

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS◆ <b>Studio Cycling</b> <i>Emma Marr</i>	6:00-6:45 MS Boot Camp <i>Diana Mitrea</i>	6:00-6:45 MS METCON3 <i>Justin Walker</i>	6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	8:30-9:15 CS◆ Studio Cycling <i>Billy Cowell</i>	8:00-8:45 CS◆ Studio Cycling <i>Shane Blouin</i>
6:00-6:45 MS METCON3 <i>Taylor Spearnak</i>	6:30-7:15 CS◆ Studio Cycling <i>Erica Villalba</i>	6:30-7:15 CS◆ Studio Cycling <i>Warren Perry</i>	7:00-8:00 MS Vinyasa Yoga <i>Melanie Brown</i>	7:15-8:00 MS Body Conditioning <i>Dana Snyder</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:15-9:15 MS Vinyasa Yoga <i>Robert Nguyen</i>
7:00-7:45 CS◆ <b>Studio Cycling</b> <i>Emma Marr</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:15-8:00 MS Tabata <i>Leon Joseph</i>	8:30-9:20 MS Body Conditioning <i>Miri Greenberg</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	9:30-10:15 CS◆ Studio Cycling <i>Billy Cowell</i>	9:15-10:00 CS◆ Studio Cycling <i>Justin Walker</i>
7:00-8:00 MS Vinyasa Yoga <b>Terrence Monte</b>	8:30-9:15 CS◆ Studio Cycling <i>Avery Washington</i>	8:30-9:20 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	9:30-10:15 CS◆ Studio Cycling <i>Leon Joseph</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:30-10:15 MS◆ EQX Barre Burn <i>Bianca Reid</i>	9:30-10:15 MS Tabata <i>Erin Sanders</i>
8:30-9:15 MS EQX Barre Burn <i>Emma Rivera</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:45-9:35 TR◆ Precision Running® <i>Billy Cowell</i>	9:30-10:15 MS EQX Barre Burn <i>Miri Greenberg</i>	8:30-9:15 MS Pilates <i>Allison Bowers</i>	10:30-11:00 CL◆ Outdoor Bootcamp <i>Team Equinox, Billy Cowell</i>	10:15-11:00 CS◆ Cycle Beats <i>D Gunnz</i>
9:30-10:15 CS◆ Studio Cycling <i>Billy Cowell</i>	9:30-10:15 CS◆ Studio Cycling <i>Avery Washington</i>	9:30-10:15 MS◆ Booty Blast <i>Stephanie Levinson</i>	10:30-11:15 MS pureMUSCLE <i>Leon Joseph</i>	9:30-10:15 CS◆ Studio Cycling <i>Michael Keeney</i>	10:30-11:15 CS◆ Cycle Beats <i>Liz Wexler</i>	10:30-11:15 MS EQX Barre Burn <i>Sarah Starkweather</i>
9:30-10:20 MS◆ Fully Loaded <i>Carolann Valentino</i>	9:30-10:15 MS EQX Barre Burn <i>Cindy Davis</i>	9:45-10:30 CS◆ Studio Cycling <i>Kyle Brown</i>	11:30-12:30 MS Vinyasa Yoga <i>Elitza Ivanova</i>	9:30-10:30 MS Vinyasa Yoga <i>Mary Horne</i>	10:30-11:15 MS◆ <b>NYC Dance Project</b> <i>Kari McKillip</i>	11:30-12:15 MS THE CUT <i>Sarah Starkweather</i>
10:30-11:20 MS◆ Zumba® <i>Carolann Valentino</i>	10:30-11:30 MS Vinyasa Yoga <i>Ana Sussmann</i>	10:30-11:15 MS◆ Zumba® <i>Angie Colonna</i>	12:45-1:30 MS◆ Zumba® <i>Wilber Escobar</i>	10:45-11:30 MS◆ Zumba® <i>Angie Colonna</i>	11:30-12:30 MS Power Yoga <i>Liz Wexler</i>	12:30-1:30 CL◆ Outdoor Bootcamp <i>Team Equinox, Mikey Brunson</i>
11:30-12:30 MS Vinyasa Yoga <i>Lara Benusis</i>	12:00-12:50 TR◆ Precision Running® <i>Kevin St-Fort</i>	11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>	6:15-6:45 MS◆ Firestarter <i>Carolann Valentino</i>	12:00-1:15 MS Vinyasa Yoga <i>Ana Sussmann</i>	12:45-1:30 MS◆ Fully Loaded <i>Carolann Valentino</i>	12:30-1:30 MS Pilates <i>Cathe Thompson</i>
5:00-5:50 MS Yoga Core <i>Liz Wexler</i>	1:00-1:45 MS Pilates <i>Niki Kramer</i>	12:00-12:20 MS Above the Belt <i>Kyle Brown</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	1:45-2:30 MS Pilates <i>Allison Bowers</i>	1:30-2:30 MS Vinyasa Yoga <i>Cooper Chou</i>
6:00-6:45 MS Barre <i>Alexis Sweeney</i>	5:45-6:30 MS Cardio Kick <i>Mikey Brunson</i>	12:30-1:45 MS Iyengar Yoga <i>Cheryl Malter</i>	6:50-7:45 CL◆ Outdoor Bootcamp <i>Carolann Valentino</i>	6:30-7:30 MS Vinyasa Yoga <i>Amanda Murdock</i>	2:45-3:45 MS Vinyasa Yoga <i>Mikee Richardson</i>	2:45-3:30 MS◆ Cardio Dance Club <i>Nikki Baksh</i>
6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	6:30-7:30 CL Summer Series: Equinox Run Group <i>Team Equinox</i>	4:30-5:15 MS EQX Barre Burn <i>Cathe Thompson</i>	7:15-8:15 MS Vinyasa Yoga <i>Samantha Debicki</i>		4:30-5:15 MS Pilates Power <i>Lauren Berman</i>	4:00-4:45 CS◆ Studio Cycling <i>Faith Murphy</i>
7:00-7:45 MS 30/60/90® <i>Luke Carron</i>	6:30-7:15 CS◆ Studio Cycling <i>Warren Perry</i>	5:45-6:30 MS METCON3 <i>Alyssa Cerrachio</i>			5:30-6:15 CS◆ Cycle Beats <i>Lauren Berman</i>	5:00-6:00 MS◆ Power Yoga <i>Rika Henry</i>
8:00-9:00 MS Power Yoga <i>Britt Anderson</i>	6:45-7:30 MS Pilates <i>Emma Rivera</i>	6:30-7:15 CS◆ Cycle Beats <i>Julie Tamir</i>				6:15-7:15 MS◆ Restorative Yoga <i>Rika Henry</i>
	7:30-8:15 CS◆ Studio Cycling <i>Warren Perry</i>	6:45-7:30 MS EQX Barre Burn <i>Kathryn Blaze</i>				
	7:45-8:30 MS Athletic Conditioning <i>Dawn Parker</i>	7:30-8:20 TR◆ Precision Running® <i>Caroline Kaczor</i>				
		7:45-8:45 MS Restorative Yoga & Meditation <i>Eddie Teboul</i>				

