

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:45-7:30 MS	Boot Camp <i>Parker Krug</i>	6:30-7:15 CS◆	Studio Cycling <i>Sarah May Epstein</i>	6:15-7:00 CS◆	<b>Studio Cycling</b> <b><i>Brittany Ng</i></b>	6:30-7:15 CS◆	Studio Cycling <i>Sarah May Epstein</i>	6:30-7:30 CS◆	Studio Cycling <i>Coco Cohen</i>	8:00-8:45 CS◆	Studio Cycling <i>Renee Pesante</i>	9:00-10:00 CS◆	Studio Cycling <i>Jason Strong</i>
7:00-8:00 YS	Vinyasa Yoga <i>Taryn VanderHoop</i>	6:30-7:30 YS	Alignment Flow Yoga <i>Jackie Prete</i>	6:30-7:15 MS	METCON3 <i>Luis Weber</i>	6:30-7:30 YS	Alignment Flow Yoga <i>Jackie Prete</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◆	Powerstrike! <i>Sabrina Cohen</i>
7:15-8:00 CS◆	Studio Cycling <i>Monika Janeczczek</i>	7:00-7:45 MS	METCON3 <i>Angie Lee</i>	7:00-7:50 YS	Pilates <i>Mathew Makings</i>	7:00-7:45 MS	Tabata <i>CeCe Marizu</i>	8:00-9:00 YS	Hatha Yoga <i>Mindy Bacharach</i>	8:15-9:00 MS◆	THE MUSE™ <i>Yury Rockit</i>	9:00-10:00 YS	Vinyasa Yoga <i>Mindy Bacharach</i>
9:00-9:45 CS◆	Studio Cycling <i>Alex Lepinsky</i>	9:00-9:45 CS◆	Studio Cycling <i>Coco Cohen</i>	7:15-8:00 CS◆	<b>Studio Cycling</b> <b><i>Brittany Ng</i></b>	8:00-9:00 YS	Iyengar Yoga <i>Cheryl Malter</i>	9:00-9:45 CS◆	Studio Cycling <i>Erica Villalba</i>	9:00-9:45 CS◆	Studio Cycling <i>Chelsea Amengual</i>	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	TAI SCULPT <i>James Ervin</i>	8:00-9:00 YS	Hatha Yoga <i>Mindy Bacharach</i>	9:00-9:45 CS◆	Studio Cycling <i>LR Davidson</i>	9:15-10:15 MS	Best Butt Ever <i>Marie Jasmin</i>	9:15-10:00 MS	Boot Camp <i>Michael Taylor</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>	9:00-9:50 MS	Body Conditioning <i>Sabrina Cohen</i>	9:00-10:00 MS	TAI SCULPT <i>James Ervin</i>	10:00-11:00 YS	Feldenkrais Method® <i>Frederick Schjang</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>Coco Cohen</i>	10:00-11:00 MS	Powerstrike! <i>Sabrina Cohen</i>	10:00-11:00 YS	Athletic Yoga (L2) <i>Serena Tom</i>	10:30-11:15 CS◆	Studio Cycling <i>Renee Pesante</i>	10:00-10:45 CS◆	Studio Cycling <i>Helen Cawley</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>	10:15-11:00 CS◆	Studio Cycling <i>Lynze Schiller</i>	10:15-11:00 MS	Nia <i>Kevin VerEecke</i>	11:15-12:00 YS	Pilates <i>Frederick Schjang</i>	10:15-11:10 MS	Zumba® <i>Joanna Romero</i>	11:15-12:15 MS◆	Impact! <i>Sabrina Cohen</i>
10:10-11:00 YS	Pilates <i>Robin Powell</i>	11:10-12:10 YS	Pilates Band <i>Linda Farrell</i>	11:00-12:00 YS	Pilates <i>Amanda Blauer</i>	10:15-11:00 CS◆	Studio Cycling <i>Ryan Lingle</i>	12:30-1:30 YS	Vinyasa Yoga <i>Elitza Ivanova</i>	10:15-11:10 YS	Pilates <i>Robin Powell</i>	11:30-12:15 CS◆	Studio Cycling <i>LR Davidson</i>
11:00-11:50 MS	Titan Method (L2) <i>Omar Sandoval</i>	11:15-12:00 MS	EQX Barre Burn <i>Lynze Schiller</i>	12:00-1:00 YS	Alignment Flow Yoga <i>Marci Rubin</i>	11:10-12:10 YS	Pilates Band <i>Linda Farrell</i>	4:15-4:45 MS	Best Butt Ever <i>Adam Bokunewicz</i>	11:15-12:45 CS◆	Endurance Ride (L2) <i>Jason Strong</i>	11:30-12:30 YS	Pilates <i>Michael Blackmon-Ham</i>
11:05-11:35 YS	Stretch Essentials <i>Robin Powell</i>	12:30-1:30 YS	Iyengar Yoga <i>Cheryl Malter</i>	4:15-5:00 MS	EQX Barre Burn <i>Genieve Gordon</i>	12:30-1:30 YS	Vinyasa Yoga <i>Rika Henry</i>	4:50-5:35 MS	Tabata <i>Adam Bokunewicz</i>	11:30-12:20 MS	Body Conditioning <i>James Ervin</i>	11:30-12:30 YS	Pilates <i>Michael Blackmon-Ham</i>
