

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS <b>Athletic Conditioning</b> <i>Justine Ayala</i>	6:30-7:15 MS Stacked! <i>Matt Ortel</i>	6:30-7:15 MS ◆ TRX Suspension Workout <i>Susane Pata</i>	6:30-7:15 MS ◆ <b>MetCon(M)</b> <i>Kyle White</i>	6:30-7:20 TR ◆ Precision Running@ <i>Kara Shull</i>	8:30-9:20 TR ◆ <b>Precision Running@</b> <i>Diane LaVon</i>	9:15-10:00 CS ◆ Studio Cycling <i>Leah Platt</i>
7:00-7:45 CS ◆ Studio Cycling <i>Ally Raisian</i>	7:00-7:45 CS ◆ Studio Cycling <i>Kristin Kenney</i>	6:45-7:30 CS ◆ Studio Cycling <i>Chayanne Joel</i>	6:30-7:30 YS Power Yoga <i>Robert Nguyen</i>	7:00-7:45 CS ◆ Studio Cycling <i>Reed Foster</i>	8:45-9:30 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	10:00-10:45 MS ◆ PURE STRENGTH <i>Chris Norvell</i>
7:30-8:20 MS EQX Barre Burn <i>Dillon Spicer</i>	7:00-7:45 YS Pilates <i>Gina Ianni</i>	7:00-8:00 YS Vinyasa Yoga <i>Dana Slamp</i>	7:00-7:45 CS ◆ Studio Cycling <i>Monika Janeczek</i>	7:30-8:15 MS ◆ Tabata <i>Amy Amato</i>	9:30-10:15 CS ◆ <b>Cycle Beats</b> <i>James Donegan</i>	10:30-11:45 YS ◆ Power Yoga (L2) <i>Vivian Luo</i>
12:00-12:45 MS EQX Barre Burn <i>Kevin VerEecke</i>	7:30-8:15 MS ◆ PURE STRENGTH <i>Matt Ortel</i>	7:30-8:15 MS METCON3 <i>Antonio Hudson</i>	7:30-8:15 MS <b>THE CUT</b> <i>Abbey Hunt</i>	8:30-9:30 YS Vinyasa Yoga <i>Johan Montijano</i>	9:45-10:30 MS Tabata <i>Angie Lee</i>	11:00-11:45 MS ◆ <b>MetCon(M)</b> <i>Chris Norvell</i>
12:45-1:15 CS ◆ <b>ANTHEM™</b> <i>Liz Wexler</i>	12:00-12:30 MS Below the Belt <i>Leon Joseph</i>	8:15-9:05 CS ◆ The Pursuit: Build <i>Arthur Tang</i>	10:00-11:00 YS Vinyasa Yoga <i>Sarra Morton</i>	9:15-9:45 MS ◆ THE CUT: Jump Rope <i>Nyree Brown</i>	10:00-12:00 LO Personal Training Workshops <i>Equinox Trainers</i>	11:15-12:00 CS ◆ Cycle Beats <i>John King</i>
5:30-6:20 TR ◆ Precision Running@ <i>Marc Cooperman</i>	12:30-1:00 MS Above the Belt <i>Leon Joseph</i>	9:15-10:15 MS EQX Barre Burn <i>Becca Pace</i>	12:30-1:15 MS ◆ TRX Suspension Workout <i>Nyree Brown</i>	10:00-11:00 MS ◆ TRX Suspension Workout (L3) <i>Nyree Brown</i>	10:15-11:30 YS ◆ Vinyasa Yoga <i>Liz Wexler</i>	12:15-12:45 MS <b>Firestarter</b> <i>Andrew Harper</i>
6:00-6:30 MS Ab Lab <i>Lynze Schiller</i>	12:30-1:15 YS Pilates Band <i>Morgana Tessler</i>	12:15-1:15 YS Vinyasa Yoga <i>Sarra Morton</i>	5:30-6:00 MS Best Abs Ever <i>Eddie Carrington</i>	12:00-12:45 CS ◆ <b>The Pursuit: Build Story</b> <i>VonHolzhausen</i>	11:00-11:45 CS ◆ Studio Cycling <i>Alfonso Alchaer</i>	12:15-1:15 YS Pilates <i>Jennifer Tse</i>
6:30-7:15 CS ◆ <b>ANTHEM™</b> <i>Jonathan Carlucci</i>	5:45-6:15 MS ◆ THE MUSE™ <i>Kevin VerEecke</i>	12:30-1:20 CS ◆ The Pursuit: Build <i>Erica Villalba</i>	6:00-6:45 MS THE CUT <i>Eddie Carrington</i>	1:00-2:00 YS Power Yoga <i>Rika Henry</i>	11:00-11:45 MS Best Butt Ever Story <i>VonHolzhausen</i>	12:45-1:15 MS <b>Best Abs Ever</b> <i>Andrew Harper</i>
6:30-7:15 MS ◆ <b>MetCon(M)</b> <i>Lynze Schiller</i>	6:00-7:00 YS Candlelight Flow Yoga <i>Liz Wexler</i>	5:30-6:15 TR ◆ Precision Running@ <i>Alfonso Alchaer</i>	6:30-7:30 YS Vinyasa Yoga <i>Brian Liem</i>	6:15-7:00 CS ◆ Studio Cycling <i>Candace Peterson</i>	11:45-1:00 YS ◆ Power Yoga <i>Yanik Faylayev</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Leo Rising</i>
6:30-7:15 YS Pilates <i>Erin Ginn</i>	6:30-7:30 CL ◆ <b>Summer Series: Equinox Run Group (L2)</b> --	6:00-6:45 YS <b>Pilates Fusion</b> <i>Zach Bergfelt</i>	7:00-7:45 CS ◆ Studio Cycling <i>Tara McKiernan</i>	6:30-7:30 YS Vinyasa Yoga <i>Lizzie Falkner</i>	12:00-12:45 MS ◆ PURE STRENGTH <i>Matthew Johnson</i>	6:00-6:30 YS <b>Meditation(M)</b> <i>Leo Rising</i>
7:30-8:15 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	6:30-7:15 MS ◆ EQX Barre Burn <i>Kevin VerEecke</i>	6:30-7:30 MS <b>Athletic Conditioning</b> <i>Laura Hayes</i>	7:00-7:45 CS ◆ Studio Cycling <i>Monika Janeczek</i>		12:15-1:00 CS ◆ <b>The Pursuit: Build Story</b> <i>VonHolzhausen</i>	
7:30-8:30 YS ◆ Vinyasa Yoga <i>Sarah Girard</i>	7:00-7:45 CS ◆ Studio Cycling <i>Alfonso Alchaer</i>	7:00-7:45 CS ◆ Studio Cycling <i>Monika Janeczek</i>	7:00-8:15 YS ◆ Power Yoga <i>Yanik Faylayev</i>		2:00-2:45 MS EQX Barre Burn <i>Felicia Csolak</i>	
	7:15-8:15 YS Athletic Yoga (L2) <i>Mikee Richardson</i>				2:00-3:15 YS ◆ Vinyasa Yoga <i>Domenic Savino</i>	
	7:30-8:15 MS Tabata <i>Abbey Hunt</i>				6:00-7:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	

