

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:15-7:00 MS	METCON3 <i>Donovan Stewart</i>	6:30-7:15 CS◆	Studio Cycling <i>Dave M.</i>	8:30-9:20 TR◆	Precision Running® <i>Jimmy Joseph</i>	9:00-10:00 YS	Pilates <i>Caroline Strong</i>	9:00-9:45 MS	Summer Sculpt <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>
6:30-7:15 CS◆	Studio Cycling <i>Shane Blouin</i>	6:30-7:15 TR◆	Precision Running® <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>	9:00-10:30 YS	Memorial Day Warrior Yoga <i>Elitza Ivanova</i>	6:30-7:15 MS	Boot Camp <i>Ben Damptey</i>	6:15-7:00 MS	Boot Camp <i>Sean Aqareva</i>
7:15-8:00 MS	Tabata <i>Carolann Valentino</i>	7:30-8:30 YS	Vinyasa Yoga <i>Melinda Abbott</i>	9:15-10:00 CS◆	Studio Cycling <i>Flaminia Fanale</i>	9:30-10:15 MS	Zumba® <i>Joanna Romero</i>	10:00-11:00 PD	Water Workout <i>Lisa Raphael</i>	7:30-8:30 YS	Vinyasa Yoga <i>Suzanne Taylor</i>	7:15-8:00 MS◆	PURE STRENGTH <i>Billy Cowell</i>
7:30-8:15 PD	Swim Athletics <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>	10:30-11:15 CS◆	Studio Cycling <i>Shane Blouin</i>	10:15-10:45 MS	Best Butt Ever <i>Adam Bokunewicz</i>	8:00-8:30 MS◆	Firestarter <i>Andrew Slane</i>	7:30-8:30 YS	Vinyasa Yoga <i>Amy Defilippi</i>
7:30-8:30 YS	Vinyasa Yoga <i>Elaine O'Brien</i>	9:00-9:45 CS◆	Studio Cycling <i>Serena DiLiberto</i>	9:45-10:40 BR◆	Boxing <i>Omar Sandoval</i>	10:30-11:30 PD	Water Workout <i>Jenni Patterson</i>	10:45-11:30 MS	EQX Barre Burn <i>Adam Bokunewicz</i>	8:35-9:00 MS	Core Conditioning <i>Andrew Slane</i>	8:00-8:50 TR◆	Precision Running® <i>Robbie Darby</i>
8:05-8:35 MS	Firestarter <i>Carolann Valentino</i>	9:00-10:00 MS	Cardio Sculpt <i>Jack McGowan</i>	10:15-11:00 CS◆	Studio Cycling <i>Flaminia Fanale</i>	12:30-1:45 YS	Vinyasa Yoga <i>Rika Henry</i>	11:00-11:45 CS◆	Cyclesanity® <i>Jillian Wright</i>	9:00-9:45 CS◆	Studio Cycling <i>Brandy Jans</i>	8:15-9:00 MS	Best Butt Ever <i>Carolann Valentino</i>
8:45-9:45 YS	Gentle Yoga <i>Lara Benusis</i>	10:00-11:00 YS	Restorative Flow Yoga <i>Lisa Tatham</i>	10:15-10:45 MS	Best Abs Ever <i>Garry Baddal</i>	3:00-4:00 YS◆	Vinyasa Yoga <i>Elitza Ivanova</i>	11:00-11:45 CS◆	Cyclesanity® <i>Jillian Wright</i>	9:00-10:00 YS◆	True Barre <i>Julie Granger</i>	9:00-10:00 YS◆	True Barre <i>Elgin McCargo</i>
9:00-9:45 CS◆	Cycle Beats <i>Jan Erik Navoa</i>	11:15-12:05 MS	Zumba® <i>Emily Naim</i>	10:30-11:25 YS	Pilates <i>Loi Jean Kail</i>	4:00-5:00 MS	Hip Hop <i>Rebecca Imaizumi</i>	12:00-12:45 CS◆	Feldenkrais Method® <i>Joe Miller</i>	9:15-10:00 MS	Cardio Sculpt <i>Jeff Martin</i>	9:15-10:00 MS	Body Conditioning <i>MS Tarmaggiore</i>
9:00-9:50 MS	Zumba® <i>Shari Katz</i>	12:00-1:00 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	11:00-11:50 MS	Powerstrike! <i>Omar Sandoval</i>	4:15-5:15 YS◆	Restorative Flow Yoga <i>Elitza Ivanova</i>	11:00-11:45 CS◆	Boxing <i>Curtis Summit</i>	10:15-11:00 MS	pureMUSCLE <i>Leon Joseph</i>	10:00-11:00 PD	Water Workout <i>Dan Hogan (SUB)</i>
10:00-11:00 MS	Body Conditioning <i>Lisa Singer</i>	4:30-5:30 MS	EQX Barre Burn <i>Sarah Starkweather</i>	11:45-12:45 YS	Gentle Yoga <i>Jessica Willis</i>			1:15-2:15 YS		10:15-11:15 YS	Vinyasa Yoga <i>Mardi Sykes</i>	10:15-11:00 MS	Barefoot Body Conditioning <i>Johnny Anzalone</i>
10:00-11:00 YS◆	Water Workout <i>Brad Cole</i>	5:30-6:15 CS◆	Studio Cycling <i>Pam Nahal</i>	12:00-12:45 CS◆	Titan Ride <i>Omar Sandoval</i>			5:00-6:00 BR◆		11:15-12:00 MS	Restorative Flow Yoga <i>Brian Liem</i>	10:15-11:30 YS	Restorative Flow Yoga <i>Robert Nguyen</i>
