit: Build <i>Nikki Bucks</i>	6:15-7:00 CS ◆	ANTHEM™ <i>LR Davidson</i>	6:00-6:50 CS ◆	The Pursuit: Build <i>Amanda Katz</i>	6:30-7:20 CS ◆	The Pursuit: Burn <i>Candace Peterson</i>	8:15-9:05 TR ◆	Precision Run® <i>Cooper Mann</i>	8:15-9:00 CS ◆	Performance Cycling <i>Michael Reilly</i>
6:30-7:15 MS	METCON3 <i>Eddie Carrington</i>	6:45-7:30 MS	Tabata <i>CeCe Marizu</i>	6:45-7:15 MS	Firestarter <i>Scott Gervais</i>	6:00-7:00 PD ◆	Swim Team <i>Brad Cole</i>	6:45-7:30 MS ◆	METCON3 <i>Luis Weber</i>	8:30-9:00 YS	Meditation <i>Diana Rilov</i>	9:00-9:55 MS ◆	Bodystrikes! <i>Ilaia Montagnani</i>
7:00-8:00 YS	Vinyasa Yoga <i>Sage Hall</i>	7:30-8:30 YS	Iyengar Yoga <i>Cheryl Malter</i>	7:00-8:00 YS	Vinyasa Yoga <i>Jennifer Carlin</i>	7:00-7:45 MS	Whipped! <i>John Cianca</i>	7:00-7:45 YS	Pilates Fusion <i>Mia Wenger</i>	9:00-9:50 CS ◆	The Pursuit: Build <i>Candace Peterson</i>	9:00-10:15 YS	Vinyasa Yoga (L2) <i>Keely Garfield</i>
7:30-8:15 MS	THE CUT <i>Eddie Carrington</i>	7:35-8:05 MS ◆	THE CUT: Jump Rope <i>CeCe Marizu</i>	7:15-8:05 TR ◆	Precision Run® <i>LR Davidson</i>	7:00-8:00 YS	Power Yoga <i>Hannah Simmons</i>	7:35-8:05 MS	Core Conditioning <i>Luis Weber</i>	9:00-10:00 YS	Slow Flow Yoga <i>Diana Rilov</i>	9:30-10:15 CS ◆	ANTHEM™ <i>Lynze Schiller</i>
9:15-10:00 MS ◆	True Athlete: Strong <i>Coco Cohen</i>	9:00-9:45 MS ◆	Tabata <i>Luis Weber</i>	7:20-8:05 MS	Best Butt Ever <i>Scott Gervais</i>	9:30-10:15 MS	Stacked! <i>Story VonHolzhausen</i>	9:15-10:05 MS ◆	Ultimate Resistance <i>Scott Gervais</i>	9:15-10:00 MS ◆	Master of One <i>Scott Gervais</i>	10:00-11:00 MS	Powerstrike! (L2) <i>Ilaia Montagnani</i>
9:30-10:30 YS	Pilates Fusion (L2) <i>Gabe Villanueva</i>	10:00-11:00 PD ◆	Aqua Boot Camp <i>Christopher Lacour</i>	9:15-10:00 MS ◆	PURE STRENGTH <i>Coco Cohen</i>	10:00-11:00 PD ◆	Aqua Boot Camp <i>Andy Grant</i>	12:00-12:45 MS ◆	Master of One <i>CeCe Marizu</i>	9:15-10:15 PD ◆	EQX H2O: Speed <i>Cooper Mann</i>	10:30-11:30 YS	EQX Barre Burn <i>Lynze Schiller</i>
10:00-11:00 PD ◆	Aqua Boot Camp <i>Dejuan Lewis</i>	12:00-12:50 MS ◆	Ultimate Resistance <i>Justine Ayala</i>	10:00-11:00 PD ◆	Aqua Boot Camp <i>Lisa Raphael</i>	10:00-11:00 YS	Precision Run® <i>Cooper Mann</i>	12:00-12:45 YS ◆	EQX Barre Burn <i>Kevin VerEecke</i>	10:15-11:10 MS	Zen Combat <i>Violet Zaki</i>	11:10-11:55 MS ◆	METCON3 <i>Lisa Raphael</i>
10:40-11:30 YS	Athletic Stretch <i>Anubha Elaine Boudouris</i>	12:00-1:15 YS	Vinyasa Yoga <i>Lisa-Marie Lewis</i>	10:00-11:00 YS	Authentic Mat Pilates <i>Robin Powell</i>	12:00-12:45 MS	Cardio Sculpt <i>Stephanie Levinson</i>	12:30-1:20 TR ◆	Precision Run® <i>Jimmy Joseph</i>	10:15-11:10 YS	Authentic Mat Pilates <i>Dara Adler</i>	11:45-12:45 YS ◆	Vinyasa Yoga <i>Jade Alexis</i>
12:00-12:50 TR ◆	Precision Run® <i>Cooper Mann</i>	1:00-1:45 MS ◆	TRX MAX <i>Amanda Katz</i>	12:00-12:50 MS ◆	TRX MAX <i>Jan Erik Navoa</i>	12:00-12:45 YS	Pilates Remix <i>Jenna Muller</i>	1:00-2:00 PD ◆	THE CUT: Jump Rope <i>CeCe Marizu</i>	10:45-11:30 CS ◆	Cycle Power <i>Leon Joseph</i>	12:00-12:50 PD ◆	Aqua Boot Camp <i>Lisa Raphael</i>
12:15-1:05 CS ◆	The Pursuit: Burn <i>Coco Cohen</i>	1:30-2:30 YS	Authentic Mat Pilates <i>Robin Powell</i>	12:15-1:00 YS	EQX Barre Burn <i>Lynze Schiller</i>	12:15-1:00 CS ◆	Cycle Power <i>Kristin Kenney</i>	1:30-2:00 PD ◆	EQX H2O: Endurance <i>Dan Daly</i>	11:15-12:00 MS	Athletic Conditioning <i>Violet Zaki</i>	1:00-1:45 TR ◆	Elevate <i>Lisa Raphael</i>
