

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆	Cycle Beats <i>Brian McFarland</i>	6:15-7:00 CS◆	Studio Cycling <i>Kevin Condon</i>	6:30-7:15 CS◆	Cyclesanity® <i>Jillian Wright</i>	6:15-7:00 CS◆	Studio Cycling <i>Emily Stubler</i>	6:30-7:15 CS◆	Cycle Beats <i>D'Gunnz</i>	9:00-9:45 CS◆	Studio Cycling <i>Pam Nahal</i>	9:30-10:20 CS◆	The Pursuit: Build <i>Nora Herbstman</i>
6:30-7:15 MS	Cardio Kick <i>Akin Williams</i>	6:30-7:15 MS◆	METCON3 <i>Chayanne Joel</i>	6:30-7:15 MS◆	Body Sculpt <i>Peyton Bryant</i>	6:30-7:15 MS	Whipped! <i>Billy Cowell</i>	6:30-7:15 MS	Boot Camp <i>Amanda Baker</i>	9:00-9:50 MS	Speedball® <i>Steve Feinberg</i>	10:00-10:50 MS	Cardio Sculpt <i>Robert Wallace</i>
7:30-8:15 MS	Tabata <i>Lisa Raphael</i>	6:45-7:35 TR◆	Tread and Shred <i>Jodi Cornish</i>	7:30-8:15 MS	Cardio Sculpt <i>Peyton Bryant</i>	7:00-8:00 YS	Power Yoga <i>Stormy Barbara</i>	7:30-8:00 MS◆	Firestarter <i>Kelsey Stalter</i>	9:30-10:30 YS	Vinyasa Yoga <i>Ana Sussmann</i>	10:00-11:00 YS	Alignment Flow Yoga <i>Dee Holliday</i>
10:00-10:45 MS◆	THE MUSE™ <i>Cathe Thompson</i>	7:00-8:00 YS	Vinyasa Yoga <i>Robert Nguyen</i>	10:00-10:45 MS	EQX Barre Burn <i>Lou Ritter</i>	7:30-8:15 MS	Best Butt Ever <i>Adam Bokunewicz</i>	8:00-8:30 MS	Core Conditioning <i>Kelsey Stalter</i>	10:00-11:00 MS	Shadow-do <i>Steve Feinberg</i>	10:30-11:20 TR◆	Precision Running® <i>Ashley Underwood</i>
12:15-1:05 CS◆	The Pursuit: Burn <i>Chayanne Joel</i>	7:30-8:15 MS◆	Boot Camp <i>Billy Cowell</i>	12:00-12:45 MS	EQX Barre Burn <i>Joan Ferraro</i>	8:00-8:45 CS◆	Studio Cycling <i>Billy Cowell</i>	9:30-10:30 YS◆	True Barre <i>Alexis Sweeney</i>	10:15-11:00 CS◆	Studio Cycling <i>Pam Nahal</i>	11:00-11:45 MS	Cardio Kick <i>Robert Wallace</i>
12:15-1:15 YS	Vinyasa Yoga <i>Lisa Bermudez</i>	8:00-8:45 CS◆	Studio Cycling <i>Monika Janeczek</i>	12:15-1:00 CS◆	TERRAcycle! <i>Gregg Cook</i>	9:30-10:20 MS	Cardio Sculpt <i>Jeff Martin</i>	12:00-12:45 CS◆	Studio Cycling <i>Jan Erik Navoa</i>	10:40-11:30 YS	Pilates <i>Erin Ginn</i>	12:00-12:45 CS◆	Studio Cycling <i>Brandy Jans</i>
12:30-1:00 MS◆	Firestarter <i>Jennifer Hamlin</i>	9:30-10:30 YS◆	True Barre <i>Lori Celeste</i>	12:30-1:30 YS	Vinyasa Yoga <i>Jena Maenius</i>	12:00-1:00 YS	Vinyasa Yoga <i>Lisa-Marie Lewis</i>	12:15-1:00 MS	<b>Athletic Conditioning Alexander Charles</b>	11:15-12:00 MS◆	Tabata (L2) <i>Jennifer Hamlin</i>	12:00-1:00 YS	Pilates <i>Zach Bergfelt</i>
1:00-1:20 MS	Core Conditioning <i>Jennifer Hamlin</i>	12:15-1:00 CS◆	<b>Studio Cycling James Donegan</b>	1:15-2:00 MS	Whipped! <i>Gregg Cook</i>	12:15-1:00 CS◆	Studio Cycling <i>John Tarmaggiore</i>	12:30-1:15 MS	Vinyasa Yoga <i>Nikki Baksh</i>	11:45-12:45 YS	Power Yoga <i>Mikee Richardson</i>	1:00-1:45 MS◆	THE MUSE™ <i>Kelsey Stalter</i>
1:30-2:15 YS	Pilates <i>Erin Ginn</i>	12:30-1:15 MS◆	Body Sculpt <i>Lou Ritter</i>	5:45-6:30 MS◆	Barre <i>Lexi Julian</i>	12:30-1:15 MS	Tabata <i>Jan Erik Navoa</i>	1:00-1:50 TR◆	Precision Running® <i>Jan Erik Navoa</i>	12:15-1:00 MS	Zumba® <i>Cindy Davis</i>	1:30-2:30 YS	Vinyasa Yoga <i>Robert Nguyen</i>
5:30-6:15 MS	Body Conditioning <i>Yury Rockit</i>	12:30-1:15 YS◆	True Barre <i>James Ervin</i>	6:00-6:45 CS◆	Studio Cycling <i>Chayanne Joel</i>	12:30-1:20 TR◆	Precision Running® <i>Sandy Wasserbach</i>	1:15-2:00 YS	<b>Pilates Mathew Makings</b>	1:00-1:50 TR◆	The Pursuit: Build <i>Eric Cobb</i>	2:00-3:00 MS◆	EQX Barre Burn <i>Kelsey Stalter</i>
