

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS◆ Studio Cycling <i>Lisa Raphael</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>Patrick Tae</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 Body Conditioning <i>Lou Ritter</i>							
7:00-7:30 MS◆ Firestarter <i>Amanda Baker</i>	6:30-7:15 MS Boot Camp <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>	6:30-7:15 TR◆ Precision Running@ <i>Melinda Abbott</i>	8:30-9:20 TR◆ Precision Running@ <i>Jimmy Joseph</i>	9:00-9:45 YS Pilates <i>Caroline Strong</i>							
7:00-8:00 YS Vinyasa Yoga <i>Josh Mathew-Meier</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>							
7:30-8:00 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>	7:30-8:15 PD EQX H2O: Speed <i>Brad Cole</i>	8:00-8:45 MS METCON3 <i>Stephanie Levinson</i>	9:30-10:15 MS Athletic Conditioning <i>Garry Baddal</i>	9:30-10:15 MS Zumba@ <i>Joanna Romero</i>							
7:30-8:20 TR◆ Precision Running@ <i>Susan Simon</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>Elaine O'Brien</i>	9:00-8:45 MS Studio Cycling <i>Serena DiLiberto</i>	9:45-10:40 BR◆ Boxing <i>Omar Sandoval</i>	10:15-11:30 YS Vinyasa Yoga <i>Iyala Berley</i>							
8:15-9:00 MS Cardio Sculpt <i>Stephanie Levinson</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 MS◆ Cardio Sculpt <i>Jack McGowan</i>	10:00-11:00 PD Aqua Boot Camp <i>Garry Wyman</i>	10:30-11:15 CS◆ Studio Cycling <i>Flaminia Fanale</i>							
9:00-10:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	9:00-9:45 MS Studio Cycling <i>Brandy Jans</i>	9:00-10:00 YS◆ Barre + Band <i>Gabe Villanueva</i>	8:45-9:45 YS Zumba@ <i>Shari Katz</i>	10:00-11:00 YS Restorative Flow Yoga <i>Lisa Tatham</i>	10:15-11:00 MS Best Abs Ever <i>Garry Baddal</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>	9:00-9:50 MS Zumba@ <i>Shari Katz</i>	10:00-11:00 YS Barefoot Body Conditioning <i>Johnny Anzalone</i>	10:15-10:45 MS Pilates <i>Loi Jean Kail</i>	10:30-11:30 PD Aqua Boot Camp <i>Benjamin Green</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◆ Cycle Beats <i>Flaminia Fanale</i>	10:00-11:00 MS Body Conditioning <i>Cathe Thompson</i>	10:30-11:25 YS Pilates <i>Loi Jean Kail</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>	10:00-11:00 MS Aqua Strength <i>Brad Cole</i>	11:15-12:05 MS Zumba@ <i>Emily Naim</i>	11:00-11:50 MS Powerstrike! <i>Omar Sandoval</i>	11:45-12:45 YS Pilates <i>Kymerly Byrnes</i>							
10:15-11:15 YS Athletic Stretch <i>Nicole Chevance</i>	10:15-11:15 YS Vinyasa Yoga <i>Mardi Sykes</i>	10:15-11:30 YS Restorative Flow Yoga <i>Robert Nguyen</i>	10:00-11:00 PD True Barre <i>Laetia Emmanuel</i>	11:15-12:05 MS Vinyasa Yoga <i>Nick Potenzieri</i>	11:45-12:45 YS Gentle Yoga <i>Jessica Willis</i>	12:00-12:50 TR◆ Elevate <i>Benjamin Green</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>	11:15-12:15 YS Pilates <i>Valerie Vultaggio</i>	12:00-1:00 YS Vinyasa Yoga <i>Nick Potenzieri</i>	12:00-12:45 MS◆ PURE STRENGTH <i>Steven Adams</i>	4:00-5:00 YS◆ Vinyasa Yoga <i>Elitza Ivanova</i>							
12:00-1:00 YS Vinyasa Yoga <i>Anke Meserve</i>	11:30-12:30 YS Restorative Flow Yoga <i>Brian Liem</i>	12:00-1:00 YS Vinyasa Yoga <i>Mary Horne</i>	12:30-1:30 PD Swim Team <i>Brad Cole</i>	6:30-7:45 YS Vinyasa Yoga <i>AnneElise Hagen</i>	12:00-12:45 MS Cardio Sculpt <i>Cathe Thompson</i>	5:15-6:15 YS Restorative Yoga <i>Elitza Ivanova</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>	1:15-2:15 YS Feldenkrais Method@ <i>Sonja Johansson</i>	6:45-7:45 MS Zumba@ <i>Richard Martinez</i>	1:00-2:00 YS Stretch Essentials <i>Cathe Thompson</i>	6:30-7:15 YS◆ True Barre <i>Betsy Mallonee</i>							
5:30-6:00 MS◆ Firestarter <i>Carolann Valentino</i>	5:45-6:30 MS Athletic Conditioning <i>Dawn Parker</i>	6:00-6:30 MS Firestarter <i>Paula Calabrese</i>	5:00-5:50 YS Pilates <i>Erin Ginn</i>		4:00-5:15 YS Restorative Flow Yoga <i>Michael Lechonczak</i>	7:25-8:10 YS◆ True Barre <i>Betsy Mallonee</i>							
6:00-6:45 CS◆ Cyclesanity@ <i>Jillian Wright</i>	6:00-6:55 YS Classical Ballet <i>Kimberly Dawn Neumann</i>	6:00-6:50 YS Pilates <i>Cathe Thompson</i>	5:45-6:30 MS Cardio Kick <i>Garry Baddal</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>	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 Tabata <i>Paula Calabrese</i>	6:45-7:15 MS Best Abs Ever <i>Matt Ross</i>	6:00-6:55 YS Classical Ballet <i>Erin Ginn</i>										
6:45-7:30 MS Cardio Sculpt <i>Yury Rockit</i>	7:00-7:45 YS◆ EQX Barre Burn <i>Kimberly Dawn Neumann</i>	7:00-8:00 BR◆ Boxing <i>Curtis Summit</i>	6:30-7:15 CS◆ Cycle Beats <i>Betsy Mallonee</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>Iyala Berley</i>	6:45-7:30 MS Fully Loaded <i>Michael Keeney</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>Matt Ross</i>	7:00-8:15 YS Vinyasa Yoga <i>Elitza Ivanova</i>										
7:00-8:15 YS Vinyasa Yoga <i>Lara Benusis</i>													
7:30-8:00 MS Core Conditioning <i>Yury Rockit</i>													
8:30-9:30 YS Iyengar Yoga <i>Kavi Patel</i>													

EQUINOX

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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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
PD	Pool Deck
BR	Boxing Studio

WHAT'S NEW THIS MONTH
15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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.

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

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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 such as belts and blocks. 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.

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!

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.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360

degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

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.

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements 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.

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.

EQX H2O: SPEED Race your way through all four competitive strokes and turns as you master sprints to optimize your speed, technique and form over short distances.

SWIM TEAM Challenge your skills in an intermediate/advanced swim class synonymous with high caliber training sessions. Train like a pro with focus on drills, technique, stamina, strength and form. Participants must be able to swim 100 yards freestyle for the hour. During Swim Team, pool is reserved for class.