

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:30-7:15 CS◆ Studio Cycling <i>Corinne Teklitz</i>	6:15-7:00 CS◆ Studio Cycling <i>Benjamin Green</i>	6:30-7:15 CS◆ Studio Cycling <i>Benjamin Green</i>	6:30-7:00 CS◆ Studio Cycling <i>Benjamin Green</i>	6:30-7:15 CS◆ Studio Cycling <i>Benjamin Green</i>	6:30-7:15 CS◆ Studio Cycling <i>Sarah May Epstein</i>	6:30-7:30 CS◆ Studio Cycling <i>Constance Marie Cohen</i>	8:00-8:45 CS◆ Studio Cycling <i>Renee Pesante</i>	9:00-10:00 CS◆ Studio Cycling <i>Jason Strong</i>				
6:45-7:30 MS Boot Camp <i>Leon Joseph</i>	6:30-7:30 YS Alignment Flow Yoga <i>Jackie Prete</i>	6:30-7:15 MS METCON3 <i>Luis Weber</i>	6:30-7:15 MS METCON3 <i>Luis Weber</i>	7:00-7:45 MS Tabata <i>CeCe Marizu</i>	7:00-7:45 MS EQX Barre Burn <i>Amanda Blauer</i>	7:00-7:45 MS EQX Barre Burn <i>Amanda Blauer</i>	7:00-7:45 MS EQX Barre Burn <i>Amanda Blauer</i>	8:00-9:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	9:00-9:50 MS Body Conditioning <i>Jessica Davis</i>				
7:00-8:00 YS Vinyasa Yoga <i>Eli Walker</i>	7:00-7:45 MS METCON3 <i>Angie Lee</i>	7:15-8:00 CS◆ Studio Cycling <i>Benjamin Green</i>	7:15-8:00 CS◆ Studio Cycling <i>Benjamin Green</i>	8:00-9:00 YS Iyengar Yoga <i>Cheryl Malter</i>	8:00-9:00 YS Iyengar Yoga <i>Cheryl Malter</i>	8:00-9:00 YS Iyengar Yoga <i>Cheryl Malter</i>	8:00-9:00 YS Iyengar Yoga <i>Cheryl Malter</i>	9:00-9:45 CS◆ Studio Cycling <i>Chelsea Amengual</i>	9:00-10:00 YS Vinyasa Yoga <i>Mindy Bacharach</i>				
7:15-8:00 CS◆ Studio Cycling <i>Monika Janeczek</i>	9:00-9:45 CS◆ Studio Cycling <i>Constance Marie Cohen</i>	8:00-9:00 YS Hatha Yoga <i>Mindy Bacharach</i>	8:00-9:00 YS Hatha Yoga <i>Mindy Bacharach</i>	9:00-9:45 CS◆ Studio Cycling <i>LR Davidson</i>	9:00-9:45 CS◆ Studio Cycling <i>LR Davidson</i>	9:00-9:45 CS◆ Studio Cycling <i>LR Davidson</i>	9:00-9:45 CS◆ Studio Cycling <i>LR Davidson</i>	9:00-9:45 MS Athletic Conditioning <b>Tim Flores</b>	10:00-10:45 MS◆ Body Conditioning <i>Sabrina Cohen</i>				
9:00-9:50 MS Body Conditioning <i>Jessica Davis</i>	9:00-10:00 MS Barefoot Body Conditioning <i>Lynze Schiller</i>	9:00-9:50 MS Body Conditioning <i>Sabrina Cohen</i>	9:00-9:50 MS Body Conditioning <i>Sabrina Cohen</i>	9:00-10:00 MS Barefoot Body Conditioning <i>Sarah Starkweather</i>	9:00-10:00 MS Barefoot Body Conditioning <i>Sarah Starkweather</i>	9:00-10:00 MS Barefoot Body Conditioning <i>Sarah Starkweather</i>	9:00-10:00 MS Barefoot Body Conditioning <i>Sarah Starkweather</i>	9:00-9:45 MS Pilates <i>Robin Powell</i>	10:15-11:15 YS Vinyasa Yoga (L2) <i>Mindy Bacharach</i>				
9:00-10:00 YS Iyengar Yoga <i>Cheryl Malter</i>	10:00-11:00 YS Vinyasa Yoga <i>Samantha Debicki</i>	10:00-11:00 MS Powerstrike! <i>Sabrina Cohen</i>	10:00-11:00 MS Powerstrike! <i>Sabrina Cohen</i>	10:00-11:00 YS Athletic Yoga (L2) <i>Serena Tom</i>	10:00-11:00 YS Athletic Yoga (L2) <i>Serena Tom</i>	10:00-11:00 YS Athletic Yoga (L2) <i>Serena Tom</i>	10:00-11:00 YS Athletic Yoga (L2) <i>Serena Tom</i>	9:15-10:10 YS Pilates <i>Robin Powell</i>	10:30-11:15 CS◆ Studio Cycling <i>Sarah May Epstein</i>				
10:00-10:45 CS◆ Studio Cycling <i>Jason Strong</i>	10:15-11:00 CS◆ 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>Erica Villalba</i>	10:10-11:10 MS Nia <i>Kevin VerEecke</i>	10:10-11:10 MS Nia <i>Kevin VerEecke</i>	10:10-11:10 MS Nia <i>Kevin VerEecke</i>	10:10-11:10 MS Nia <i>Kevin VerEecke</i>	9:45-10:00 MS Ab Lab <i>Tim Flores</i>	10:45-11:00 MS Ab Lab <i>Sabrina Cohen</i>				
