

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 CS◆	Studio Cycling <i>Lynze Schiller (SUB)</i>	6:30-7:30 CS◆	Studio Cycling <i>Constance Marie Cohen</i>	9:00-9:45 CS◆	Studio Cycling <i>Mike Harris</i>	9:00-10:00 CS◆	Studio Cycling <i>Jason Strong</i>	9:00-9:50 MS	Summer Slam <i>Jessica Davis</i>	6:30-7:15 CS◆	Studio Cycling <i>Emma Marr</i>	6:15-7:00 CS◆	Studio Cycling <i>Benjamin Green</i>
7:00-7:45 MS	Tabata <i>CeCe Marizu</i>	7:00-7:45 MS	EQX Barre Burn <i>Amanda Blauer</i>	9:00-9:45 MS	Boot Camp <i>Amanda Baker</i>	9:00-9:50 MS	Powerstrike! <i>Sabrina Cohen</i>	9:00-10:00 YS	Memorial Day Warrior Yoga <i>Eli Walker</i>	6:30-7:30 YS	Alignment Flow Yoga <i>Michelle Hill</i>	6:30-7:15 MS	METCON3 <i>Luis Weber</i>
8:00-9:00 YS	Iyengar Yoga <i>Cheryl Malter</i>	8:00-9:00 YS	Hatha Yoga <i>Mindy Bacharach</i>	9:15-10:15 YS	Pilates <i>Robin Powell</i>	9:00-10:00 YS	Vinyasa Yoga <i>Mindy Bacharach</i>	10:00-10:45 CS◆	Studio Cycling <i>Jason Strong</i>	7:00-7:45 MS	METCON3 <i>Angie Lee</i>	7:15-8:00 CS◆	Studio Cycling <i>Benjamin Green</i>
9:00-9:45 CS◆	Studio Cycling <i>Chelsea Amengual</i>	9:00-9:45 CS◆	Studio Cycling <i>Erica Villalba</i>	9:45-10:00 MS	Ab Lab <i>Amanda Baker</i>	10:00-10:45 MS	Body Conditioning <i>Sabrina Cohen</i>	10:00-10:50 MS	Powerstrike! <i>Omar Sandoval</i>	9:00-9:45 CS◆	Studio Cycling <i>Constance Marie Cohen</i>	8:00-9:00 YS	Hatha Yoga <i>Mindy Bacharach</i>
9:00-10:00 MS	Tai Sculpt <i>James Ervin</i>	9:15-10:15 MS	Lower Body Blast! <i>Kyle Brown</i>	10:00-10:45 CS◆	Studio Cycling <i>Mike Harris</i>	10:00-11:15 YS	Vinyasa Yoga (L2) <i>Mindy Bacharach</i>	10:00-11:00 YS	Pilates <i>Robin Powell</i>	9:00-10:00 MS	Tai Sculpt <i>James Ervin</i>	9:00-9:50 MS	Body Conditioning <i>Sabrina Cohen</i>
10:00-11:00 YS	Athletic Yoga (L2) <i>Eddie Teboul</i>	10:00-11:00 YS	Feldenkrais Method® <i>Frederick Schjang</i>	10:15-11:15 MS	Zumba® <i>Joanna Romero</i>	10:30-11:15 CS◆	Studio Cycling <i>Lisa Raphael</i>	11:00-11:45 CS◆	Red, Ride and Blue <i>Jason Strong</i>	10:00-11:00 YS	Vinyasa Yoga <i>AnneElise Hagen</i>	10:00-11:00 MS	Powerstrike! <i>Sabrina Cohen</i>
10:10-11:10 MS	Nia <i>Kevin VerEecke</i>	10:30-11:15 CS◆	Studio Cycling <i>Kyle Brown</i>	10:15-11:15 YS	Pilates <i>Robin Powell</i>	10:45-11:00 MS	Ab Lab <i>Sabrina Cohen</i>	11:00-11:50 MS	Titan Method (L2) <i>Omar Sandoval</i>	10:15-11:00 YS	Studio Cycling <i>Constance Marie Cohen</i>	10:15-11:00 CS◆	Studio Cycling <i>Erica Villalba</i>
10:15-11:00 CS◆	Studio Cycling <i>Benjamin Green</i>	11:30-12:30 YS	Pilates <i>Frederick Schjang</i>	11:15-12:30 CS◆	Endurance Ride <i>Jason Strong</i>	11:15-12:15 MS◆	Impact! <i>Sabrina Cohen</i>	11:00-11:30 YS	Stretch <i>Robin Powell</i>	10:30-11:15 MS	THE CUT <i>Joshua Vela</i>	11:00-12:00 YS	Alignment Flow Yoga <i>Marci Rubin</i>
11:00-12:00 YS	Pilates Band <i>Linda Farrell</i>	12:30-1:30 YS	Vinyasa Yoga <i>Eliiza Ivanova</i>	11:30-12:20 MS	Body Conditioning <i>James Ervin</i>	11:15-12:15 YS	Pilates <i>Amanda Blauer</i>	11:00-11:30 YS	Stretch <i>Robin Powell</i>	10:30-11:15 MS	THE CUT <i>Joshua Vela</i>	12:00-1:00 YS	Alignment Flow Yoga <i>Marci Rubin</i>
12:30-1:30 YS	Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS	Vinyasa Yoga (L2) <i>Susan Malcolm</i>	11:30-12:45 YS	Vinyasa Yoga (L2) <i>Susan Malcolm</i>	11:30-12:15 CS◆	Studio Cycling <i>Lisa Raphael</i>	12:00-1:00 YS	Slow Flow Yoga <i>Susan Malcolm</i>	11:00-12:00 YS	Pilates Band <i>Linda Farrell</i>	6:00-7:00 YS	Alignment Flow Yoga <i>Robert Nguyen</i>
6:00-7:00 YS	Power Yoga (L2) <i>Michael Lechoncjak</i>	5:45-6:30 MS	EQX Barre Burn <i>Kimberly Dawn Neumann</i>	12:30-1:15 MS	Tabata <i>Luis Weber</i>	12:30-1:30 YS	Gentle Yoga <i>Lisa Tatham</i>	12:00-1:00 YS	Slow Flow Yoga <i>Susan Malcolm</i>	11:15-12:00 MS	EQX Barre Burn <i>Lynze Schiller</i>	6:15-7:05 MS	Zumba® <i>Joanna Romero</i>
6:15-7:00 MS	THE CUT <i>Nikki Fainsan</i>	6:30-7:30 YS	Vinyasa Yoga <i>Eddie Teboul</i>	12:45-2:00 YS	Vinyasa Yoga (L2) <i>Rika Henry</i>	2:30-3:30 YS	Athletic Yoga (L2) <i>Eddie Teboul</i>	12:30-1:30 YS	Slow Flow Yoga <i>Susan Malcolm</i>	12:30-1:30 YS	Iyengar Yoga <i>Cheryl Malter</i>	6:30-7:15 CS◆	Studio Cycling <i>Jerome Isakov</i>
6:30-7:15 CS◆	Studio Cycling <i>Monika Janeczek</i>	7:00-8:30 MS	DANCEology (L2) <i>James Ervin</i>	1:30-2:25 MS◆	Impact! <i>Ilaria Montagnani</i>			6:00-6:50 MS	Atletica <i>Ilaria Montagnani</i>	6:00-6:50 MS	Atletica <i>Ilaria Montagnani</i>	7:00-8:00 YS	Pilates Band <i>Paul Liberti</i>
7:00-8:00 YS	Pilates <i>Gina Ianni</i>			2:15-3:15 YS	Yoga Fundamentals <i>Tara Dhyani Purswani</i>			6:00-7:00 YS	Vinyasa Yoga <i>Emma Poole</i>	7:00-7:45 CS◆	Studio Cycling <i>Michael Reilly</i>	7:15-7:45 MS◆	Firestarter <i>Johanna Chase-Weinrich</i>
7:15-8:00 MS	METCON3 <i>Luis Weber</i>			2:40-3:40 MS	FORZA! <i>Ilaria Montagnani</i>			7:00-7:45 MS	Bodystrikes! <i>Ilaria Montagnani</i>	7:00-7:45 MS	Studio Cycling <i>Michael Reilly</i>	7:45-8:00 MS	Ab Lab <i>Johanna Chase-Weinrich</i>
8:00-9:00 YS	Restorative Flow Yoga <i>Jessica Willis</i>							7:00-8:00 YS	Pilates <i>Dara Adler</i>	7:00-8:00 YS	Pilates <i>Dara Adler</i>	8:00-9:00 MS	Vinyasa Yoga <i>Colleen Breeckner (SUB)</i>
8:10-9:10 MS	Hip Hop <i>Lexi Julian (SUB)</i>							8:00-9:00 YS	Healing Light Meditation <i>Kristin Degroat</i>	8:00-9:00 YS	Healing Light Meditation <i>Kristin Degroat</i>	8:10-8:55 MS	EQX Barre Burn <i>Lynze Schiller</i>

