

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:15-7:00 Studio Cycling CS◆ <i>Lisa Raphael</i>	6:30-7:15 Studio Cycling CS◆ <i>Avery Washington</i>	6:15-7:00 Studio Cycling CS◆ <i>Billy Cowell</i>	7:30-8:30 EQX H2O: Speed PD <i>Brad Cole</i>	6:30-7:15 Studio Cycling CS◆ <i>Jason Strong</i>	8:30-9:20 Precision Running® TR◆ <i>Jimmy Joseph</i>	9:00-9:45 Pilates YS <i>Caroline Strong</i>
7:00-7:45 Tabata MS <i>Amanda Baker</i>	6:30-7:15 Whipped! MS <i>Ben Hey!</i>	6:15-7:00 Boot Camp MS <i>Ben Hey! (SUB)</i>	8:45-9:45 Gratitude Yoga YS <i>Elitza Ivanova</i>	6:30-7:15 Precision Running® TR◆ <i>Melinda Abbott</i>	9:00-10:15 Vinyasa Yoga YS <i>Kristina Erikson</i>	9:30-10:15 Studio Cycling CS◆ <i>Shane Blouin</i>
7:00-8:00 Vinyasa Yoga YS <i>Josh Mathew-Meier</i>	6:30-7:15 Barre YS <i>Dillon Spicer</i>	7:15-8:00 PURE STRENGTH MS◆ <i>Billy Cowell</i>	9:15-10:00 EQX Barre Burn MS <i>Mathew Makings</i>	7:30-8:30 Vinyasa Yoga YS <i>Melinda Abbott</i>	9:15-10:00 ANTHEM CS◆ <i>Michael Keeney</i>	9:30-10:15 Zumba® MS <i>Joanna Romero</i>
7:30-8:20 Precision Running® TR◆ <i>Susan Simon</i>	7:30-8:30 Vinyasa Yoga YS <i>Suzanne Taylor</i>	7:30-8:30 Vinyasa Yoga YS <i>Amy Defilippi</i>	10:00-10:45 Beast n Feast Ride CS◆ <i>Brian McFarland</i>	8:00-8:45 METCON3 MS <i>Stephanie Levinson</i>	10:00-10:45 Athletic Conditioning MS <i>Garry Baddal</i>	10:15-11:30 Vinyasa Yoga YS <i>Iyala Berley</i>
7:45-8:00 Best Abs Ever MS <i>Amanda Baker</i>	8:00-8:45 THE CUT MS <i>Dillon Spicer</i>	8:00-8:50 Precision Running® TR◆ <i>Susan Simon</i>	10:00-10:45 Ropes and Rowers MS <i>Ron Brown</i>	9:00-9:45 Studio Cycling CS◆ <i>Serena DiLiberto</i>	10:00-11:00 Aqua Boot Camp PD <i>Lisa Veshecco (SUB)</i>	10:30-11:15 Studio Cycling CS◆ <i>Shane Blouin</i>
8:15-9:00 Cardio Sculpt MS <i>Stephanie Levinson</i>	8:45-9:00 Core Conditioning MS <i>Dillon Spicer</i>	8:15-9:00 Best Butt Ever MS <i>Carolann Valentino</i>	10:00-11:00 Aqua Strength PD <i>Brad Cole</i>	9:00-10:00 Cardio Sculpt MS <i>Jack McGowan</i>	10:00-11:00 Studio Cycling PD <i>Lisa Veshecco (SUB)</i>	10:30-11:15 Cardio Sculpt MS <i>Stephanie Levinson</i>
9:00-10:00 Vinyasa Yoga YS <i>Elitza Ivanova</i>	9:00-9:45 Studio Cycling CS◆ <i>Vicky Massoud</i>	9:00-10:00 Barre + Band YS◆ <i>Katherine Menna (SUB)</i>	10:00-11:00 True Barre YS◆ <i>Elizabeth Portnoy</i>	10:00-10:30 Core Conditioning MS <i>Jack McGowan</i>	10:15-11:00 Studio Cycling CS◆ <i>Lewis McNairy</i>	10:30-11:30 Aqua Boot Camp PD <i>Lisa Veshecco</i>
9:15-10:00 Body Conditioning MS <i>Lou Ritter</i>	9:00-10:00 True Barre YS◆ <i>Katherine Menna (SUB)</i>	9:15-10:00 Body Conditioning MS <i>John Tarnaggiore</i>	11:00-11:45 Beast n Feast Ride CS◆ <i>Brian McFarland</i>	10:00-11:00 Restorative Flow YS <i>Kavi Patel</i>	10:30-11:25 Pilates YS <i>Loi Jean Kail</i>	11:15-12:00 Booty Blast MS <i>Stephanie Levinson</i>
10:00-11:00 Aqua Boot Camp PD <i>Lisa Raphael</i>	9:15-10:00 Cardio Sculpt MS <i>Jeff Martin</i>	10:00-11:00 Aqua Boot Camp PD <i>Aqua Grant</i>	11:30-12:15 Tabata MS <i>Paula Calabrese</i>	11:15-12:05 Zumba® MS <i>Emily Naim</i>	10:45-11:15 Best Abs Ever MS <i>Garry Baddal</i>	4:00-5:00 Vinyasa Yoga YS◆ <i>Elitza Ivanova</i>
10:15-10:45 Best Butt Ever MS <i>Adam Bokunewicz</i>	10:15-11:00 pureMUSCLE MS <i>Leon Joseph</i>	10:15-11:00 Barefoot Body Conditioning MS <i>Johnny Anzalone</i>	12:00-1:00 Restorative Yoga YS <i>Elitza Ivanova</i>	12:00-1:00 Vinyasa Yoga YS <i>Rika Henry</i>	11:30-12:15 Cardio Kick MS <i>Garry Baddal</i>	5:15-6:15 Restorative Yoga YS <i>Elitza Ivanova</i>
10:15-11:15 Athletic Stretch YS <i>Nicole Chevance</i>	10:15-11:15 Vinyasa Yoga YS <i>Josh Mathew-Meier</i>	10:15-11:30 Restorative Flow YS <i>Eli Walker</i>	12:30-1:30 Swim Team PD <i>Brad Cole</i>		11:45-12:45 Gentle Yoga YS <i>Jessica Willis</i>	6:30-7:15 True Barre YS◆ <i>Kimberly Dawn Neumann</i>
