

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:20 CS◆ The Pursuit: Burn <i>Emily Stubler</i>	6:15-7:00 CS◆ Studio Cycling <i>Kevin Condon</i>	6:30-7:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	9:00-10:00 YS◆ Gratitude Yoga <i>Whitney Chapman</i>	10:30-11:15 MS◆ EQX Barre Burn <i>Pam Nahal</i>	9:00-9:45 CS◆ Studio Cycling <i>Pam Nahal</i>	9:30-10:15 CS◆ Studio Cycling <i>Pam Nahal</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>	10:00-10:45 MS◆ Half Time Hustle <i>Angie Lee</i>	11:30-12:15 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	9:00-9:50 MS Speedball® <i>Steve Feinberg</i>	10:00-11:00 YS Alignment Flow Yoga <i>Dee Holliday</i>
7:30-8:15 MS Tabata <i>Lisa Raphael</i>	6:45-7:35 TR◆ Tread and Shred Jodi Cornish	7:30-8:15 MS Cardio Sculpt <i>Peyton Bryant</i>	11:00-11:45 YS Pilates <i>Angie Lee</i>	12:00-12:45 MS◆ METCON3 <i>Teddy Sanchez</i>	9:30-10:30 YS Vinyasa Yoga <i>Ana Sussmann</i>	11:00-11:45 MS◆ METCON3 <i>Jennifer Hamlin</i>
10:00-10:45 MS Cardio Sculpt <i>Cathe Thompson</i>	7:00-8:00 YS Vinyasa Yoga <i>Cooper Chou (SUB)</i>	10:00-10:45 MS EQX Barre Burn <i>Lou Ritter</i>	12:15-1:00 CS◆ Beast n Feast Ride <i>Brian McFarland</i>	12:30-1:30 YS◆ Vinyasa Yoga <i>Nikki Baksh</i>	10:00-11:00 MS Shadow-do <i>Steve Feinberg</i>	12:00-12:45 CS◆ Studio Cycling <i>Brandy Jans</i>
10:45-11:00 MS Ab Lab <i>Cathe Thompson</i>	7:30-8:15 MS◆ Boot Camp <i>Billy Cowell</i>	12:00-12:45 MS EQX Barre Burn <i>Joan Ferraro</i>		1:00-1:45 MS Zumba® <i>Emm Koteka-Wiki</i>	10:15-11:00 CS◆ Studio Cycling <i>Pam Nahal</i>	12:00-1:00 YS Pilates <i>Zach Bergfelt</i>
12:15-1:05 CS◆ The Pursuit: Build <i>Chayanne Joel</i>	8:00-8:45 MS◆ Studio Cycling <i>Monika Janeczek</i>	12:15-1:00 CS◆ TERRAcycle! <i>Gregg Cook</i>		5:00-5:45 MS Cardio Kick <i>Akin Williams</i>	10:40-11:30 YS Pilates <i>Erin Ginn</i>	1:00-1:30 MS◆ Firestarter <i>Jennifer Hamlin</i>
12:15-1:15 YS Vinyasa Yoga <i>Lisa Bermudez</i>	9:30-10:30 YS◆ True Barre <i>Lori Celeste</i>	12:30-1:30 YS Vinyasa Yoga <i>Jena Maenius</i>			11:15-12:00 MS◆ Tabata (L2) <i>Jennifer Hamlin</i>	1:30-2:30 YS Vinyasa Yoga <i>Jade Alexis</i>
12:30-1:00 MS◆ Firestarter <i>Jennifer Hamlin</i>	12:15-1:05 CS◆ The Pursuit: Build <i>Benjamin Green</i>	1:15-2:00 MS Whipped! <i>Gregg Cook</i>			11:45-12:45 YS Power Yoga <i>Mikee Richardson</i>	4:00-5:00 YS Vinyasa Yoga <i>Whitney Chapman</i>
1:00-1:20 MS Core Conditioning <i>Jennifer Hamlin</i>	12:30-1:15 MS◆ Body Sculpt <i>Lou Ritter</i>	5:45-6:30 MS◆ Barre Genieve Gordon (SUB)				
1:30-2:15 YS Pilates <i>Erin Ginn</i>	12:30-1:15 YS◆ True Barre <i>James Ervin</i>	6:00-6:50 CS◆ The Pursuit: Build <i>Chayanne Joel</i>				
5:30-6:15 MS Cardio Sculpt <i>Yury Rockit</i>	1:20-2:20 YS Vinyasa Yoga <i>Johan Montijano</i>	6:30-7:30 YS Slow Flow Yoga <i>Robin Simmonds (SUB)</i>				
6:00-6:45 CS◆ Studio Cycling <i>Brian McFarland (SUB)</i>	5:30-6:00 MS◆ Firestarter <i>Natasha Ross</i>	6:45-7:30 MS◆ METCON3 <i>Angie Lee</i>				
6:30-7:15 MS Tabata (L2) <i>Jennifer Hamlin</i>	6:00-6:20 MS Ab Lab <i>Natasha Ross</i>	7:15-8:00 CS◆ Studio Cycling <i>Chayanne Joel</i>				
6:30-7:45 YS◆ Vinyasa Yoga <i>Ana Sussmann</i>	6:15-7:00 CS◆ SpeedCycle® <i>Steve Feinberg</i>	7:30-8:30 YS Vinyasa Yoga <i>Daniela Vuckovic (SUB)</i>				
7:15-8:00 CS◆ Studio Cycling <i>Brian McFarland</i>	6:30-7:20 MS Atletica <i>Jennifer Hamlin (SUB)</i>					
7:30-8:15 MS Cardio Kick <i>Akin Williams</i>	6:30-7:15 YS◆ Pilates <i>Morgana Tessler (SUB)</i>					
7:45-8:30 YS Pilates <i>Allison Bowers</i>	7:30-8:30 MS Shadow-do <i>Steve Feinberg</i>					
	7:30-8:30 YS Vinyasa Yoga <i>Paul Keoni Chun (SUB)</i>					

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

JENN HAMLIN
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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

TR	Treadmill Area
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

Thanksgiving Day, Thursday
11/23. Reduced Club Hours
Thursday, Nov. 23- Sunday,
Nov. 26.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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.

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.

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!

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.

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!