

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	Tabata Max <i>Gerard Thelemaque</i>	6:30-7:15 CS ◆	Cycle Power <i>Jonathan Carlucci</i>	6:15-7:00 CS ◆	Cycle Power <i>Tim Healy</i>	6:30-7:15 MS ◆	Tabata Max <i>Janice JP Prishwalko</i>	6:30-7:15 MS ◆	Cardio Kickboxing <i>Akin Williams</i>	9:00-9:45 YS ◆	Off The Barre <i>Hannah Hustad (NY)</i>	9:45-10:30 MS ◆	Cardio Dance <i>Kelsey Stalter</i>
7:15-8:00 YS ◆	Pilates Fusion <i>Jeffrey Morris</i>	7:30-8:30 YS ◆	Vinyasa Yoga <i>Jessica Sticker</i>	6:30-7:15 MS ◆	STRONG <i>Peyton Royal</i>	7:00-7:45 CS ◆	Cycle Power <i>Steven Goldsmith</i>	7:00-7:45 YS ◆	EQX Barre Bum <i>Elgin McCargo</i>	9:15-10:00 MS ◆	Athletic Conditioning <i>Dario Torres</i>	10:30-11:15 YS ◆	EQX Barre Bum <i>Diane LaVon</i>
7:45-8:30 MS ◆	METCON3 <i>Catherine Keman</i>	7:45-8:30 MS ◆	Athletic Conditioning <i>Eddie Carington</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Matt D'Amico</i>	7:30-8:20 TR ◆	Precision Run® <i>Janice JP Prishwalko</i>	7:15-8:00 CS ◆	Cycle Power <i>Meghan Cox</i>	9:30-10:15 CS ◆	Cycle Beats <i>Shawn Kobetz</i>	11:00-11:50 CS ◆	The Pursuit: Bum <i>Corinne Teklitz</i>
12:15-1:00 CS ◆	ANTHEM™ <i>Shane Blouin</i>	12:00-12:45 YS ◆	EQX Barre Bum <i>Khaleah London</i>	12:00-1:00 YS ◆	Yoga Strong <i>Kristina Erkson</i>	7:45-8:30 MS ◆	Stacked! <i>Sarah Cucuzzella</i>	8:15-9:00 MS ◆	Stacked! <i>Meghan Cox</i>	10:00-11:00 YS ◆	Pilates Remix <i>Itsy Rachatasumrit</i>	11:15-12:00 MS ◆	METCON3 <i>Danielle Wettan</i>
12:30-1:15 MS ◆	Best Butt Ever <i>Bransen Gates</i>	12:15-1:00 MS ◆	Zumba® <i>Jose Ozuna</i>	12:30-1:20 TR ◆	Precision Run® <i>Shawn Kobetz</i>	12:00-12:45 YS ◆	Pilates Fusion <i>Zach Bergfelt</i>	12:00-1:00 YS ◆	Yin Yoga <i>Tara Dhyani Purswani</i>	10:15-11:00 YS ◆	Firestarter + Best Abs Ever <i>Diane LaVon</i>	11:30-12:20 TR ◆	Precision Run® <i>Diane LaVon</i>
5:15-6:05 TR ◆	Precision Run® <i>Mike Harris</i>	5:30-6:30 YS ◆	Athletic Yoga <i>Kristin Bilella</i>	5:15-6:00 MS ◆	Tabata Max <i>Justin Goldman</i>	12:15-1:00 MS ◆	Athletic Conditioning <i>Katie Thrasher</i>	5:15-6:00 MS ◆	Body Sculpt <i>Elgin McCargo</i>	10:30-11:15 MS ◆	Firestarter + Best Abs Ever <i>Diane LaVon</i>	12:30-1:30 YS ◆	Athletic Yoga <i>Kat Suda</i>
5:30-6:15 YS ◆	Pilates Mat <i>Itsy Rachatasumrit</i>	5:45-6:30 MS ◆	Stacked! <i>Steve Mitchell</i>	5:30-6:15 YS ◆	EQX Barre Bum <i>Ma Wenger</i>	5:15-6:05 TR ◆	Precision Run® <i>Christina Lee</i>	5:30-6:15 YS ◆	Pilates Mat <i>Erin Ginn</i>	10:45-11:30 CS ◆	Cycle Power <i>Shawn Kobetz</i>	4:30-5:30 YS ◆	Athletic Yoga <i>Lauren Harris</i>
5:45-6:30 MS ◆	METCON3 <i>Chris Yeoh</i>	6:00-6:45 CS ◆	Cycle Power <i>Shawn Kobetz</i>	5:45-6:35 TR ◆	Precision Run® <i>Janice JP Prishwalko</i>	5:30-6:30 YS ◆	Yoga Strong <i>Matt D'Amico</i>	5:30-6:15 YS ◆	Pilates Mat <i>Erin Ginn</i>	11:15-12:15 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>		
6:00-6:45 CS ◆	Cycle Power <i>Clare Kenigan</i>	6:45-7:30 MS ◆	Cardio Sculpt <i>Sarah Cucuzzella</i>	6:30-7:15 MS ◆	Cardio Dance <i>Yenny Barona</i>	5:45-6:30 MS ◆	Powerstrike! <i>Nora Bisharat</i>	5:45-6:30 MS ◆		11:45-12:30 MS ◆	Whipped! <i>Jwara Jones</i>		
6:45-7:30 MS ◆	Cardio Kickboxing <i>Akin Williams</i>	7:00-7:45 YS ◆	Pilates Fusion <i>Elgin McCargo</i>	7:00-8:00 YS ◆	Athletic Yoga <i>Suzanne Taylor</i>	6:45-7:30 MS ◆	Atletica <i>Nora Bisharat</i>	6:45-7:30 MS ◆		12:00-12:50 TR ◆	Precision Run® <i>Shawn Kobetz</i>		
7:00-8:00 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	7:15-8:05 TR ◆	Precision Run® <i>Steve Mitchell</i>	7:30-8:15 CS ◆	Cycle Power <i>Colleen Wright</i>	7:00-7:45 YS ◆	EQX Barre Bum <i>Caroline Strong</i>	7:00-7:45 YS ◆					
7:30-8:15 CS ◆	Cycle Beats <i>Ney Melo</i>	7:30-8:15 CS ◆	Cycle Beats <i>Mario Martinez</i>										

PARK AVENUE

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

MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

SAT - SUN: 8:00AM - 7:00PM

GROUP FITNESS MANAGER

shawn.kobetz@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
CS	Cycling Studio
TR	Treadmill Area
YS	Yoga Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

RUNNING

PRECISION RUN® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

ATLETICA A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCON3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

ZUMBA® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

BOXING AND KICKBOXING

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

POWERSTRIKE! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.