

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS◆ Studio Cycling <i>Emma Marr</i>	6:00-6:45 MS Boot Camp <i>Diana Mitrea</i>	6:00-6:45 MS Athletic Conditioning <i>Justin Walker</i>	6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	6:15-7:15 YS◆ Trilogy Barre <i>Alexis Sweeney</i>	8:15-9:00 CS◆ Studio Cycling <i>Benjamin Green</i>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</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 YS Vinyasa Yoga <i>Melanie Brown</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:00-8:50 YS◆ True Barre <i>Cindya Davis</i>
6:00-6:50 YS◆ Barre <i>Daigi-Ann Thompson</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:00-8:00 YS◆ Barre <i>Bianca Reid</i>	8:30-9:20 MS Body Conditioning <i>Miri Greenberg</i>	7:15-8:00 MS Body Conditioning <i>Dana Snyder</i>	9:15-10:00 YS◆ Barre <i>Bianca Reid</i>	9:00-9:45 CS◆ Studio Cycling <i>Avery Washington</i>
7:00-7:45 CS◆ Studio Cycling <i>Emma Marr</i>	8:30-9:15 CS◆ Studio Cycling <i>Avery Washington</i>	7:15-8:00 MS Tabata <i>Leon Joseph</i>	9:30-10:15 CS◆ Studio Cycling <i>Mike Harris</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	9:30-10:15 CS◆ Cycle Beats <i>D Gunnz</i>	9:00-10:15 YS◆ Vinyasa Yin Yoga <i>Robert Nguyen</i>
7:00-8:00 YS Vinyasa Yoga <i>Terrence Monte</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	9:30-10:15 MS Tabata <i>Carolann Valentino</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:30-10:15 MS◆ METCON3 <i>Stephanie Levinson</i>	9:30-10:15 MS Boot Camp <i>Justin Walker</i>
8:30-9:15 MS Best Butt Ever <i>Adam Bokunewicz</i>	9:30-10:15 CS◆ Studio Cycling <i>Avery Washington</i>	8:45-9:35 TR◆ Precision Running® <i>Billy Cowell</i>	9:30-10:20 YS◆ Barre <i>Miri Greenberg</i>	8:30-9:15 MS METCON3 <i>Leon Joseph</i>	10:15-11:15 YS◆ True Barre <i>T.B.D.</i>	10:15-11:00 CS◆ Cycle Beats <i>D Gunnz</i>
8:30-9:30 YS◆ True Barre <i>Kevin VerEecke</i>	9:30-10:15 MS◆ Zumba® <i>Wilber Escobar</i>	9:30-10:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	10:30-11:20 MS pureMUSCLE <i>Leon Joseph</i>	8:30-9:15 YS Pilates <i>Allison Bowers</i>	10:30-11:15 CS◆ Cycle Beats <i>Liz Wexler</i>	10:30-11:15 MS Chisel'd <i>Mikey Brunson</i>
9:30-10:15 CS◆ Studio Cycling <i>Billy Cowell</i>	9:30-10:15 YS◆ True Barre <i>Cindya Davis</i>	9:30-10:15 MS◆ Vinyasa Yoga <i>Liz Wexler</i>	10:30-11:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	9:30-10:15 CS◆ Cycle Beats <i>Betsy Mallonee</i>	10:30-11:20 MS Chisel'd <i>Joan Ferraro</i>	10:30-11:15 YS◆ Barre <i>Sarah Starkweather</i>
9:30-10:15 MS◆ Fully Loaded <i>Carolann Valentino</i>	10:30-11:30 YS METCON3 <i>Shane Blouin</i>	9:45-10:30 CS◆ Studio Cycling <i>Kyle Brown</i>	11:30-12:15 MS◆ Zumba® <i>Wilber Escobar</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	11:30-12:30 MS NYC Dance Project <i>Abby Goldenberg</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 YS Vinyasa Yoga <i>Ana Sussmann</i>	10:30-11:15 MS◆ Zumba® <i>Angie Colonna</i>	12:15-1:00 YS◆ True Barre <i>Niki Kramer</i>	10:45-11:30 YS◆ Vinyasa Yoga <i>Mary Horne</i>	11:30-12:30 MS Project <i>Abby Goldenberg</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>
10:30-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	12:00-12:50 TR◆ Precision Running® <i>Kevin St-Fort</i>	10:45-11:30 YS◆ True Barre <i>James Ervin</i>	1:15-2:00 YS Pilates <i>Zach Bergfelt</i>	10:30-11:15 MS◆ Zumba® <i>Angie Colonna</i>	11:30-12:30 MS Power Yoga <i>Liz Wexler</i>	12:30-1:30 MS◆ Dance! <i>Nikki Baksh</i>
12:15-1:00 MS Tabata <i>Delida Torres</i>	12:15-1:00 YS Pilates <i>Niki Kramer</i>	11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>	6:15-7:00 MS pureMUSCLE <i>Justin Walker</i>	10:45-11:30 YS◆ True Barre <i>Betsy Mallonee</i>	12:45-1:30 MS◆ Fully Loaded <i>Carolann Valentino</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>
