

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 YS◆	Studio Cycling <i>Nora Herbstman</i>	6:30-7:15 YS◆	Studio Cycling <i>Kevin Condon</i>	8:30-9:30 MS◆	EQX Barre Burn <i>Lexi Julian</i>	8:15-9:15 MS	Vinyasa Yoga <i>Robert Nguyen</i>	8:30-9:15 MS	Pilates Power <i>Allison Bowers</i>	6:00-6:45 MS	Boot Camp <i>Diana Mitrea</i>	6:00-6:45 MS	METCON3 <i>Justin Walker</i>
7:00-8:00 MS	Vinyasa Yoga <i>Melanie Brown</i>	7:15-8:00 MS	Barefoot Body Conditioning <i>Dana Snyder</i>	9:00-9:45 YS◆	Studio Cycling <i>Rebecca Alexander</i>	9:00-9:45 YS◆	Studio Cycling <i>D Gunnz</i>	9:30-10:15 MS	Memorial Day Challenge <i>Taylor Spearmak</i>	6:30-7:15 YS◆	Studio Cycling <i>Erica Villaiba</i>	6:30-7:15 YS◆	Studio Cycling <i>Warren Perry</i>
8:30-9:20 MS	Body Conditioning <i>Miri Greenberg</i>	7:15-8:05 TR◆	Precision Running® <i>Taylor Spearmak</i>	10:00-11:00 MS	Summer Slam <i>Rebecca Alexander</i>	10:15-11:00 YS◆	Cycle Beats <i>D Gunnz</i>	9:30-10:15 YS◆	Studio Cycling <i>Billy Cowell</i>	7:15-8:00 MS	THE CUT <i>Eddie Carrington</i>	7:15-8:00 MS	Tabata <i>Leon Joseph</i>
9:30-10:15 MS	EQX Barre Burn <i>Miri Greenberg</i>	8:30-9:15 MS	Pilates <i>Abigail Taylor</i>	10:30-12:00 YS◆	Endurance Ride <i>Faith Murphy</i>	10:30-11:20 MS	EQX Barre Burn <i>Jessica Davis</i>	10:30-11:00 MS	Core & Stretch <i>Taylor Spearmak</i>	8:30-9:20 MS	Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:20 MS◆	Cardio Sculpt <i>Stephanie Levinson</i>
9:30-10:15 YS◆	Studio Cycling <i>Leon Joseph</i>	8:30-9:15 YS◆	Studio Cycling <i>Danielle Wettan</i>	12:45-1:30 MS	Pilates <i>Allison Bowers</i>	11:00-12:00 CL◆	Outdoor Bootcamp <i>Team Equinox, Mikey Brunson</i>	12:30-1:30 MS	Memorial Day Warrior Yoga <i>Lara Benusis</i>	8:30-9:15 YS◆	Studio Cycling <i>Avery Washington</i>	9:00-9:45 YS◆	Studio Cycling <i>Kyle Brown</i>
10:30-11:15 MS	pureMUSCLE <i>Leon Joseph</i>	9:30-10:30 MS	Vinyasa Yoga <i>Mary Horne</i>	1:45-2:45 MS	Vinyasa Yoga <i>Mikee Richardson</i>	12:45-1:30 MS	Cardio Dance Club <i>Nikki Baksh</i>	9:30-10:15 MS	EQX Barre Burn <i>Cindy Davis</i>	9:30-10:15 MS	EQX Barre Burn <i>Cindy Davis</i>	9:30-10:15 MS◆	Booty Blast <i>Stephanie Levinson</i>
11:30-12:30 MS	Vinyasa Yoga <i>Elitza Ivanova</i>	9:30-10:15 YS◆	Studio Cycling <i>Michael Keeney</i>			1:45-3:00 MS	Yoga and Meditation <i>Cooper Chou</i>	9:30-10:15 YS◆	Studio Cycling <i>Avery Washington</i>	10:30-11:30 MS	Vinyasa Yoga <i>Ana Sussmann</i>	9:45-10:05 TR◆	Precision Running® <i>Billy Cowell</i>
12:45-1:30 MS	Zumba® <i>Wilber Escobar</i>	10:45-11:30 MS	Zumba® <i>Wilfredo Negrillo</i>					10:30-11:30 MS	Vinyasa Yoga <i>Ana Sussmann</i>	12:00-12:50 TR◆	Precision Running® <i>Robbie Darby</i>	10:30-11:15 MS	Zumba® <i>Wilfredo Negrillo</i>
6:15-6:45 MS◆	Firestarter <i>Carolann Valentino</i>	12:00-1:15 MS	Vinyasa Yoga <i>Ana Sussmann</i>					12:00-12:50 TR◆	Precision Running® <i>Robbie Darby</i>	1:00-1:45 MS	Pilates <i>Niki Kramer</i>	11:30-12:15 MS	Pilates Fusion <i>Diane Finkelday</i>
6:15-7:00 YS◆	Studio Cycling <i>Amanda Colacicco</i>							1:00-1:45 MS	Pilates <i>Niki Kramer</i>	5:45-6:30 MS	Cardio Kick <i>Mikey Brunson</i>	12:30-1:45 MS	Iyengar Yoga <i>Cheryl Malter</i>
7:15-8:15 MS	Vinyasa Yoga <i>Joanna Ballet (SUB)</i>							5:45-6:30 MS	Cardio Kick <i>Mikey Brunson</i>	6:30-7:15 YS◆	Studio Cycling <i>Warren Perry</i>	4:30-5:15 MS	EQX Barre Burn <i>Cathe Thompson</i>
								6:30-7:15 YS◆	Studio Cycling <i>Warren Perry</i>	6:45-7:30 MS	Pilates <i>Emma Rivera</i>	5:45-6:30 MS	METCON3 <i>Alyssa Cerrachio</i>
								6:45-7:30 MS	Pilates <i>Emma Rivera</i>	7:30-8:15 YS◆	Studio Cycling <i>Warren Perry</i>	6:30-7:15 YS◆	Cycle Beats <i>Julie Zukof</i>
								7:30-8:15 YS◆	Studio Cycling <i>Warren Perry</i>	7:45-8:30 MS	R.I.P.P.E.D. <i>Dawn Parker</i>	6:45-7:30 MS	EQX Barre Burn <i>Kathryn Blaze</i>
								7:45-8:30 MS	R.I.P.P.E.D. <i>Dawn Parker</i>			7:30-8:20 TR◆	Precision Running® <i>Kevin St-Fort</i>
												7:45-8:45 MS	Restorative Yoga & Meditation <i>Eddie Teboul</i>

# EQUINOX

## EAST 85TH STREET

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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 08:00 AM - 06:00 PM

**MAY 29:** 08:00 AM - 07:00 PM

## 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

YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area
CL	Club Lobby

**WHAT'S NEW THIS MONTH**  
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## STUDIO CYCLING

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

**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.

## 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.

## 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.

**MEMORIAL DAY WARRIOR YOGA** Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

**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 AND MEDITATION** Heat and wake the body with a thoughtful yoga flow. Then get centered and energized with a meditation. Relax, regenerate and re-focus!

## 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!

**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.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

**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

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

## CONDITIONING

**BAREFOOT BODY CONDITIONING** High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

**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.

**CORE & STRETCH** An alignment class that focus on two very important components of fitness: core strength and flexibility.

**MEMORIAL DAY CHALLENGE** Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

**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.

**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.

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

**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.

**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.