12:15-1:00 MS	Zumba® <i>Diego Chauca</i>	5:15-6:15 MS	Cardio Hip Hop Funk <i>J9</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Story VonHolzhausen</i>	12:45-1:15 MS	Best Butt Ever <i>Stephanie Levinson</i>	1:30-2:30 YS	Vinyasa Yoga <i>Kiley Holliday</i>	11:20-12:05 YS	Athletic Stretch <i>Anubha Elaine Boudouris</i>	4:00-5:30 MS	DANCEology <i>James Ervin</i>
12:15-1:00 YS	EQX Barre Burn <i>Adam Bokunewicz</i>	5:30-6:20 TR ◆	Precision Run® <i>Cooper Mann</i>	1:00-1:45 MS	Tabata <i>Jan Erik Navoa</i>	1:15-2:30 YS	Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	5:30-6:45 YS	Slow Flow Yoga <i>Diana Rilov</i>	12:15-1:05 MS ◆	Ropes and Rowers <i>Leon Joseph</i>	4:00-5:00 YS	Authentic Mat Pilates <i>Robin Powell</i>
1:10-1:55 MS	Whipped! <i>John Cianca</i>	5:30-6:30 YS	Alignment Flow Yoga <i>Robert Nguyen</i>	1:00-2:00 PD ◆	EQX H2O: Power <i>Dan Daly</i>	5:30-6:20 TR ◆	Precision Run® <i>Jimmy Joseph</i>	5:45-6:15 MS	Core Conditioning <i>Sam Wolf</i>	12:15-1:15 YS	Vinyasa Yoga <i>Johanna Chase-Weinnich</i>	5:00-5:45 CS ◆	Cycle Power <i>Jaimie Austin</i>
1:15-2:15 YS	Vinyasa Yoga <i>Jade Alexis</i>	5:45-6:35 CS ◆	The Pursuit: Build <i>Candace Peterson</i>	1:15-2:15 YS	Power Yoga (L2) <i>Nick Potenziari</i>	6:00-6:45 CS ◆	Cycle Power <i>Kyle OBrien</i>	5:45-6:30 TR ◆	Elevate <i>Lisa Raphael</i>	1:00-2:00 PD ◆	SWIM BASICS <i>Alex Ward</i>	5:05-5:35 YS	Stretch Essentials <i>Robin Powell</i>
5:30-6:00 MS ◆	THE CUT: Jump Rope <i>Abbey Hunt</i>	6:30-7:00 MS ◆	Firestarter <i>Johanna Chase-Weinnich</i>	5:30-6:15 MS	Tabata <i>Or Artzi</i>	6:00-6:55 MS ◆	FORZA! <i>Ilaia Montagnani</i>	6:20-7:05 MS	Boot Camp <i>Sam Wolf</i>	1:20-2:05 MS ◆	PURE STRENGTH <i>Leon Joseph</i>	5:45-6:30 MS	Body Conditioning <i>James Ervin</i>
5:30-6:30 PD ◆	EQX H2O: Endurance <i>Cooper Mann</i>	6:40-7:55 YS ◆	Power Yoga (L2) <i>Robert Nguyen</i>	6:30-7:15 CS ◆	ANTHEM™ <i>Or Artzi</i>	6:00-7:00 YS	Alignment Flow Yoga <i>Mindy Bacharach</i>	6:30-7:20 CS ◆	The Pursuit: Build <i>James Donegan</i>	4:00-4:50 MS ◆	The Sculpt Society <i>Kelsey Stalter</i>	6:00-7:15 YS	Vinyasa Yoga <i>Lisa Anzelmo</i>
6:00-7:15 YS ◆	Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	7:05-7:25 MS	Core Conditioning <i>Johanna Chase-Weinnich</i>	6:40-7:30 MS	Zumba® <i>Diego Chauca</i>	7:00-7:50 YS	Powerstrike! (L2) <i>Ilaia Montagnani</i>						
6:10-6:55 MS ◆	Best Butt Ever <i>Abbey Hunt</i>	7:30-8:15 MS	Athletic Conditioning <i>Johanna Chase-Weinnich</i>	7:00-7:50 YS	Pilates Fusion <i>Linda Farrell</i>	7:05-7:50 YS ◆	THE MUSE™ <i>Johnny Anzalone</i>						
6:30-7:15 CS ◆	Performance Cycling <i>Michael Reilly</i>	8:05-8:50 YS	EQX Barre Burn <i>Lynze Schiller</i>	7:35-8:20 MS	Atletica <i>Stephen Bel Davies</i>	8:00-9:00 MS ◆	Atletica <i>Ilaia Montagnani</i>						
7:05-7:50 MS ◆	Master of One <i>Abbey Hunt</i>	8:20-8:50 MS ◆	Best Stretch Ever <i>Johanna Chase-Weinnich</i>	8:00-9:00 PD ◆	Swim Team <i>Alex Ward</i>	8:00-9:00 YS	Power Yoga <i>Emma Poole</i>						
7:30-8:20 YS	Pilates Fusion <i>Dara Adler</i>			8:05-9:05 YS	Iyengar Yoga <i>Kavi Patel</i>								
8:05-8:50 MS ◆	Whipped! <i>Christopher Vo</i>			8:20-8:45 MS	Core Conditioning <i>Stephen Bel Davies</i>								