12:30-1:30 YS Restorative Flow Yoga <i>Michael Lechonczaak</i>	1:15-2:00 YS◆ True Barre <i>Niki Kramer</i>	12:00-12:15 MS Best Arms Ever <i>Kyle Brown</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	1:30-2:15 YS Pilates <i>Allison Bowers</i>	1:30-2:30 YS Vinyasa Yoga <i>Nikki Baksh</i>
4:15-5:15 YS◆ Trilogy Barre <i>Laeticia Emmanuel</i>	6:00-6:45 YS◆ Barre <i>Daigi-Ann Thompson</i>	12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	7:15-8:00 MS Boxing Boot Camp <i>Justin Walker</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	2:30-3:30 YS Vinyasa Yoga <i>Mikee Richardson</i>	4:00-4:45 CS◆ Studio Cycling <i>Faith Murphy</i>
5:30-6:30 YS Yoga Core <i>Liz Wexler</i>	6:30-7:30 CL Summer Series: Equinox Run Group <i>Team Equinox</i>	4:30-5:15 YS Pilates Power <i>Cathe Thompson</i>	7:15-8:15 YS Vinyasa Yoga <i>Samantha Debicki</i>	6:30-7:30 YS Vinyasa Yoga <i>Amanda Murdock</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	5:00-6:00 YS◆ Power Yoga <i>Rika Henry</i>
6:00-6:45 MS Boxing Boot Camp <i>Mikey Brunson</i>	6:30-7:15 MS Barre <i>Daigi-Ann Thompson</i>	6:15-7:00 MS METCON3 <i>Alyssa Cerrachio</i>			5:30-6:15 CS◆ Cycle Beats <i>Lauren Berman</i>	6:15-7:15 YS◆ Restorative Yoga <i>Rika Henry</i>
6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	7:00-7:45 YS Pilates <i>Emma Rivera</i>	6:30-7:15 CS◆ Cycle Beats <i>Julie Tamir</i>				
6:45-7:30 YS◆ True Barre <i>Alexis Sweeney</i>	7:30-8:15 CS◆ Studio Cycling <i>Warren Perry</i>	6:45-7:30 YS◆ Barre <i>Kathryn Blaze</i>				
7:00-7:45 MS METCON3 <i>Jan Erik Navoa</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</i>	7:15-7:45 MS Best Abs Ever <i>Alyssa Cerrachio</i>				
7:30-8:15 CS◆ Cycle Beats <i>Shane Blouin</i>	8:00-9:00 YS Vinyasa Yoga <i>Erin Barry</i>	7:30-8:20 TR◆ Precision Running® <i>Caroline Kaczor</i>				
7:45-8:45 YS Power Yoga <i>Britt Anderson</i>		7:45-8:15 MS Best Arms Ever <i>Alyssa Cerrachio</i>				
		7:45-8:45 YS Restorative Yoga & Meditation <i>Eddie Teboul</i>				

EQUINOX

EAST 85TH STREET

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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
YS	Yoga 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 FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

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 YIN YOGA A class that will gently stretch and rehabilitate the connective tissues that form our joints combined with a flowing vinyasa workout.

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

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!

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!

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.

TRILOGY BARRE Barre's next evolution. Challenge your entire body with our signature triple-barre system and resistance bands for an intense workout beyond Barre as you know it.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

CONDITIONING

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 ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own 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.

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.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched 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

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

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

BOXING BOOT CAMP Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

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

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.