## HIGH LINE

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

**MON - THU:** 5:30AM - 11:00PM  
**FRI:** 5:30AM - 10:00PM  
**SAT - SUN:** 8:00AM - 9:00PM

## KID'S CLUB HOURS

**MON - SUN:** 8:00AM - 2:00PM

## GROUP FITNESS MANAGER

elisabeth.wexler@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

LO	LOUNGE
TR	Treadmill Area
CL	Club Lobby
MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio

### WHAT'S NEW THIS MONTH

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

## CYCLING

**ANTHEM™** Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

**CYCLE BEATS** Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

**STUDIO CYCLING** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

**THE PURSUIT: BUILD** Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

## RUNNING

**PRECISION RUNNING®** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

**SUMMER SERIES: EQUINOX RUN GROUP** Join the Equinox run community. Rack up miles and take in the city's sights with a group run followed by an in-club regeneration session. Guided by Equinox's own coaches, these summer group runs through the urban jungle are guaranteed to inspire you and maximize your goals.

## 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.

**CANDLELIGHT FLOW YOGA** Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

**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.

**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.

## ATHLETIC TRAINING

**AB LAB** Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

**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.

**BEST ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**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.

**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.

**METCON(M)** One of our most popular Group Fitness classes reimagined to not only train your body, but your brain for long-term health. This high-intensity metabolic conditioning workout takes body and brain through three rounds of ten exercises tailored to challenge you physically and mentally.

**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.

**PERSONAL TRAINING WORKSHOPS** There's no substitute for expertise. Discover what you've always wanted to know about high-performance living, straight from our unparalleled personal trainers. Check with your club for this month's topic and be sure to add to your weekly calendar.

**PURE STRENGTH** Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**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!

**TRX SUSPENSION WORKOUT** Turn your workout upside down and change your body without lifting a single weight! This workout makes use of a simple strap with handles whose suspension design uses body weight and the laws of physics to create hundreds of exercise progressions with virtually unlimited levels of resistance.

## 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

**ABOVE THE BELT** Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

**BELOW THE BELT** A complete lower body experience to tone and strengthen the glutes, thighs and hamstrings. Complete workout with abdominal and lower back conditioning and hip and thigh flexibility.

**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.

**PILATES FUSION** Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

## BOXING + MARTIAL ARTS

**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.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

## ACTIVE REGENERATION

**MEDITATION(M)** This Alzheimer's and Brain Awareness Month, experience Meditation(M), a limited-edition brain health Meditation. Cycle through focused breath work and disciplined observation of body and mind to restore, rise higher, and reduce your risk of developing Alzheimer's.