

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS	Tabata <i>Catherine Kernan</i>	6:30-7:20 TR◆	Precision Running® <i>Emily Stubler</i>	6:00-6:45 MS	Boot Camp <i>Amanda Baker</i>	6:30-7:15 CS◆	Studio Cycling <i>Dave M.</i>	6:15-7:00 MS◆	Boot Camp <i>Patrick Tae</i>	9:30-10:15 MS◆	Cardio Sculpt <i>Marcus Jackson</i>	9:30-10:20 CS◆	The Pursuit: Build <i>Erica Villalba</i>
6:30-7:15 CS◆	Studio Cycling <i>Tara McKiernan</i>	6:45-7:35 CS◆	The Pursuit: Build <i>Melissa Morin</i>	7:00-7:45 CS◆	Cycle Beats <i>Corinne Teklitz</i>	7:00-7:30 MS◆	Firestarter <i>Lewis McNairy</i>	6:30-7:20 TR◆	Precision Running® <i>Paula Calabrese</i>	10:00-11:00 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	9:30-10:15 MS◆	MetCon(M) <i>Danielle Wettan</i>
7:00-7:45 MS	Whipped! <i>Catherine Kernan</i>	7:00-7:45 MS◆	Body Sculpt <i>John Tarmaggiore</i>	7:00-7:45 MS◆	EQX Barre Burn <i>Charleene O'Connor</i>	7:15-8:00 YS	Pilates <i>Katie Yip</i>	6:45-7:30 CS◆	Studio Cycling <i>Faris</i>	10:15-11:00 CS◆	Studio Cycling <i>David Donofrio</i>	10:30-11:15 MS	EQX Barre Burn <i>Emily Naim</i>
7:30-8:30 YS	Vinyasa Yoga <i>Lisa Tatham</i>	7:30-8:15 YS	Pilates <i>Bonnie Crellin</i>	7:15-8:15 YS	Vinyasa Yoga <i>Daniela Vuckovic</i>	7:30-7:50 MS	Core Conditioning <i>Lewis McNairy</i>	7:15-8:00 MS◆	Ropes and Rowers <i>Patrick Tae</i>	10:30-11:20 MS◆	Ropes and Rowers <i>Marcus Jackson</i>	10:30-11:30 YS	Power Yoga <i>Leeann Walton</i>
8:00-8:30 MS◆	Firestarter <i>Justine Ayala</i>	8:00-8:45 MS	Whipped! <i>John Tarmaggiore</i>	8:00-8:45 MS◆	METCON3 <i>Luis Weber</i>	8:00-8:45 MS	THE CUT <i>Tracey G</i>	7:30-8:30 YS	Vinyasa Yoga <i>Paul Keoni Chun</i>	11:15-12:15 YS	Vinyasa Yoga <i>Kristina Erikson</i>	11:00-11:45 CS◆	Cycle Beats <i>Marquis Johnson</i>
8:30-8:50 MS	Core Conditioning <i>Justine Ayala</i>	12:15-1:00 CS◆	Studio Cycling <i>Jan Erik Navoa</i>	12:15-1:00 MS	Circuit Challenge <i>Angel Aulet</i>	12:15-1:00 CS◆	Studio Cycling <i>Melissa Morin</i>	12:15-1:00 MS	Booty Blast <i>Antonio Hudson</i>	11:30-12:15 MS	Athletic Conditioning <i>Dawn Parker</i>	12:00-12:45 MS◆	PURE STRENGTH <i>Amanda Baker</i>
12:15-1:00 MS	Stacked! <i>Carolann Valentino</i>	12:15-1:00 MS◆	Tabata <i>Jennifer Hamlin</i>	12:30-1:20 CS◆	The Pursuit: Burn <i>Nikki Bucks</i>	12:15-1:00 MS◆	MetCon(M) <i>Marcus Jackson</i>	12:30-1:20 CS◆	The Pursuit: Build <i>David Donofrio</i>	11:30-12:20 TR◆	Precision Running® <i>Whitney Tucker</i>	12:00-1:00 YS◆	Yoga for Runners <i>Ariel Kiley</i>
12:30-1:15 CS◆	ANTHEM™ <i>Betsy Mallonee</i>	12:30-1:15 YS	Pilates <i>Cathe Thompson</i>	12:30-1:30 YS	Vinyasa Yoga <i>Lisa Tatham</i>	12:30-1:30 YS	Pilates Fusion <i>Cathe Thompson</i>	12:30-1:30 YS	Yoga Flow <i>Leo Rising</i>	11:45-12:35 CS◆	The Pursuit: Burn <i>Flaminia Fanale</i>	1:00-1:30 MS	Firestarter <i>Amanda Baker</i>
12:30-1:30 YS	Yoga Flow <i>Josh Mathew-Meier</i>	5:45-6:30 CS◆	Studio Cycling <i>Flaminia Fanale</i>	4:30-5:30 MS	EQX Barre Burn <i>Emily Naim</i>	5:45-6:30 MS◆	Whipped! <i>Luis Weber</i>	6:00-6:45 MS◆	Studio Cycling <i>Reed Foster</i>	6:00-6:45 MS	Boot Camp <i>Will Jackson</i>	4:00-5:00 YS	Restorative Flow Yoga <i>Robert Nguyen</i>
4:30-5:15 MS	Best Butt Ever <i>Danielle Wettan</i>	5:45-6:15 MS◆	Core Conditioning <i>Will Jackson</i>	5:45-6:30 MS◆	Ropes and Rowers <i>Eric Cobb</i>	6:15-7:00 CS◆	Studio Cycling <i>Erika Osberg</i>	6:15-7:15 YS	Vinyasa Yoga <i>Mindy Frenkel</i>	6:15-7:15 YS	Athletic Yoga (L2) <i>Serena Tom</i>	12:30-1:15 MS◆	Best Butt Ever <i>Dawn Parker</i>
