

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 CS◆ The Pursuit: Burn Corinne Teklitz	6:15-7:00 CS◆ Studio Cycling Kevin Condon	6:30-7:15 CS◆ Cyclesanity® Jillian Wright	6:15-7:00 CS◆ Studio Cycling Emily Stubler	6:30-7:20 CS◆ The Pursuit: Burn Eniko Kiraly	9:00-9:45 CS◆ Studio Cycling Pam Nahal	9:30-10:20 CS◆ The Pursuit: Build Nora Herbstman
6:30-7:15 MS Cardio Kick Akin Williams	6:30-7:15 MS◆ METCON3 Chayanne Joel	6:30-7:15 MS◆ Body Sculpt Peyton Bryant	6:30-7:15 MS Whipped! Billy Cowell	6:30-7:15 MS Boot Camp Amanda Baker	9:00-9:50 MS Speedball® Steve Feinberg	10:00-10:50 MS Cardio Sculpt Robert Wallace
6:45-7:35 TR◆ Precision Running® Cynthia Barrett	7:00-8:00 YS Vinyasa Yoga Jamie Lyn Skolnick	7:30-8:15 MS Cardio Sculpt Peyton Bryant	7:00-8:00 YS Power Yoga Stormy Barbara	7:30-8:00 MS◆ Firestarter Kelsey Stalter	9:30-10:30 YS Vinyasa Yoga Ana Sussmann	10:00-11:00 YS Alignment Flow Yoga Dee Holliday
7:30-8:15 MS Whipped! Lisa Raphael	7:30-8:15 MS◆ Boot Camp Billy Cowell	10:00-10:45 MS EQX Barre Burn Lou Ritter	7:30-8:15 MS Best Butt Ever Adam Bokunewicz	8:00-8:30 MS Core Conditioning Kelsey Stalter	10:00-11:00 MS Shadow-do Steve Feinberg	11:00-11:45 MS Cardio Kick Robert Wallace
10:00-10:45 MS Cardio Sculpt Cathe Thompson	8:00-8:45 CS◆ Studio Cycling Monika Janeczek	12:00-12:45 MS EQX Barre Burn Joan Ferraro	8:00-8:45 CS◆ Studio Cycling Billy Cowell	9:30-10:30 YS◆ True Barre Lexi Julian	10:15-11:00 CS◆ Studio Cycling Pam Nahal	12:00-1:00 YS Pilates Zach Bergfelt
10:45-11:00 MS Ab Lab Cathe Thompson	9:30-10:30 YS◆ True Barre Lori Celeste	12:15-1:00 CS◆ TERRAcycle! Gregg Cook	9:30-10:20 MS Cardio Sculpt Jeff Martin	12:15-1:00 CS◆ Studio Cycling Jan Erik Navoa	10:40-11:30 YS Pilates Erin Ginn	12:30-1:15 CS◆ Studio Cycling Brandy Jans
12:15-1:05 CS◆ The Pursuit: Burn Chayanne Joel	12:15-1:05 CS◆ The Pursuit: Build Benjamin Green	12:30-1:30 YS Vinyasa Yoga Jena Maenius	12:00-1:00 YS Vinyasa Yoga Lisa-Marie Lewis	12:15-1:00 MS METCON3 Teddy Sanchez	11:15-12:00 MS◆ Tabata (L2) Jennifer Hamlin	1:30-2:00 MS◆ Firestarter Kelsey Stalter
12:15-1:15 YS Vinyasa Yoga Lisa Bermudez	12:30-1:15 MS◆ Body Sculpt Lou Ritter	1:15-2:00 MS Whipped! Gregg Cook	12:15-1:00 CS◆ Studio Cycling John Tarmaggiore	12:30-1:30 YS Vinyasa Yoga Omri Kleinberger	11:45-12:45 YS Power Yoga Mikee Richardson	1:30-2:30 YS Vinyasa Yoga Robert Nguyen
12:30-1:00 MS◆ Firestarter Jennifer Hamlin	12:30-1:15 YS◆ True Barre James Ervin	5:30-6:20 TR◆ Precision Running® Michael Keeney	12:30-1:15 MS 30/60/90® Janice JP Prishwalko	1:15-2:00 MS◆ Best Butt Ever Lou Ritter		2:15-3:00 MS◆ EQX Barre Burn Kelsey Stalter
1:30-2:15 YS Pilates Erin Ginn	1:20-2:20 YS Vinyasa Yoga Johan Montijano	5:45-6:30 MS◆ EQX Barre Burn Steven Adams	1:15-2:00 YS Pilates Nicola Bam	5:30-6:20 MS EQX Barre Burn Cindya Davis	12:15-1:00 MS Zumba® Cindya Davis	5:00-6:00 YS Vinyasa Yoga Whitney Chapman
5:30-6:15 MS Shockwave Jennifer Hamlin	5:30-6:15 MS Boot Camp Natasha Ross	6:00-6:50 CS◆ The Pursuit: Burn Chayanne Joel	12:30-1:15 MS Athletic Conditioning Erin Barry	6:30-7:15 MS Cardio Kick Akin Williams	2:00-2:50 CS◆ The Pursuit: Burn Eric Cobb	