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

MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 7:00AM - 9:00PM

KID'S CLUB HOURS

MON - THU: 8:00AM - 2:00PM
FRI: 8:00AM - 2:00PM
FRI: 4:00PM - 8:00PM
SAT - SUN: 8:00AM - 3:00PM

GROUP FITNESS MANAGER

coco.cohen@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
 PD Pool Deck
 TR Treadmill Area

**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 POWER Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Precisely timed high-intensity interval games will be sure to help you level up.

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 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.

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.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BODYSTRIKES! Ilaria's newest fitness concept is a total cardio workout designed to shape lean and muscular legs. The routines, based on martial art, ballet and high intensity lower body moves, will improve your flexibility and core strength while burning hundreds of calories.

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.

FORZA! Italian for "strength and power." Also known as Samurai sword training, the one-hour class is a super-charged workout that blends elements of two Japanese Sword Fighting techniques—Kendo and Aikijujitsu. Class size limited. Sign-up 30 minutes prior to start of class.

MASTER OF ONE One weight is all it takes. Zero in on results with a next-generation HIIT weight training class that strips your training to the core. Use a single weight for a total body workout. Rise to the challenge with fierce focus, killer cardio training, and supercharged strength, all in one.

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.

ROPES AND ROWERS Get a full body circuit with the Ropes and Rowers class from Equinox. Propel your athletic performance during this battle ropes and rowing class.

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!

TRUE ATHLETE: STRONG Ready. Set. 3,2,1 GO for personal best performance – at your own pace, and in your own space! Using the RMT® club - the same equipment used by professional athletes every element of your athleticism will be tested. There is no "I" in team but there is always strength in numbers.

TRX MAX Challenge your entire body with this

innovative circuit class that tests your strength, endurance, core and more.

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

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

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.

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 bum. 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 bum.

ULTIMATE RESISTANCE Shift your perception of resistance training in this 50-minute workout. Using a single weight, both sides of your body, and resistance tubing, integrated strength training and intense sequencing ignite maximum results. Shift your routine. Shift your results. You'll be coming back for more.

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 bum, strength, and flexibility.

DANCE

CARDIO HIP HOP FUNK This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

DANCEOLOGY From hip hop to jazz to funk to lyrical and modern James's dance class gives you everything. This diverse class will challenge your inhibitions, make you move and groove and allow your spirit to soar.