5:30-6:15 MS◆	MetCon(M) <i>Marcus Jackson</i>	6:15-7:00 MS◆	Boot Camp <i>Will Jackson</i>	5:45-6:30 YS	Pilates <i>Katie Yip</i>	6:00-6:45 CS◆	Cycle Beats <i>Jonathan Carlucci</i>	6:45-7:30 MS◆	Stacked! <i>Luis Weber</i>	1:00-2:00 MS	Essentials Series <i>Equinox Trainers</i>	4:00-5:00 MS	EQX Barre Burn <i>Mathew Makings</i>
5:45-6:30 CS◆	Studio Cycling <i>Joanna Stahl</i>	7:00-7:50 CS◆	The Pursuit: Burn <i>Flaminia Fanale</i>	6:00-6:45 CS◆	Cycle Beats <i>Jonathan Carlucci</i>	6:45-7:30 MS◆	Cardio Kick <i>Akin Williams</i>	6:45-7:30 MS◆	THE CUT <i>Kat Boger</i>	6:15-7:15 YS			
6:00-6:50 TR◆	Precision Running® <i>Whitney Tucker</i>	7:15-8:00 MS◆	THE MUSE™ <i>Elgin McCargo</i>	6:45-8:00 YS◆	Power Yoga (L2) <i>Domenic Savino</i>	7:15-8:05 CS◆	The Pursuit: Build <i>David Donofrio</i>	7:30-8:20 CS◆	Pilates Fusion <i>Caroline Strong</i>				
6:30-7:15 MS◆	THE CUT <i>Kat Boger</i>	7:45-8:30 YS	Pilates Fusion <i>Caroline Strong</i>	7:15-8:05 CS◆	The Pursuit: Build <i>David Donofrio</i>	7:45-8:30 MS	Tabata <i>Lulu Faria</i>						
6:30-7:15 YS◆	Pilates <i>Cameron Norsworthy</i>			8:30-9:00 MS	Best Butt Ever <i>Lulu Faria</i>								
6:45-7:45 CS◆	Studio Cycling <i>Joanna Stahl</i>												
7:30-8:15 MS◆	Speedball® <i>Steve Feinberg</i>												
7:30-8:30 YS	Vinyasa Yoga <i>Annaliese Godderz</i>												
8:20-9:05 MS◆	Body Conditioning <i>Steve Feinberg</i>												

PARK AVENUE

1 PARK AVE
NEW YORK NY 10016
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 8:00AM - 9:00PM

GROUP FITNESS MANAGER

domenic.savino@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
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

🚲 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.

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.

THE PURSUIT: BUILD 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.

🧘 YOGA

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

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

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.

YOGA FLOW A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

YOGA FOR RUNNERS Designed specifically for runners, this class will help increase your performance to decrease your finish time, with an emphasis on core strengthening, quad and hip openers, hamstring stretches and balance poses.

🏋️ 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 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!

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

ESSENTIALS SERIES The Essentials Series include: Cycling, Yoga, Athletic Training and Barre classes. The classes start with a brief introduction followed by an abbreviated workout.

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.

METCON(M) One of our most popular Group Fitness classes reimagined to not only train your body, but your brain for long-term health. This high-intensity metabolic conditioning workout takes body and brain through three rounds of ten exercises tailored to challenge you physically and mentally.

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.

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!

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

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

🏃 LONG + LEAN

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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

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.

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.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

🥊 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.

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.