6:00-6:45 CS◆ Studio Cycling Nikki Bucks	6:15-7:00 CS◆ SpeedCycle® Steve Feinberg	6:30-7:30 YS Slow Flow Yoga Mardi Sykes	6:00-6:50 CS◆ The Pursuit: Burn Eniko Kiraly	6:30-7:30 YS Vinyasa Yoga Robert Nguyen	4:30-5:30 YS Yin Yoga Tara Dhyani Purswani	
6:30-7:15 MS Tabata (L2) Jennifer Hamlin	6:30-7:20 MS Atletica Stephen Bel Davies	6:45-7:30 MS◆ METCON3 Angie Lee	6:30-7:30 YS Alignment Flow Yoga Jamie Lyn Skolnick			
6:30-7:45 YS◆ Power Yoga Mardi Sykes	6:30-7:15 YS◆ Pilates Rita Thompson	7:15-8:00 CS◆ Studio Cycling Chayanne Joel	6:45-7:30 MS Powerstrike! Stephen Bel Davies			
7:15-8:05 CS◆ The Pursuit: Build Nikki Bucks	7:30-8:30 MS Shadow-do Steve Feinberg	7:30-8:30 YS Vinyasa Yoga Lisa Bermudez	7:35-8:20 MS Kettlebell Power Stephen Bel Davies			
7:30-8:15 MS Cardio Kick Akin Williams	7:30-8:30 YS Vinyasa Yoga Samantha Debicki		7:45-8:35 YS◆ True Barre Betsy Buzaid			
7:45-8:30 YS Pilates Allison Bowers						

EQUINOX

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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 9:00PM
SAT & SUN: 8:00AM - 9:00PM

GROUP FITNESS MANAGER
JENN HAMLIN
jenn.hamlin@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
TR	Treadmill Area
YS	Yoga 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!

SPEEDCYCLE® A fun, powerful, and progressive athletic training ride, created and guided by Steve Feinberg. Rhythm riding, challenging endurance intervals, appropriate recovery, short duration HIIT sets, just the right amount of motivation, and soundtracks that'll take you back and bring you forward.

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.

TERRACYCLE! Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

RUNNING

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.

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 A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

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.

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

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! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

BARRE

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

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ATLETICA Sculpt and train your body like An athlete for an hour. 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 SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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.

SPEEDBALL® A cardiovascular and muscular endurance class using the medicine ball as an athletic training tool. Increases agility, speed, core strength and stability especially, muscular endurance and functional athletic strength. Designed by Steve Feinberg

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

CARDIO KICK An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements to energizing music.

SHADOW-DO Challenging combination of boxing and kung fu drills, set to fast-paced house and hip hop music. Created by career martial artist Steve Feinberg, this marriage of applicable combat skill and cardio exercise will keep you at your highest energy possible!