

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>	6:30-7:15 MS METCON3 <i>Luis Weber</i>	6:30-7:15 MS METCON3 <i>Luis Weber</i>	6:30-7:15 MS Tabata <i>CeCe Marizu</i>	6:30-7:15 MS Tabata <i>CeCe Marizu</i>	6:30-7:30 CS◆ Studio Cycling <i>Constance Marie Cohen</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>	9:00-10:00 CS◆ Studio Cycling <i>Jason Strong</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>	7:15-8:00 CS◆ Studio Cycling <i>Benjamin Green</i>	7:15-8:00 CS◆ Studio Cycling <i>Benjamin Green</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 Iyengar Yoga <i>Cheryl Malter</i>	8:00-9:00 YS Iyengar Yoga <i>Cheryl Malter</i>	8:00-9:00 YS Hatha Yoga <i>Mindy Bacharach</i>	8:00-9:00 YS Hatha Yoga <i>Mindy Bacharach</i>	8:00-9:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	9:00-9:50 MS Powerstrike! <i>Sabrina Cohen</i>	9:00-9:50 MS Powerstrike! <i>Sabrina Cohen</i>	9:00-9:50 MS Powerstrike! <i>Sabrina Cohen</i>
7:00-8:00 YS Vinyasa Yoga <i>Eli Walker</i>	7:00-7:45 MS METCON3 <i>Angie Lee</i>	8:00-9:00 YS Hatha Yoga <i>Mindy Bacharach</i>	8:00-9:00 YS Hatha Yoga <i>Mindy Bacharach</i>	8:00-9:00 MS EQX Barre Burn <i>Amanda Blauer</i>	8:00-9:00 MS EQX Barre Burn <i>Amanda Blauer</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>Erica Villalba</i>	9:00-9:45 CS◆ Studio Cycling <i>Erica Villalba</i>	9:00-9:45 MS Boot Camp <i>Priscilla Schaper</i>	10:00-10:45 MS Body Conditioning <i>Sabrina Cohen</i>	10:00-10:45 MS Body Conditioning <i>Sabrina Cohen</i>	10:00-10:45 MS Body Conditioning <i>Sabrina Cohen</i>
7:15-8:00 CS◆ Studio Cycling <i>Monika Janeczek</i>	9:00-9:45 CS◆ Studio Cycling <i>Constance Marie Cohen</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 Tai Sculpt <i>James Ervin</i>	9:00-10:00 MS Tai Sculpt <i>James Ervin</i>	9:00-10:00 MS Tai Sculpt <i>James Ervin</i>	9:00-10:00 MS Tai Sculpt <i>James Ervin</i>	9:15-10:15 MS Best Butt Ever <i>Marie Jasmin</i>	9:15-10:15 MS Best Butt Ever <i>Marie Jasmin</i>	9:15-10:10 YS Pilates <i>Robin Powell</i>	10:15-11:15 YS Vinyasa Yoga (L2) <i>Mindy Bacharach</i>	10:15-11:15 YS Vinyasa Yoga (L2) <i>Mindy Bacharach</i>	10:15-11:15 YS Vinyasa Yoga (L2) <i>Mindy Bacharach</i>
9:00-9:50 MS Body Conditioning <i>Jessica Davis</i>	9:00-10:00 MS Tai Sculpt <i>James Ervin</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 Vinyasa Yoga <i>Samantha Debicki</i>	10:00-11:00 YS Vinyasa Yoga <i>Samantha Debicki</i>	10:00-11:00 MS Athletic Yoga (L2) <i>Serena Tom</i>	10:00-11:00 MS Athletic Yoga (L2) <i>Serena Tom</i>	10:00-11:00 YS Feldenkrais Method® <i>Frederick Schjang</i>	10:00-11:00 YS Feldenkrais Method® <i>Frederick Schjang</i>	9:45-10:00 MS Ab Lab <i>Priscilla Schaper</i>	10:30-11:15 CS◆ Studio Cycling <i>Sarah May Epstein</i>	10:30-11:15 CS◆ Studio Cycling <i>Sarah May Epstein</i>	10:30-11:15 CS◆ Studio Cycling <i>Sarah May Epstein</i>
9:00-10:00 YS Iyengar Yoga <i>Cheryl Malter</i>	10:00-11:00 YS Vinyasa Yoga <i>Samantha Debicki</i>	10:15-11:00 YS Studio Cycling <i>Erica Villalba</i>	10:15-11:00 YS Studio Cycling <i>Erica Villalba</i>	10:15-11:00 YS Studio Cycling <i>Erica Villalba</i>	10:15-11:00 YS 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>	10:30-11:15 CS◆ Studio Cycling <i>Marie Jasmin</i>	10:30-11:15 CS◆ Studio Cycling <i>Marie Jasmin</i>	10:15-11:15 MS Zumba® <i>Joanna Romero</i>	10:45-11:00 MS Ab Lab <i>Sabrina Cohen</i>	10:45-11:00 MS Ab Lab <i>Sabrina Cohen</i>	10:45-11:00 MS Ab Lab <i>Sabrina Cohen</i>
