

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆	Studio Cycling Marquis Johnson	6:30-7:15 CS◆	Studio Cycling Avery Washington	6:15-7:00 CS◆	Studio Cycling Billy Cowell	6:15-7:00 MS	Athletic Conditioning Chaz Jackson	6:30-7:15 CS◆	Studio Cycling Kristin Kenney	8:15-9:00 MS◆	PURE STRENGTH Kevin St-Fort	8:30-9:15 MS	Barefoot Body Conditioning Naree Ketudat
7:00-7:45 MS	Tabata Amanda Baker	6:30-7:15 MS	Whipped! Ben Hey!	6:15-7:00 MS	Boot Camp Sean Aqareva	6:30-7:15 CS◆	Studio Cycling Shane Blouin	6:30-7:15 TR◆	Precision Running@ Melinda Abbott	8:30-9:20 TR◆	Precision Running@ Jimmy Joseph	9:00-10:00 YS	Pilates Mathew Makings
7:00-8:00 YS	Vinyasa Yoga Josh Mathew-Meier	6:30-7:15 YS	Barre Dillon Spicer	7:15-8:00 MS◆	PURE STRENGTH Billy Cowell	7:15-8:00 MS	Tabata Carolann Valentino	7:30-8:30 YS	Vinyasa Yoga Melinda Abbott	9:00-10:15 YS	Vinyasa Yoga Kristina Erikson	9:30-10:15 CS◆	Studio Cycling Shane Blouin
7:30-8:20 TR◆	Precision Running@ Susan Simon	7:30-8:30 YS	Vinyasa Yoga Suzanne Taylor	7:30-8:30 YS	Vinyasa Yoga Amy Defilippi	7:30-8:30 PD	EQX H2O: Speed Brad Cole	8:00-8:45 MS	METCON3 Stephanie Levinson	9:15-10:00 CS◆	ANTHEM™ Michael Keeney	9:30-10:15 MS	Zumba@ Joanna Romero
7:45-8:00 MS	Best Abs Ever Amanda Baker	8:00-8:45 MS	METCON3 Parker Krug	8:00-8:50 TR◆	Precision Running@ Susan Simon	7:30-8:30 YS	Vinyasa Yoga Jamie Lyn Skolnick	8:45-9:45 YS	Gentle Yoga Jessica Willis	9:30-10:15 MS	Athletic Conditioning Garry Baddal	10:15-11:30 YS	Vinyasa Yoga Iyala Berley
8:15-9:00 MS	Cardio Sculpt Stephanie Levinson	9:00-9:45 CS◆	Studio Cycling Nikki Bucks	8:15-9:00 MS	Best Butt Ever Carolann Valentino	8:05-8:35 MS	Firestarter Carolann Valentino	9:00-9:45 CS◆	Cycle Beats Candace Peterson	9:45-10:40 BR◆	Boxing Omar Sandoval	10:30-11:15 CS◆	ANTHEM™ Shane Blouin
9:00-10:00 YS	Vinyasa Yoga Elitza Ivanova	9:00-10:00 YS◆	True Barre Julie Granger	9:00-10:00 YS◆	Barre + Band Gabe Villanueva	8:45-9:45 YS	Gentle Yoga Lara Benusis	9:00-10:00 MS	Cardio Sculpt Jack McGowan	10:00-11:00 PD	Aqua Boot Camp Judith Wyman	10:30-11:15 MS◆	Cardio Sculpt Stephanie Levinson
9:15-10:00 MS	Body Conditioning Lou Ritter	9:15-10:00 MS	Cardio Sculpt Jeff Martin	9:15-10:00 MS	Body Conditioning John Tarmagione	9:00-9:30 MS	THE MUSE™ Cathe Thompson	10:00-11:00 MS	Restorative Flow Lisa Tatham	10:15-11:00 CS◆	Studio Cycling Flaminia Fanale	10:30-11:30 PD	Aqua Boot Camp Lisa Veshecco
10:00-11:00 PD	Aqua Boot Camp Lisa Raphael	10:15-11:00 MS	pureMUSCLE Leon Joseph	10:00-11:00 PD	Aqua Boot Camp Andy Grant	9:30-10:15 CS◆	TERRAcycle! Gregg Cook	10:00-11:00 YS	Restorative Flow Lisa Tatham	10:15-10:45 MS	Best Abs Ever Garry Baddal	11:15-12:00 MS	The Low Down Stephanie Levinson
10:15-10:45 MS	Best Butt Ever Adam Bokunewicz	10:15-11:15 YS	Vinyasa Yoga Mardi Sykes	10:15-11:00 MS	Barefoot Body Conditioning Johnny Anzalone	9:35-10:20 MS	Body Conditioning Cathe Thompson	10:15-11:00 MS	THE MUSE™ Johnny Anzalone	10:30-11:25 YS	Pilates Loi Jean Kail	11:45-12:45 YS	Pilates Fabricia Miterhof
10:15-11:15 YS	Athletic Stretch Nicole Chevance	11:15-12:00 MS	Zumba@ Wilber Escobar	10:15-11:30 YS◆	Restorative Flow Yoga Robert Nguyen	10:00-11:00 YS◆	Barre Sarah May Epstein	11:15-12:05 MS	Zumba@ Emily Naim	11:00-11:50 MS	Powerstrike! Omar Sandoval	4:00-5:00 YS◆	Vinyasa Yoga Elitza Ivanova
10:45-11:30 MS	EQX Barre Burn Adam Bokunewicz	11:30-12:30 YS	Restorative Flow Yoga Brian Liem	12:00-1:00 YS◆	Vinyasa Yoga Mary Horne	10:30-11:15 MS	Restorative Conditioning Gregg Cook	12:15-1:15 YS	Vinyasa Yoga Nick Potenzieri	11:45-12:45 YS	Gentle Yoga Jessica Willis	5:15-6:15 YS	Restorative Yoga Elitza Ivanova
12:00-1:00 YS	Vinyasa Yoga Anke Meserve	12:30-1:30 PD	Swim Team Brad Cole	1:15-2:15 YS	Meditation Kristin Degroat	12:00-1:00 YS	Pilates Valerie Vultaggio	5:45-6:15 MS	THE CUT: Jump Rope Paula Calabrese	12:00-12:45 MS	Cycle Beats Omar Sandoval	5:30-6:15 MS	EQX Barre Burn Kimberly Dawn Neumann
1:15-2:15 YS	Feldenkrais Method@ Sonja Johansson	5:45-6:30 MS	Athletic Conditioning Dawn Parker	5:45-6:30 MS	Tabata Strength Paula Calabrese	12:30-1:30 PD	Swim Team Brad Cole	6:15-6:35 MS	Core Conditioning Paula Calabrese	12:00-12:45 MS	Cardio Sculpt Cathe Thompson	6:20-7:05 MS◆	THE MUSE™ Kimberly Dawn Neumann