# EQUINOX

## EAST 85TH STREET

203 EAST 85TH ST  
NEW YORK NEWYORK 10028  
212.439.8500  
EQUINOX.COM  
@EQUINOX

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

**GROUP FITNESS MANAGER**  
LIZ WEXLER  
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

CS	Cycling Studio
MS	Main Studio
TR	Treadmill Area
CL	Club Lobby

**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

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**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.

#### 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 trainers, these summer group runs through the urban jungle are guaranteed to inspire you and maximize your goals.

#### YOGA

**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 YOGA** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**RESTORATIVE YOGA & MEDITATION** Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

**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 CORE** Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

#### ATHLETIC TRAINING

**30/60/90** Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

**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.

**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.

**OUTDOOR BOOTCAMP** Take your workout outdoors under the sun. We will incorporate strength and cardio training for the ultimate 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!

#### BARRE

**BARRE** Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

#### CONDITIONING

**ABOVE THE BELT** A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

**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.

**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.

**BOOTY BLAST** Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

**CARDIO SCULPT** A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

**FULLY LOADED** Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

**PUREMUSCLE** A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

#### 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 POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

#### DANCE

**CARDIO DANCE CLUB** Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

**NYC DANCE PROJECT** Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun & flashy. Dare yourself to be truthful & expressive, & dare yourself to really dance!

**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

**CARDIO KICK** An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

**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.