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Studio key on back

Bold New Class, Instructor, or

• Advance sign-up required

16.1-7.00 Althetic Continue Person Conti	N	MONDAY	Т	UESDAY	WE	DNESDAY	T	HURSDAY	I	FRIDAY	SA	TURDAY	S	UNDAY
10.30-11:20 Precision Run® Precisi	6:15-7:00 MS • 7:15-8:00 MS • 8:00-8:45 CS • 8:30-9:15 MS • 8:45-9:45	Athletic Conditioning John Peterson Firestarter + Best Abs Ever John Peterson Cycle Beats Gater Cardio Sculpt Peyton Royal Vinyasa Yoga	6:30-7:15 MS ↑ 7:00-7:45 CS ↑ 7:15-8:15 YS ↑ 8:00-8:45 MS ↑ 8:30-9:15 CS ↑ 9:00-9:50	STRONG Luis Weber ANTHEM™ Shane Blouin Vinyasa Yoga Jena Maenius Tabata Max Ron Christopher Cycle Beats D Gunnz Precision Run®	6:15–7:05 MS ★ 6:30–7:20 TR ★ 7:30–8:15 YS ★ 7:45–8:30 MS ★ 8:00–8:45 CS ★ 8:45–9:45	Rounds Celine Perez Precision Run® Eddie Carrington Athletic Yoga Kumiko Buckman STRONG Eddie Carrington Cycle Power Jonathan Carlucci Pilates Mat	6:30-7:15 MS ↑ 7:45-8:30 MS ↑ 8:15-9:00 CS ↑ 8:30-9:20 TR ↑ 9:00-10:00 YS ↑	METCON3 Molly Day Athletic Conditioning Molly Day Cycle Beats Tracey G Precision Run® Kyle O'Brien Vinyasa Yoga Nick Potenzieri	6:30-7:15 MS • 7:00-7:45 YS • 7:45-8:30 MS • 8:00-8:45 CS • 8:45-9:45 YS • 10:45-11:30	Stacked! Peyton Royal EQX Barre Bum Emma Rivera METCON3 Peyton Royal Cycle Beats Amy Chiu Yoga Strong Matt D'Amico Whipped!	8:30-9:15 YS ♦ 8:45-9:35 TR ♦ 9:30-10:15 MS ♦ 9:45-10:30 CS ♦ 10:30-11:30 YS ♦	Vinyasa Yoga Robert Nguyen Precision Run® Jamal Whipped! Alexander Charles Cycle Beats Jamal Vinyasa Yoga Miguel Samiento	9:15-10:00 MS • 10:15-11:00 YS • 10:30-11:15 MS • 11:00-11:45 CS • 11:30-12:15 MS •	Atletica Stephen Bel Davies Pilates Fusion Jennifer Benesch MET CON3 Abbey Hunt Cycle Beats Clare Kerrigan THE CUT Abbey Hunt
	10:30-11:20 TR 10:45-11:30 MS 12:15-1:00 MS 12:30-1:15 YS 1:15-2:05 TR 5:15-6:00 YS 6:00-6:45 MS 6:00-6:45 MS 6:30-7:30 YS 7:00-7:45 MS 7:30-8:15 CS 8:00-8:45 MS 8:15-9:15	Precision Run® LR Davidson STRONG Luis Weber Tabata Max Or Artzi Pilates Mat Itsy Rachatasumrit Precision Run® Or Artzi EQX Barre Bum Emma Rivera MET CON3 Antonio Hudson Cycle Power Colleen Wright Vinyasa Yoga Dee Holliday Tabata Max Antonio Hudson Cycle Beats Tim Healy Cardio Sculpt Annalise Northway Vinyasa Yoga	TR • 9:15-10:15 YS • 9:30-10:15 MS • 12:15-1:00 YS • 12:30-1:15 MS • 3:45-4:45 YS • 5:15-6:15 YS • 5:45-6:30 MS • 6:00-6:45 CS • 6:30-7:15 YS • 6:45-7:30 MS • 7:00-7:50 TR • 7:30-8:15 YS • 7:45-8:35	Shaun Anthony Yoga Strong Donald Johnston Body Sculpt Antonio Hudson EQX Barre Burn Elgin McCargo Master of One Alexander Charles Vinyasa Yoga Serena Tom Athletic Yoga Serena Tom Master of One Alexander Charles Cycle Beats Gater Pilates Remix Itsy Rachatasumrit Firestarter + Best Abs Ever Marina Colonna Precision Run® Lauren Anthony Off The Barre Richel Ruiz Rounds	YS • 9:45-10:30 MS • 10:45-11:30 MS • 12:15-1:00 