

THURSDAY 5/25	FRIDAY 5/26	SATURDAY 5/27	SUNDAY 5/28	MONDAY 5/29	TUESDAY 5/30	WEDNESDAY 5/31
6:15-7:00 Studio Cycling CS◆ Emily Stubler	6:30-7:20 The Pursuit: Burn CS◆ Eniko Kiraly	9:00-9:45 Studio Cycling CS◆ Pam Nahal	9:30-10:15 Gear up for CS◆ Summer Pam Nahal	11:15-12:00 Summer Slam MS◆ Chayanne Joel	6:15-7:00 Studio Cycling CS◆ Kevin Condon	6:30-7:15 Cyclesanity® CS◆ Jillian Wright
6:30-7:15 Whipped! MS Billy Cowell	6:30-7:20 EQX Barre Burn MS Cindy Davis	9:00-9:50 Speedball® MS Steve Feinberg	10:00-11:00 Alignment Flow YS Yoga Dee Holliday	12:15-1:05 The Pursuit: Burn CS◆ Chayanne Joel	6:30-7:15 METCON3 MS Chayanne Joel	6:30-7:15 Body Sculpt MS◆ Peyton Bryant
7:00-8:00 Power Yoga YS Stormy Barbara	7:30-8:00 Firestarter MS◆ Kelsey Stalter	9:30-10:30 Vinyasa Yoga YS Ana Sussmann	11:30-12:15 30/60/90® MS◆ Luke Carron	12:15-1:15 Memorial Day YS◆ Warrior Yoga Whitney Chapman	7:00-8:00 Vinyasa Yoga YS Cooper Chou	7:30-8:15 Cardio Sculpt MS Peyton Bryant
7:30-8:15 Best Butt Ever MS Adam Bokunewicz	8:00-8:30 Core Conditioning MS Kelsey Stalter	10:00-11:00 Shadow-do MS Steve Feinberg	12:00-1:00 Pilates YS Zach Bergfelt	1:30-2:15 Pilates YS Jennifer Tarentino	7:30-8:15 Boot Camp MS◆ Billy Cowell	10:00-10:45 EQX Barre Burn MS Lou Ritter
8:00-8:45 Studio Cycling CS◆ Billy Cowell	9:30-10:30 True Barre YS◆ Lexi Julian	10:15-11:00 Red, Ride and CS◆ Blue Pam Nahal	12:15-12:45 30/60/90® Core MS Luke Carron		8:00-8:45 Studio Cycling CS◆ Monika Janeczek	12:00-12:45 EQX Barre Burn MS Joan Ferraro
9:30-10:15 Cardio Sculpt MS Jeff Martin	12:15-1:00 Studio Cycling CS◆ Jan Erik Navoa	10:40-11:30 Pilates YS Erin Ginn	12:30-1:15 Studio Cycling CS◆ Brandy Jans		9:30-10:30 True Barre YS◆ Lori Celeste	12:15-1:00 TERRAcycle! CS◆ Gregg Cook
10:15-10:30 Ab Lab MS Jeff Martin	12:15-1:00 METCON3 MS Teddy Sanchez	11:15-12:00 Tabata (L2) MS◆ Jennifer Hamlin	1:30-2:30 Vinyasa Yoga YS Robert Nguyen		12:15-1:05 The Pursuit: Build CS◆ Benjamin Green	12:30-1:30 Vinyasa Yoga YS Jena Maenius
12:00-1:00 Vinyasa Yoga YS Lisa-Marie Lewis	12:30-1:30 Vinyasa Yoga YS Omri Kleinberger	11:45-12:45 Power Yoga YS Mikee Richardson			12:30-1:15 Body Sculpt MS◆ Lou Ritter	1:15-2:00 Whipped! MS Gregg Cook
12:15-1:00 Studio Cycling CS◆ John Tarmaggiore	1:15-2:00 Best Butt Ever MS Lou Ritter	12:15-1:00 Zumba® MS Diana Albuja			12:30-1:15 True Barre YS◆ James Ervin	5:30-6:20 Precision TR◆ Running® Michael Keeney
12:30-1:15 30/60/90® MS Janice JP Prishwalko	5:30-6:20 EQX Barre Burn MS Cindy Davis				1:20-2:20 Vinyasa Yoga YS Johan Montijano	5:45-6:30 EQX Barre Burn MS◆ Steven Adams
1:15-2:00 Pilates YS Nicola Bam	6:30-7:15 Cardio Kick MS Akin Williams				5:30-6:15 Boot Camp MS Natasha Ross	6:00-6:50 The Pursuit: Burn CS◆ Chayanne Joel
6:00-6:45 Studio Cycling CS◆ Eniko Kiraly	6:30-7:30 Vinyasa Yoga YS Cooper Chou				6:15-7:00 SpeedCycle® CS◆ Steve Feinberg	6:30-7:30 Slow Flow Yoga YS Mardi Sykes
6:00-6:50 Whipped! MS◆ Lauren Colenso-Semple					6:30-7:20 Atletica MS Stephen Bel Davies	6:45-7:30 METCON3 MS◆ Angie Lee
6:30-7:30 Alignment Flow YS Yoga Stephanie Wang					6:30-7:15 Pilates YS Rita Thompson	7:15-8:00 Studio Cycling CS◆ Chayanne Joel
7:00-7:45 Powerstrike! MS Stephen Bel Davies					7:30-8:30 Shadow-do MS Steve Feinberg	7:30-8:30 Vinyasa Yoga YS Jay Johnston
7:45-8:30 Kettlebell Power MS Stephen Bel Davies					7:30-8:30 Vinyasa Yoga YS Daniela Vuckovic	
7:45-8:35 True Barre YS◆ Betsy Buzaid						

EQUINOX

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 PM

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
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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!

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

RED, RIDE AND BLUE 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.

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: BUILT 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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones and stretches 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

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.

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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

30/60/90® **CORE** Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

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!