10:00-10:50 MS Powerstrike! <i>Omar Sandoval</i>	10:30-11:15 MS THE CUT <i>Joshua Vela</i>	11:00-12:00 YS Pilates <i>Amanda Blauer</i>	11:00-12:00 YS Pilates <i>Amanda Blauer</i>	11:10-12:10 YS Pilates Band <i>Benjamin Green</i>	11:10-12:10 YS Pilates Band <i>Benjamin Green</i>	11:10-12:10 YS Pilates Band <i>Benjamin Green</i>	11:10-12:10 YS Pilates Band <i>Benjamin Green</i>	10:00-10:45 CS◆ Studio Cycling <i>Mike Harris</i>	11:15-12:15 MS◆ Impact! <i>Sabrina Cohen</i>				
10:10-11:00 YS Pilates <i>Robin Powell</i>	11:15-12:00 MS EQX Barre Burn <i>Lynze Schiller</i>	12:00-1:00 YS Alignment Flow Yoga <i>Marci Rubin</i>	12:00-1:00 YS Alignment Flow Yoga <i>Marci Rubin</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	10:15-11:15 MS Zumba@ <i>Joanna Romero</i>	11:30-12:15 CS◆ Studio Cycling <i>LR Davidson</i>				
11:00-11:50 MS Titan Method (L2) <i>Omar Sandoval</i>	11:10-12:10 YS Pilates Band <i>Linda Farrell</i>	6:00-7:00 YS Alignment Flow Yoga <i>Robert Nguyen</i>	6:00-7:00 YS Alignment Flow Yoga <i>Robert Nguyen</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	11:15-12:15 CS◆ Studio Cycling <i>Benjamin Green</i>	10:15-11:15 YS Pilates <i>Robin Powell</i>	11:30-12:30 YS Pilates <i>Amanda Blauer</i>				
11:05-11:35 YS Stretch Essentials <i>Robin Powell</i>	11:15-12:00 MS EQX Barre Burn <i>Lynze Schiller</i>	6:15-7:05 MS Zumba@ <i>Joanna Romero</i>	6:15-7:05 MS Zumba@ <i>Joanna Romero</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	11:30-12:20 MS Body Conditioning <i>Angie Lee</i>	12:45-1:45 YS Gentle Yoga <i>Lisa Tatham</i>				
12:00-1:00 YS Slow Flow Yoga <i>Susan Malcolm</i>	12:30-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	6:30-7:15 MS Studio Cycling <i>Jerome Isakov</i>	6:30-7:15 MS Studio Cycling <i>Jerome Isakov</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:30 YS Vinyasa Yoga <i>Rika Henry</i>	11:30-12:45 YS Vinyasa Yoga (L2) <i>Susan Malcolm</i>	2:30-3:30 YS Athletic Yoga (L2) <i>Serena Tom</i>				
6:00-6:45 MS R.I.P.P.E.D. <i>Dawn Parker</i>	6:00-6:50 MS◆ Atletica <i>Ilaria Montagnani</i>	6:30-7:15 CS◆ Studio Cycling <i>Jerome Isakov</i>	6:30-7:15 CS◆ Studio Cycling <i>Jerome Isakov</i>	6:00-7:00 YS Power Yoga (L2) <i>Michael Lechonczaak</i>	6:00-7:00 YS Power Yoga (L2) <i>Michael Lechonczaak</i>	6:00-7:00 YS Power Yoga (L2) <i>Michael Lechonczaak</i>	6:00-7:00 YS Power Yoga (L2) <i>Michael Lechonczaak</i>	4:00-4:45 MS Best Butt Ever <i>Adam Bokunewicz</i>	4:15-5:15 YS Yoga Fundamentals <i>Mariko Hirakawa</i>				
6:00-7:00 YS Slow Flow Yoga (L1) <i>Serena Tom</i>	6:00-7:00 YS Vinyasa Yoga <i>Derek Cook</i>	7:10-8:00 YS Pilates Band <i>Paul Liberti</i>	7:10-8:00 YS Pilates Band <i>Paul Liberti</i>	6:15-7:00 MS THE CUT <i>Kari McKillip</i>	6:15-7:00 MS THE CUT <i>Kari McKillip</i>	6:15-7:00 MS THE CUT <i>Kari McKillip</i>	6:15-7:00 MS THE CUT <i>Kari McKillip</i>	4:50-5:05 MS Best Arms Ever <i>Adam Bokunewicz</i>	4:30-5:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>				
6:30-7:15 CS◆ Studio Cycling <i>Mike Harris</i>	7:00-7:45 CS◆ Studio Cycling <i>Michael Reilly</i>	7:15-7:45 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	7:15-7:45 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>	5:45-6:30 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>				