5:30-6:00 MS	Best Butt Ever Carolann Valentino	6:00-6:55 YS	Classical Ballet (L2) Kimberly Dawn Neumann	6:00-6:45 YS	Pilates Cathe Thompson	1:15-2:15 YS	Feldenkrais Method@ Sonja Johansson	6:30-7:45 YS	Vinyasa Yoga AnneElise Hagen	1:00-2:00 YS	Stretch Essentials Cathe Thompson		
6:00-6:45 YS	Pilates Caroline Strong	6:30-7:15 CS◆	ANTHEM™ Shane Blouin	6:30-7:15 CS◆	Cycle Beats Serena DiLiberto	6:45-7:15 MS	THE MUSE™ Felicia Csolak	6:45-7:45 MS	Zumba@ Richard Martinez	4:00-5:15 YS	Restorative Flow Yoga Michael Lechonczak		
6:05-6:35 MS	Firestarter Carolann Valentino	6:45-7:30 MS	METCON3 Dylan Farris	6:45-7:15 MS	THE MUSE™ Felicia Csolak	7:00-8:00 BR◆	Boxing Curtis Summit	5:45-6:35 TR◆	Precision Running@ Michael Keeney	5:00-5:45 MS	Athletic Conditioning Dawn Parker		
6:30-7:15 CS◆	Cyclesanity@ Jillian Wright	7:00-7:45 YS◆	EQX Barre Burn Kimberly Dawn Neumann	7:00-8:00 BR◆	Boxing Curtis Summit	7:00-8:15 YS	Vinyasa Yoga Iyala Berley	6:00-7:00 MS	Cardio Kick Garry Baddal	5:45-6:15 MS	Core Conditioning Dawn Parker		
6:45-7:30 MS	Athletic Conditioning Chaz Jackson	7:45-8:30 MS	Tabata Edem Tsakpoe	7:15-8:00 MS	EQX Barre Burn Felicia Csolak	7:15-8:00 MS	EQX Barre Burn Felicia Csolak	6:00-6:55 YS	Classical Ballet Erin Ginn				
7:00-8:00 BR◆	Boxing Curtis Summit	8:00-9:00 YS	Restorative Yoga Jamie Lyn Skolnick					6:45-7:30 CS◆	ANTHEM™ Michael Keeney				
7:00-8:00 YS	Vinyasa Yoga Ari Halbert							7:00-8:15 YS	Vinyasa Yoga Elitza Ivanova				
7:35-8:20 MS	THE MUSE™ Yury Rockit												
8:15-9:15 YS	Iyengar Yoga Kavi Patel												

EAST 63RD STREET

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EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 11:00PM

FRI: 5:30AM - 10:00PM

SAT - SUN: 7:00AM - 9:00PM

GROUP FITNESS MANAGER
CATHE THOMPSON
cathe.thompson@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
PD	Pool Deck
BR	Boxing Studio

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

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

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.

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.

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

GENTLE YOGA Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

IYENGAR YOGA Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props. Good for students concerned with injuries.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

RESTORATIVE YOGA Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

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

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.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

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.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

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.

BARRE + BAND The next evolution in Barre. Prepare to elevate ballet-inspired techniques with a triple-barre system and resistance bands for a workout that challenges every muscle.

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

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity

workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

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.

RESTORATIVE CONDITIONING Perfect for those interested in active ageing and maximizing their potential at every stage in life. Stay fit and energized in a conditioning class featuring strength building, restorative stretching, and routines designed to improve freedom of motion.

THE LOW DOWN Get a better rearview in a class devoted to intense shaping and sculpting. Challenge your abs and strengthen your glutes, thighs, and hamstrings for a total lower body workout that will enhance your finest assets.

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

CLASSICAL BALLET Opened level ballet class starting with barre work and followed by center floor work. Previous experience is helpful but not essential.

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

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

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 choreographed to energizing music.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.