

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

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**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

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

**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.

**TERRACYLE!** 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.

**TITAN RIDE** Titan Ride transforms the cycling studio into a night club. Instructor/DJ, Omar Sandoval, motivates riders through challenging combinations of speed and resistance training intervals.

### 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.

**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** 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.

**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.

**RESTORATIVE CONDITIONING** Strength and mobility are the keys to active ageing. Grow functionally strong and improve freedom of movement in this total body conditioning session with smart strength sequencing & restorative stretching that fine tune & energize.

**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** 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.