6:45-7:00 MS Ab Lab <i>Dawn Parker</i>	7:00-7:45 MS Bodystrikes! <i>Ilaria Montagnani</i>	7:45-8:00 MS Ab Lab <i>Johanna Chase-Weinrich</i>	7:45-8:00 MS Ab Lab <i>Johanna Chase-Weinrich</i>	7:10-8:00 YS Pilates <i>Gina Ianni</i>	7:10-8:00 YS Pilates <i>Gina Ianni</i>	7:10-8:00 YS Pilates <i>Gina Ianni</i>	7:10-8:00 YS Pilates <i>Gina Ianni</i>	6:30-7:30 YS Vinyasa Yoga <i>Samantha Debicki</i>	4:45-5:15 MS◆ Impact! <i>Ilaria Montagnani</i>				
7:05-8:05 YS Athletic Yoga (L2) <i>Serena Tom</i>	7:10-8:00 YS Pilates <i>Dara Adler</i>	8:10-9:10 MS Vinyasa Yoga <i>Bee Bosnak</i>	8:10-9:10 MS Vinyasa Yoga <i>Bee Bosnak</i>	7:15-8:00 MS METCON3 <b>Chris Norvell</b>	7:15-8:00 MS METCON3 <b>Chris Norvell</b>	7:15-8:00 MS METCON3 <b>Chris Norvell</b>	7:15-8:00 MS METCON3 <b>Chris Norvell</b>	2:15-3:15 YS Yoga Fundamentals <i>Tara Dhyani Purswani</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>				
7:15-8:00 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	8:10-9:10 YS Healing Light Meditation <i>Kristin Degroat</i>	8:10-9:10 MS Vinyasa Yoga <i>Bee Bosnak</i>	8:10-9:10 MS Vinyasa Yoga <i>Bee Bosnak</i>	8:10-9:10 YS Restorative Flow Yoga <i>Jessica Willis</i>	8:10-9:10 YS Restorative Flow Yoga <i>Jessica Willis</i>	8:10-9:10 YS Restorative Flow Yoga <i>Jessica Willis</i>	8:10-9:10 YS Restorative Flow Yoga <i>Jessica Willis</i>	2:40-3:40 MS◆ FORZA! <i>Ilaria Montagnani</i>	5:30-6:00 MS◆ Firestarter <i>Nikita Chaudhry</i>				
8:10-9:00 MS Kickboxing <i>Justin Walker</i>		8:10-8:55 MS EQX Barre Burn <i>Lynze Schiller</i>	8:10-8:55 MS EQX Barre Burn <i>Lynze Schiller</i>						5:30-6:30 YS Vinyasa Yoga <i>Mariko Hirakawa</i>				
8:15-9:00 YS Pilates <i>Gabe Villanueva</i>									6:05-6:35 MS Best Butt Ever <i>Nikita Chaudhry</i>				
									6:40-6:55 MS Best Arms Ever <i>Nikita Chaudhry</i>				

# EQUINOX

## WEST 76TH STREET

344 AMSTERDAM AVENUE  
NEW YORK NEWYORK 10024  
212.496.2374  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 11:00PM  
**FRI:** 5:30AM - 10:00PM  
**SAT & SUN:** 7:00AM - 9:00PM

**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

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

**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.

#### 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.

**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

**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.

**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.

**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!

**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 ARMS EVER** Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

**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.

**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.

#### 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

**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.

**KICKBOXING** An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

**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®** The Feldenkrais Method® of somatic education uses gentle movement and directed attention to improve flexibility, balance and coordination.

**HEALING LIGHT MEDITATION** Rejuvenate body and mind through guided visualization with Raven, a certified Reiki Master.

**STRETCH ESSENTIALS** Power down to power further. Reset properly with guided self-massage as well as mobility and flexibility training for a restored range of motion, enhanced flexibility, and reduced stress.