

| 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>Erica Villalba</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◆ | Streamline 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 | EQX Barre Burn <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> |
| 12:15-1:00 CS◆ | Studio Cycling <i>Selena Dorans</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 | METCON3 <i>Alexander Charles</i> | 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◆ | Studio Cycling <i>James Donegan</i> | 1:15-2:00 MS | Whipped! <i>Gregg Cook</i> | 12:15-1:00 CS◆ | Studio Cycling <i>John Tarmaggiore</i> | 12:30-1:30 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◆ | Streamline Sculpt <i>Lou Ritter</i> | 5:45-6:30 MS◆ | Barre <i>Naree Ketudat</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>Erica Villalba</i> | 12:30-1:15 MS | Precision Running® <i>Sandy Wasserbach</i> | 1:15-2:00 MS◆ | Best Butt Ever <i>Lou Ritter</i> | 2:00-2:50 CS◆ | 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> | 12:30-1:20 TR◆ | Pilates <i>Mathew Makings</i> | 5:30-6:20 MS | EQX Barre Burn <i>Cindy Davis</i> | 4:30-5:30 YS | 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> | 5:30-6:00 MS◆ | Firestarter <i>Natasha Ross</i> | 6:45-7:30 MS◆ | METCON3 <i>Angie Lee</i> | 1:15-2:00 YS | Pilates <i>Mathew Makings</i> | 6:30-7:15 MS | Cardio Kick <i>Akin Williams</i> | 6:30-7:30 YS | Vinyasa Yoga <i>Jennifer Harvey</i> | | |
| 6:30-7:45 YS◆ | Power Yoga <i>Mardi Sykes</i> | 6:00-6:20 MS | Ab Lab <i>Natasha Ross</i> | 7:15-8:05 CS◆ | The Pursuit: Build <i>Erica Villalba</i> | 5:30-6:15 MS | Atletica <i>Stephen Bel Davies</i> | 6:30-7:15 MS | Vinyasa Yoga <i>Dee Holliday</i> | | | | |
| 7:15-8:00 CS◆ | Studio Cycling <i>Nikki Bucks</i> | 6:15-7:00 CS◆ | SpeedCycle® <i>Steve Feinberg</i> | 7:35-8:20 YS | Pilates <i>Angie Lee</i> | 6:00-6:50 CS◆ | The Pursuit: Burn <i>Eniko Kiraly</i> | 6:30-7:15 MS | Body Conditioning <i>Stephen Bel Davies</i> | | | | |
| 7:30-8:15 MS | Cardio Kick <i>Akin Williams</i> | 6:30-7:20 MS | Atletica <i>Stephen Bel Davies</i> | | | | | 6:30-7:15 MS | Vinyasa Yoga <i>Dee Holliday</i> | | | | |
| 7:45-8:30 YS | Pilates <i>Zach Bergfelt</i> | 6:30-7:15 YS◆ | Pilates <i>Rita Thompson</i> | | | | | 6:30-7:30 YS | THE MUSE™ <i>Peyton Royal</i> | | | | |
| | | 7:30-8:30 MS | Shadow-do <i>Steve Feinberg</i> | | | | | 7:30-8:15 MS◆ | True Barre <i>Betsy Mallonee</i> | | | | |
| | | 7:30-8:30 YS | Vinyasa Yoga <i>Samantha Debicki</i> | | | | | 7:45-8:35 YS◆ | | | | | |

EQUINOX

EAST 54TH STREET

250 EAST 54TH STREET
NEW YORK NEWYORK 10022
(212) 277-5400
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 Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

CYCLESANITY® Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

SPEEDCYCLE® A true athletic training ride. Created by Steve Feinberg, this class is composed of challenging endurance intervals and short duration HIIT sets, and accompanied by music to set the pace and push you forward.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

TERRACYCLE! Created by Gregg Cook and designed for outdoor road cyclists and triathletes, this class is based on real terrain and offers a challenging outdoor ride, indoors.

THE PURSUIT: BUILT Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

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, 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.

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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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 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

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

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!