12:00-1:00 YS	Slow Flow Yoga <i>Susan Malcolm</i>	6:00-6:50 MS◆	Atletica <i>Ilaria Montagnani</i>	5:15-5:45 MS◆	THE MUSE™ <i>Genieve Gordon</i>	6:00-7:00 YS	Power Yoga (L2) <i>Michael Lechonczonek</i>	5:45-6:30 MS	EQX Barre Burn <i>Kimberly Dawn Neumann</i>	11:30-12:45 YS	Vinyasa Yoga (L2) <i>Susan Malcolm</i>	12:45-1:45 YS	Gentle Yoga <i>Lisa Tatham</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>	6:00-7:00 YS	Alignment Flow Yoga <i>Robert Nguyen</i>	6:15-7:00 MS	THE CUT <i>Kari McKillip</i>	6:30-7:30 YS	Vinyasa Yoga <i>Samantha Debicki</i>	12:30-1:15 MS	Tabata <i>Luis Weber</i>	2:00-3:00 YS	<b>Vinyasa Yoga (L2)</b> <b><i>Leeann Walton</i></b>
6:00-7:00 YS	Slow Flow Yoga (L1) <i>Serena Tom</i>	7:00-7:45 CS◆	Studio Cycling <i>Michael Reilly</i>	6:15-7:05 MS	Zumba® <i>Joanna Romero</i>	6:15-7:00 MS	THE CUT <i>Kari McKillip</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>
6:30-7:15 CS◆	Studio Cycling <i>Mike Harris</i>	7:00-7:50 MS	Bodystrikes! <i>Ilaria Montagnani</i>	6:30-7:15 CS◆	Studio Cycling <i>Jerome Isakov</i>	6:30-7:15 CS◆	Studio Cycling <i>Monika Janeczczek</i>	6:35-7:05 MS◆	THE MUSE™ <i>Kimberly Dawn Neumann</i>	1:30-2:25 MS◆	Impact! <i>Ilaria Montagnani</i>	4:30-5:15 CS◆	Studio Cycling <i>Amanda Colacicco</i>
6:45-7:00 MS	Ab Lab <i>Dawn Parker</i>	7:10-8:00 YS	Pilates <i>Dara Adler</i>	7:10-8:00 YS	Pilates Band <i>Paul Liberti</i>	7:10-8:00 MS	Pilates <i>Gina Ianni</i>	7:10-8:00 YS	METCON3 <i>Chris Norvell</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>
7:05-8:05 YS	Athletic Yoga (L2) <i>Serena Tom</i>	8:10-9:10 YS	Healing Light Meditation <i>Kristin Degroat</i>	7:15-7:45 MS◆	Firestarter <i>Johanna Chase-Weinrich</i>	7:15-8:00 MS	Restorative Flow Yoga <i>Jessica Metz</i>	8:10-9:10 YS	Restorative Flow Yoga <i>Jessica Metz</i>	2:40-3:40 MS◆	FORZA! <i>Ilaria Montagnani</i>	5:30-6:00 MS◆	Firestarter <i>Lynze Schiller</i>
7:15-8:00 MS	EQX Barre Burn <i>Kimberly Dawn Neumann</i>			7:45-8:00 MS	Ab Lab <i>Johanna Chase-Weinrich</i>	8:10-9:10 MS	Vinyasa Yoga <i>Bee Bosnak</i>					5:30-6:30 YS	Vinyasa Yoga <i>Mariko Hirakawa</i>
8:10-9:00 MS	Kickboxing <i>Justin Walker</i>			8:10-9:10 MS	Vinyasa Yoga <i>Bee Bosnak</i>	8:10-8:55 MS	EQX Barre Burn <i>Lynze Schiller</i>					6:05-6:35 MS	Best Butt Ever <i>Lynze Schiller</i>
8:15-9:00 YS	Pilates <i>Gabe Villanueva</i>												

**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

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio

**WHAT'S NEW THIS MONTH**  
 Graceful. Intense.  
 Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, **THE MUSE**.

## 🚲 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.

**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. 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, tones and strengthens 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

**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.

**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.

**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.

**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.

**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.

## 🏋️ LONG + LEAN

**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.

**THE MUSE™** Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

## 🧘 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

**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.

**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 choreographed 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.