10:00-10:45 CS◆ Studio Cycling <i>Jason Strong</i>	10:15-11:00 CS◆ Studio Cycling <i>Constance Marie Cohen</i>	11:00-12:00 YS Pilates <i>Amanda Blauer</i>	11:00-12:00 YS Pilates <i>Amanda Blauer</i>	11:00-12:00 YS Pilates <i>Amanda Blauer</i>	11:00-12:00 YS Pilates <i>Amanda Blauer</i>	10:15-11:00 MS Studio Cycling <i>Benjamin Green</i>	10:15-11:00 MS Studio Cycling <i>Benjamin Green</i>	11:15-12:00 YS Pilates <i>Frederick Schjang</i>	11:15-12:00 YS Pilates <i>Frederick Schjang</i>	10:15-11:15 MS Zumba® <i>Joanna Romero</i>	11:15-12:15 MS◆ Impact! <i>Sabrina Cohen</i>	11:15-12:15 MS◆ Impact! <i>Sabrina Cohen</i>	11:15-12:15 MS◆ Impact! <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>	12:00-1:00 YS Alignment Flow Yoga <i>Marci Rubin</i>	12:00-1:00 YS Alignment Flow Yoga <i>Marci Rubin</i>	11:10-12:10 YS Pilates Band <i>Linda Farrell</i>	11:10-12:10 YS Pilates Band <i>Linda Farrell</i>	11:10-12:10 YS Pilates Band <i>Linda Farrell</i>	11:10-12:10 YS Pilates Band <i>Linda Farrell</i>	11:15-12:00 YS Pilates <i>Frederick Schjang</i>	11:15-12:00 YS Pilates <i>Frederick Schjang</i>	11:30-12:20 MS Body Conditioning <i>James Ervin</i>	11:30-12:15 CS◆ Studio Cycling <i>LR Davidson</i>	11:30-12:15 CS◆ Studio Cycling <i>LR Davidson</i>	11:30-12:15 CS◆ Studio Cycling <i>LR Davidson</i>
10:10-11:00 YS Pilates <i>Robin Powell</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>	11:30-12:20 MS Body Conditioning <i>James Ervin</i>	11:30-12:20 MS Body Conditioning <i>James Ervin</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>Elitza Ivanova</i>	12:30-1:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	11:30-12:45 YS Vinyasa Yoga (L2) <i>Susan Malcolm</i>	11:30-12:30 YS Pilates <i>Amanda Blauer</i>	11:30-12:30 YS Pilates <i>Amanda Blauer</i>	11:30-12:30 YS Pilates <i>Amanda Blauer</i>
11:00-11:50 MS Titan Method (L2) <i>Omar Sandoval</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>	12:45-1:45 YS Gentle Yoga <i>Lisa Tatham</i>	12:45-1:45 YS Gentle Yoga <i>Lisa Tatham</i>	6:00-7:00 YS Power Yoga (L2) <i>Michael Lechoncza</i>	6:00-7:00 YS Power Yoga (L2) <i>Michael Lechoncza</i>	5:45-6:30 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	5:45-6:30 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	12:30-1:15 MS Tabata <i>Luis Weber</i>	2:30-3:30 YS Athletic Yoga (L2) <i>Serena Tom</i>	2:30-3:30 YS Athletic Yoga (L2) <i>Serena Tom</i>	2:30-3:30 YS Athletic Yoga (L2) <i>Serena Tom</i>
11:05-11:35 YS Stretch <i>Robin Powell</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>Jerome Isakov</i>	2:45-3:15 MS FORZA! <i>Ilaria Montagnani</i>	2:45-3:15 MS FORZA! <i>Ilaria Montagnani</i>	6:15-7:00 MS THE CUT <i>Nikki Fainsan</i>	6:15-7:00 MS THE CUT <i>Nikki Fainsan</i>	6:30-7:30 YS Vinyasa Yoga <i>Samantha Debicki</i>	6:30-7:30 YS Vinyasa Yoga <i>Samantha Debicki</i>	1:00-2:00 YS Vinyasa Yoga (L2) <i>Melinda Abbott</i>	4:15-5:15 YS Yoga Fundamentals <i>Mariko Hirakawa</i>	4:15-5:15 YS Yoga Fundamentals <i>Mariko Hirakawa</i>	4:15-5:15 YS Yoga Fundamentals <i>Mariko Hirakawa</i>
