

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	Ropes and Rowers <i>Patrick Tae</i>	6:30-7:15 MS ◆	Stacked! <i>Matt Ortel</i>	6:30-7:15 MS ◆	Firestarter + Best Abs Ever <i>Robert Burke</i>	6:30-7:15 MS ◆	METCON3 <i>Katie Thrasher</i>	6:30-7:15 MS ◆	Whipped! <i>Steven Strozza</i>	8:30-9:15 YS ◆	Pilates Mat <i>Itsy Rachatasumrit</i>	8:30-9:20 TR ◆	Precision Run® <i>Ney Melo</i>
7:00-7:45 CS ◆	Cycle Power <i>Kristin Kenney</i>	7:00-7:50 TR ◆	Precision Run® <i>Linette Guelen</i>	7:00-7:45 CS ◆	Cycle Power <i>John King</i>	7:00-7:50 TR ◆	Precision Run® <i>Shane Blouin</i>	7:00-7:45 CS ◆	Cycle Beats <i>Javier Santin</i>	9:00-9:45 MS ◆	STRONG <i>Adam Ilenich</i>	9:00-9:45 MS ◆	Cardio Sculpt <i>Robert Burke</i>
7:15-8:00 YS ◆	EQX Barre Bum <i>Caroline Strong</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Stephanie Battle</i>	7:15-8:00 YS ◆	Pilates Fusion <i>Dara Adler</i>	7:15-8:15 YS ◆	Yoga Strong <i>Donald Johnston</i>	7:15-8:00 YS ◆	Off The Barre <i>Richel Ruiz</i>	9:30-10:15 CS ◆	Cycle Power <i>Jan Erik Navoa</i>	9:30-10:15 CS ◆	Cycle Beats <i>Ney Melo</i>
7:30-8:15 MS ◆	METCON3 <i>Patrick Tae</i>	7:45-8:30 MS ◆	Cardio Sculpt <i>Antonio Hudson</i>	7:45-8:30 MS ◆	STRONG <i>Patrick Tae</i>	7:30-8:15 MS ◆	Tabata Max <i>Natasha Ross</i>	7:30-8:15 MS ◆	Best Butt Ever <i>Steven Strozza</i>	10:15-11:00 YS ◆	Vinyasa Yoga <i>Katey Lewis</i>	10:15-11:00 YS ◆	Athletic Yoga <i>Kristin Bilella</i>
12:15-1:15 YS ◆	Yoga Strong <i>Donald Johnston</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Alison O'Connor</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Josh Mathew-Meier</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Mardi Sykes</i>	9:30-10:15 MS ◆	Body Sculpt <i>Vanita Iyer</i>	10:30-11:15 MS ◆	TRX Max <i>Jan Erik Navoa</i>	10:30-11:15 MS ◆	METCON3 <i>Robert Burke</i>
12:30-1:15 MS ◆	STRONG <i>Erin Sanders</i>	12:15-1:00 YS ◆	Pilates Mat <i>Will Taylor</i>	12:30-1:15 MS ◆	Athletic Conditioning <i>Peyton Royal</i>	12:15-1:00 YS ◆	Pilates Fusion <i>Ron Tal</i>	12:15-1:00 YS ◆	EQX Barre Bum <i>Jill Weinstein</i>	11:00-11:45 CS ◆	Cycle Power <i>Alfonso Alchaer</i>	11:45-12:30 YS ◆	Pilates Fusion <i>Melanie Hervey</i>
5:30-6:15 YS ◆	Pilates Fusion <i>Will Taylor</i>	12:30-1:15 MS ◆	TRX Max <i>Nyree Brown</i>	5:30-6:15 MS ◆	5:45-6:30 YS ◆	12:30-1:15 MS ◆	METCON3 <i>Natasha Ross</i>	12:30-1:15 MS ◆	Stacked! <i>Tim Flores</i>	11:30-12:15 MS ◆	Tabata Max <i>John Peterson</i>	1:30-2:30 YS ◆	Regeneration Yoga <i>Robert Nguyen</i>
5:45-6:30 MS ◆	PURE STRENGTH <i>Natasha Ross</i>	5:30-6:15 MS ◆	Tabata Max <i>Andrew Slane</i>	5:45-6:30 YS ◆	Pilates Fusion <i>Jennifer Tse</i>	5:30-6:15 MS ◆	THE CUT <i>Eddie Carrington</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Colleen Breeckner</i>	11:45-12:45 YS ◆	Athletic Yoga <i>Anke Meseve</i>	5:00-6:00 YS ◆	Vinyasa Yoga <i>Erin Stemstein</i>
6:00-6:45 CS ◆	Cycle Power <i>Christopher Infantino</i>	5:45-6:30 YS ◆	EQX Barre Bum <i>Emily-Ann Little</i>	6:00-6:45 CS ◆	Cycle Power <i>Tim McMullan</i>	5:45-6:45 YS ◆	Vinyasa Yoga <i>Erin Stemstein</i>	5:45-6:30 MS ◆	METCON3 <i>Alison O'Connor</i>	12:30-1:30 MS ◆	AK! Rope <i>John Peterson</i>		
6:45-7:30 MS ◆	Athletic Conditioning <i>Tim Flores</i>	6:15-7:05 TR ◆	Precision Run® <i>Alfonso Alchaer</i>	6:30-7:30 MS ◆	AK! Rope <i>Kyle White</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>TomJohn Mershon</i>			4:00-4:45 YS ◆	Off The Barre <i>Elgin McCargo</i>		
7:00-8:00 YS ◆	Vinyasa Yoga <i>Seth Barron</i>	6:30-7:15 MS ◆	THE CUT <i>Andrew Slane</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Johnny Anzalone</i>	7:15-8:00 CS ◆	Cycle Power <i>Javier Ortega</i>						
		7:15-8:00 CS ◆	Cycle Power <i>Alfonso Alchaer</i>			7:30-8:15 MS ◆	Best Butt Ever <i>TomJohn Mershon</i>						

HIGH LINE

100 TENTH AVENUE
NEW YORK NY 10011
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 8:00PM
SAT - SUN: 8:00AM - 7:00PM

KID'S CLUB HOURS

SAT - SUN: 8:00AM - 2:00PM

GROUP FITNESS MANAGER

natasha.ross@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
TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

CYCLING

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.

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.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

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.

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

AK! ROPE Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

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.

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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. 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.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

OFF THE BARRE This off-the-bare 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.

BOXING AND KICKBOXING

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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.



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.