MS • 12:30-1:15 CS • 5:30-6:15 YS • 5:45-6:30 TR • 6:00-6:45 MS • 6:15-7:00 CS • 6:45-7:45 YS • 7:00-7:45 MS • 7:30-8:15	Jeffrey Morris Cardio Sculpt Calvin Wiley Athletic Conditioning Ron Christopher Cardio Sculpt Annalise Northway Cycle Power Mario Martinez Athletic Yoga Johan Montijano Precision Run® Christopher Howard Cardio Sculpt Daigi-Ann Thompson Cycle Beats Christopher Infantino Pilates Mat Elgin McCargo The Low Down Antonio Hudson ANTHEMTM	MS ◆ 12:15-1:15 YS ◆ 12:30-1:15 MS ◆ 4:15-5:15 YS ◆ 5:30-6:15 YS ◆ 5:45-6:30 MS ◆ 6:00-6:45 CS ◆ 6:45-7:30 MS ◆ 7:00-7:50 TR ◆ 7:45-8:30	Yoga Strong Dee Holliday MET CON3 Clinton Foster Yoga Strong Rika Henry Vinyasa Yoga Colleen Breeckner Athletic Conditioning Or Artzi Cycle Beats Jamal Rounds Andrew Schillaci EQX Barre Burn Or Artzi Precision Run® Jamal Tabata Max Gerard	MS • 12:15-1:00 MS • 3:15-4:00 YS • 4:15-5:00 MS • 5:15-6:15 YS • 6:00-6:45 CS • 6:15-7:00	Ron Christopher The Low Down Antonio Hudson Athletic Stretch Anubha Elaine Boudouris Athletic Conditioning David Robert Vinyasa Yoga Serena Tom Cycle Beats Javier Ortega Tabata Max	11:15-12:00 MS + 12:00-12:45 YS + 12:15-1:00 CS + 12:30-1:15 MS + 1:00-1:50 TR + 1:15-2:30 YS + 1:30-2:15 MS + 5:00-6:00	Athletic Conditioning Angel Aulet EQX Barre Bum Khaleah London Cycle Power LR Davidson MET CON3 Clinton Foster Precision Run® Khaleah London Athletic Yoga Rika Henry Firestarter + Best Abs Ever Clinton Foster Vinyasa Yoga	11:45–1:00 YS ◆ 12:30–1:15 CS ◆ 12:45–1:30 MS ◆ 1:30–2:30 YS ◆ 1:45–2:35 MS ◆ 3:00–3:50 TR ◆ 4:00–5:00	Athletic Yoga Serena Tom Cycle Power Shane Blouin Tabata Max Celine Perez Vinyasa Yoga Rika Henry Rounds Celine Perez Precision Run® Ney Melo Regeneration Yoga Anubha Elaine

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69 PRINCE STREET **NEW YORK NY 10012 EQUINOX.COM** @EQUINOX

MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

SAT - SUN: 8:00AM - 7:00PM

GROUP FITNESS MANAGER

alexander.charles@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

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

WHAT'S NEW THIS MONTH

♦ CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

PRECISION RUN® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

♦YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

ATLETICA A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCON3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive,

BARRE

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

⇔ PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility An Equinox exclusive.

BOXING AND KICKBOXING

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, you, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

THE LOW DOWN A lower body sculpt workout created by NYC fitness expert. Antonio Hudson. Strengthen, shape and define with exercises targeting legs, hips, glutes and core.