11:15-12:15 YS	True Barre <i>Laeticia Emmanuel</i>			4:00-5:15 YS	Restorative Flow Yoga <i>Rika Henry</i>					12:30-1:30 PD	Swim Athletics <i>Brad Cole</i>	11:15-12:00 MS	EQX Barre Burn <i>Sarah Starkweather</i>
12:30-1:30 PD	Swim Athletics <i>Brad Cole</i>									5:45-6:30 MS	R.I.P.P.E.D. <i>Dawn Parker</i>	12:00-1:00 YS	Vinyasa Yoga <i>Mary Horne</i>
1:15-2:15 YS	Feldenkrais Method® <i>Frederick Schjang</i>									6:00-6:55 YS	Classical Ballet <i>Kimberly Dawn Neumann</i>	12:15-1:15 MS	Hip Hop <i>Rebecca Imaizumi</i>
5:45-6:30 MS	Cardio Kick <i>Garry Baddal</i>									6:30-7:15 CS◆	Studio Cycling <i>Shane Blouin</i>	1:15-2:15 YS	Meditation <i>Kristin Degroat</i>
5:45-6:35 TR◆	Precision Running® <i>Michael Keeney</i>									6:45-7:30 MS	Boot Camp (L3) <i>Paula Calabrese</i>	5:45-6:30 MS	30/60/90® <i>Peyton Royal</i>
6:00-6:55 YS	Classical Ballet <i>Tera-Lee Pollin</i>									7:00-7:45 YS◆	EQX Barre Burn <i>Kimberly Dawn Neumann</i>	6:00-6:50 YS	Pilates <i>Cathe Thompson</i>
6:30-7:15 CS◆	Cycle Beats <i>Betsy Buzaid</i>									7:45-8:30 MS	Athletic Conditioning <i>Edem Tsakpoe</i>	6:30-7:30 CS◆	Studio Cycling <i>Serena DiLiberto</i>
6:45-7:30 MS	Fully Loaded <i>Michael Keeney</i>									8:00-9:00 YS	Alignment Flow Yoga <i>Whitney Chapman</i>	6:45-7:30 MS	EQX Barre Burn <i>Matt Ross</i>
7:00-8:15 YS	Vinyasa Yoga <i>Elitza Ivanova</i>											7:00-8:00 BR◆	Boxing <i>Curtis Summit</i>
												7:00-8:15 YS	Vinyasa Yoga <i>Iyala Berley</i>
												7:30-8:00 MS	Best Abs Ever <i>Matt Ross</i>

EQUINOX

EAST 63RD STREET

817 LEXINGTON AVENUE
NEW YORK NEWYORK 10065
212.750.4900
EQUINOX.COM
@EQUINOX

MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 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

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

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

ATHLETIC TRAINING

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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

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.

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.

R.I.P.P.E.D. A fun high-energy total body conditioning class that incorporates resistance, intervals, power, plyometrics, and endurance training targeting all muscle groups using free weights and anaerobic conditioning. Come and get R.I.P.P.E.D.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights,

body bars and steps.

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.

HIP HOP Equinox dance instructors teach you fun combinations to hip hop music. Learn new movements in this fun-filled and vibrant class environment.

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.

POOL

SWIM ATHLETICS Focus on drills and form to develop an efficient swim stroke. This class is well-suited for general fitness and skill development as well as athletic goals including triathlon training. Participants must be able to swim 100 yards freestyle non-stop.

WATER WORKOUT A combination of cardiovascular and muscle conditioning drills using water resistance. Pool is reserved for class participants only

ACTIVE REGENERATION

FELDENKRAIS METHOD® a one hour class to modify the nervous system's movement habits, which improves posture, eases pain and boosts muscular efficiency.

MEDITATION Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.