WEST 76TH STREET

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 PM

GROUP FITNESS MANAGER

JAMES ERVIN
james.ervin@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

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

ENDURANCE RIDE An extended studio cycling class, 75 minutes or longer, that is perfect for the weekend warrior. Extra minutes equals extra endurance, extra calories and extra strength.

RED, RIDE AND BLUE 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.

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, & sprints that can make an unpredictable ride that is fun and challenging.

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.

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.

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.

HATHA YOGA A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

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.

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.

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.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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 FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

ATHLETIC TRAINING

BODYSTRIKES! Ilaria's newest fitness concept is a total cardio workout designed to shape lean and muscular legs. The routines, based on martial art, ballet and high intensity lower body moves, will improve your flexibility and core strength while burning hundreds of calories.

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.

FORZA! Italian for "strength and power." Also known as Samurai sword training, the one-hour class is a super-charged workout that blends elements of two Japanese Sword Fighting techniques--Kendo and Aikijujitsu. Class size limited. Sign-up 30 minutes prior to start of class.

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

BARRE

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

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ATLETICA Sculpt and train your body like An athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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.

LOWER BODY BLAST! Buff your ASSets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

TAI SCULPT This is a barefoot total conditioning class based on the principals of basic ballet, yoga, pilates, tai-chi and traditional sculpt with weights.

This fusion class unites western and eastern philosophy to challenge your mind and body in deep focused movement.

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 BAND Enhance your Pilates workout with the addition of a resistance band. Challenges core stability in new ways while toning the arms and legs for a total body workout.

DANCE

DANCEOLOGY From hip hop to jazz to funk to lyrical and modern James's dance class gives you everything. This diverse class will challenge your inhibitions, make you move and groove and allow your spirit to soar.

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

NIA Music, Movement & Magic: Nia is medicine for your body & soul. Achieve whole-being integration (body, mind, emotions, spirit) using expressive movement designed to heal & condition you from the inside out. A fusion of dance arts, martial arts & healing arts created by Debbie & Carlos Rosas.

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

IMPACT! Impact is the evolution of shadow kickboxing. No other workout can bring you the excitement, the intensity and the physical benefits of working on a bag. When striking a bag you are constantly testing your strength, increasing your stamina and are forced to improve your form and technique.

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.

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.

HEALING LIGHT MEDITATION A certified Reiki Master, Raven uses guided visualization to relax the body & mind.

STRETCH Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.