6:00-6:50 CS◆	The Pursuit: Build <i>Nikki Bucks</i>	1:20-2:20 YS	Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:30 YS◆	Slow Flow Yoga <i>Mardi Sykes</i>	1:15-2:00 YS	<b>Pilates Mathew Makings</b>	1:15-2:00 MS◆	Best Butt Ever <i>Lou Ritter</i>	1:15-2:00 MS◆	Yin Yoga <i>Tara Dhyani Purswani</i>	5:00-6:00 YS	Vinyasa Yoga <i>Whitney Chapman</i>
6:30-7:15 MS	Tabata (L2) <i>Jennifer Hamlin</i>	5:15-6:05 TR◆	Precision Running® <i>Sandy Wasserbach</i>	6:45-7:30 MS◆	METCON3 <i>Angie Lee</i>	5:30-6:15 MS	Atletica <i>Stephen Bel Davies</i>	5:30-6:20 MS	EQX Barre Burn <i>Cindy Davis</i>	6:30-7:15 MS	The Pursuit: Build <i>Eric Cobb</i>		
6:30-7:45 YS◆	Power Yoga <i>Mardi Sykes</i>	5:30-6:00 MS◆	Firestarter <i>Natasha Ross</i>	7:15-8:05 CS◆	The Pursuit: Burn <i>Chayanne Joel</i>	6:00-6:50 CS◆	The Pursuit: Burn <i>Eniko Kiraly</i>	6:30-7:15 MS	Cardio Kick <i>Akin Williams</i>	6:30-7:30 YS	Vinyasa Yoga <i>Jennifer Harvey</i>		
7:15-8:00 CS◆	Studio Cycling <i>Nikki Bucks</i>	6:00-6:20 MS	Ab Lab <i>Natasha Ross</i>	7:35-8:20 YS	Pilates <i>Angie Lee</i>	6:30-7:15 MS	Body Sculpt <i>Stephen Bel Davies</i>	6:30-7:30 MS	Vinyasa Yoga <i>Jennifer Harvey</i>				
7:30-8:15 MS	Cardio Kick <i>Akin Williams</i>	6:15-7:00 CS◆	SpeedCycle® <i>Steve Feinberg</i>			6:30-7:15 MS	Body Sculpt <i>Stephen Bel Davies</i>	6:30-7:30 YS					
7:45-8:30 YS	<b>Pilates Zach Bergfelt</b>	6:30-7:20 MS	Atletica <i>Stephen Bel Davies</i>			6:30-7:30 YS	Alignment Flow Yoga <i>Jamie Lyn Skolnick</i>	7:30-8:15 MS◆					
		6:30-7:15 YS◆	Pilates <i>Rita Thompson</i>			7:30-8:15 MS◆	THE MUSE™ <i>Peyton Royal</i>	7:45-8:35 YS◆					
		7:30-8:30 MS	Shadow-do <i>Steve Feinberg</i>			7:45-8:35 YS◆	True Barre <i>Betsy Mallonee</i>						
		7:30-8:30 YS	Vinyasa Yoga <i>Samantha Debicki</i>										

# EQUINOX

## EAST 54TH STREET

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EQUINOX.COM  
@EQUINOX

**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
YS	Yoga Studio
TR	Treadmill Area

**WHAT'S NEW THIS MONTH**  
Graceful. Intense.  
Extraordinary. Pack a day's  
worth of cardio into a burst  
of fierce, dance-inspired  
athleticism, with our newest  
signature class, THE MUSE.

#### CYCLING

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**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.

**TREAD AND SHRED** Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

#### 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

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

**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.

**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 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.

**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.

**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.

**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

**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!** 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

**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.

**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.

#### LONG + LEAN

**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.

**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 burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

#### 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.

**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!