12:00-1:00 YS Slow Flow Yoga <i>Susan Malcolm</i>	6:00-6:50 MS Atletica <i>Ilaria Montagnani</i>	7:10-8:00 YS Pilates Band <i>Paul Liberti</i>	7:10-8:00 YS Pilates Band <i>Paul Liberti</i>	3:30-4:30 MS Yoga Fundamentals <i>Tara Dhyani Purswani</i>	3:30-4:30 MS Yoga Fundamentals <i>Tara Dhyani Purswani</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i>			1:30-2:25 MS◆ Impact! <i>Ilaria Montagnani</i>	4:30-5:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	4:30-5:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	4:30-5:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>
6:00-6:45 MS R.I.P.P.E.D. <i>Dawn Parker</i>	6:00-7:00 YS Vinyasa Yoga <i>Derek Cook</i>	7:15-7:45 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	7:15-7:45 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>	7:10-8:00 YS Pilates <i>Gina Ianni</i>	7:10-8:00 YS Pilates <i>Gina Ianni</i>			2:15-3:15 YS Yoga Fundamentals <i>Tara Dhyani Purswani</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>	4:30-5:20 MS EQX Barre Burn <i>Lynze Schiller</i>
6:00-7:00 YS Slow Flow Yoga (L1) <i>Serena Tom</i>	7:00-7:45 CS◆ Studio Cycling <i>Michael Reilly</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>	5:30-6:00 MS◆ Firestarter <i>Nikita Chaudhry</i>	5:30-6:00 MS◆ Firestarter <i>Nikita Chaudhry</i>	7:15-8:00 MS METCON3 <i>Luis Weber</i>	7:15-8:00 MS METCON3 <i>Luis Weber</i>			2:40-3:40 MS FORZA! <i>Ilaria Montagnani</i>	5:30-6:30 YS Vinyasa Yoga <i>Mariko Hirakawa</i>	5:30-6:30 YS Vinyasa Yoga <i>Mariko Hirakawa</i>	5:30-6:30 YS Vinyasa Yoga <i>Mariko Hirakawa</i>
6:30-7:15 CS◆ Studio Cycling <i>Mike Harris</i>	7:00-7:50 MS Bodystrikes! <i>Ilaria Montagnani</i>	8:10-9:10 MS Vinyasa Yoga <i>Bee Bosnak</i>	8:10-9:10 MS Vinyasa Yoga <i>Bee Bosnak</i>	6:05-6:35 MS Best Butt Ever <i>Nikita Chaudhry</i>	6:05-6:35 MS Best Butt Ever <i>Nikita Chaudhry</i>	8:10-9:10 MS EQX Barre Burn <i>Lynze Schiller</i>	8:10-9:10 MS EQX Barre Burn <i>Lynze Schiller</i>						
6:45-7:00 MS Ab Lab <i>Dawn Parker</i>	7:10-8:00 YS Pilates <i>Dara Adler</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>						
7:05-8:05 YS Athletic Yoga (L2) <i>Serena Tom</i>	8:10-9:10 YS Healing Light Meditation <i>Kristin Degroat</i>												
7:15-8:00 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>													
8:10-9:00 MS Powerstrike! <i>Sabrina Cohen</i>													
8:15-9:00 YS Pilates <i>Gabe Villanueva</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
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

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!

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.

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

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® Reconnect body and mind to improve physical motion and well-being. Developed by Israeli engineer Moshé Feldenkrais, the Feldenkrais Method empowers you to subvert body's habits with slow repetitions, rediscover your capacity to govern your own movement, and gain power over your life.

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

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.