10:45-11:30 EQX Barre Burn MS <i>Adam Bokunewicz</i>	11:15-12:00 Zumba® MS <i>Wilber Escobar</i>	11:15-12:00 THE CUT MS <i>Sarah Starkweather</i>			5:00-5:45 Athletic Conditioning MS <i>Dawn Parker</i>	7:25-8:10 True Barre YS◆ <i>Kimberly Dawn Neumann</i>
12:00-1:00 Vinyasa Yoga YS <i>Anke Meserve</i>	11:30-12:30 Restorative Flow YS <i>Elitza Ivanova</i>	12:00-1:00 Vinyasa Yoga YS <i>Eli Walker</i>			5:45-6:15 Core Conditioning MS <i>Dawn Parker</i>	
1:15-2:15 Feldenkrais Method® YS <i>Sonja Johansson</i>	12:30-1:30 Swim Team PD <i>Brad Cole</i>	1:15-2:15 Meditation YS <i>Kristin Degroat</i>				
5:30-6:00 Firestarter MS◆ <i>Carolann Valentino</i>	5:45-6:30 Athletic Conditioning MS <i>Dawn Parker</i>	6:00-6:30 THE CUT: Jump Rope MS◆ <i>Paula Calabrese</i>				
6:00-6:45 Cyclesanity® CS◆ <i>Jillian Wright</i>	6:00-6:55 Classical Ballet (L2) YS <i>Diane LaVon</i>	6:30-7:30 Studio Cycling CS◆ <i>Serena DiLiberto</i>				
6:00-6:45 Pilates YS <i>Caroline Strong</i>	6:30-7:15 Studio Cycling CS◆ <i>Shane Blouin</i>	6:45-7:15 Core Conditioning MS <i>Felicia Csolak</i>				
6:05-6:35 Best Butt Ever MS <i>Carolann Valentino</i>	6:45-7:30 Tabata MS <i>Paula Calabrese</i>	7:00-8:00 Boxing BR◆ <i>Curtis Summit</i>				
6:45-7:30 Cardio Sculpt MS <i>Yury Rockit</i>	7:00-7:45 EQX Barre Burn YS◆ <i>Cathe Thompson</i>	7:00-8:15 Vinyasa Yoga YS <i>Iyala Berley</i>				
7:00-8:00 Boxing BR◆ <i>Curtis Summit</i>	7:45-8:30 Athletic Conditioning MS <i>Edem Tsakpoe</i>	7:15-8:00 EQX Barre Burn MS <i>Felicia Csolak</i>				
7:00-7:45 Cyclesanity® CS◆ <i>Jillian Wright</i>	8:00-9:00 Alignment Flow YS <i>Derek Cook</i>					
7:00-8:15 Vinyasa Yoga YS <i>Lara Benusis</i>						
7:30-8:00 Core Conditioning MS <i>Yury Rockit</i>						
8:30-9:30 Iyengar Yoga YS <i>Kavi Patel</i>						

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THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 PM

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

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

STUDIO 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.

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!

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.

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.

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.

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

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.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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.

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.

CONDITIONING

BAREFOOT BODY CONDITIONING High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

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.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

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.

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.

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.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

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.

POOL

AQUA BOOT CAMP Get out of the studio and into the pool. Dive into a complete cardio & conditioning class using water resistance and equipment for a total body workout. You'll build strength, raise your heart rate, and get an invigorating swim even while you're hard at work.

AQUA STRENGTH Harness more water power in a fully aquatic strength-training and conditioning class. Push, pull and press against the natural resistance of water, and then add equipment to take your power to the next level.