

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26		
6:00-6:45 CS♦ Studio Cycling <i>Stephanie Virchaux</i>	6:00-6:45 MS METCON3 <i>Taylor Spearnak</i>	6:00-6:45 MS Boot Camp <i>Diana Mitrea</i>	6:30-7:15 CS♦ Studio Cycling <i>Erica Villaiba</i>	6:00-6:45 MS Athletic Conditioning <i>Justin Walker</i>	6:30-7:20 CS♦ The Pursuit: Build <i>Warren Perry</i>	8:30-9:00 MS♦ Firestarter <i>Justine Ayala</i>	9:00-9:25 MS Upper Body Conditioning <i>Justine Ayala</i>	8:30-9:15 CS♦ Studio Cycling <i>Danielle Wettan</i>	8:30-9:15 MS METCON3 <i>Leon Joseph</i>	8:30-9:15 CS♦ Cycle Beats <i>D Gunnz</i>	8:00-8:45 CS♦ Studio Cycling <i>Vicky Massoud (SUB)</i>	8:00-8:50 YS♦ True Barre <i>Dillon Spicer (SUB)</i>	8:00-8:45 CS♦ Studio Cycling <i>Vicky Massoud (SUB)</i>	
6:00-6:45 MS Barre <i>Lexi Julian</i>	7:00-8:00 YS Vinyasa Yoga <i>Terrence Monte</i>	7:00-8:00 YS Vinyasa Yoga <i>Terrence Monte</i>	7:15-7:45 MS♦ Firestarter <i>Justine Ayala</i>	7:00-8:00 YS♦ Barre <i>Bianca Reid</i>	7:15-7:45 MS♦ Firestarter <i>Justine Ayala</i>	9:30-10:15 CS♦ Beast n Feast Ride <i>D Gunnz</i>	8:30-9:15 YS Pilates <i>Allison Bowers</i>	8:30-9:15 MS Pilates <i>Allison Bowers</i>	9:15-10:00 YS♦ Barre <i>Bianca Reid</i>	9:30-10:15 CS♦ Cycle Beats <i>D Gunnz</i>	9:00-9:45 CS♦ Studio Cycling <i>Vicky Massoud</i>	9:00-10:15 YS♦ Vinyasa Yin Yoga <i>Nikki Baksh (SUB)</i>	9:00-9:45 CS♦ Studio Cycling <i>Vicky Massoud</i>	
7:00-7:45 CS♦ Studio Cycling <i>Stephanie Virchaux</i>	7:15-7:45 MS♦ Firestarter <i>Justine Ayala</i>	7:15-7:45 MS♦ Firestarter <i>Justine Ayala</i>	7:45-8:00 MS Core Conditioning <i>Justine Ayala</i>	7:15-7:45 MS♦ Firestarter <i>Justine Ayala</i>	7:50-8:10 MS Core Conditioning <i>Justine Ayala</i>	10:30-11:20 MS pureMUSCLE <i>Leon Joseph</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	9:30-10:15 MS Pilates <i>Allison Bowers</i>	9:30-10:15 MS♦ METCON3 <i>Stephanie Levinson</i>	9:30-10:15 MS♦ METCON3 <i>Stephanie Levinson</i>	9:00-10:15 YS♦ Vinyasa Yin Yoga <i>Nikki Baksh (SUB)</i>	9:30-10:15 MS Tabata <i>Rebecca Alexander</i>	9:00-10:15 YS♦ Vinyasa Yin Yoga <i>Nikki Baksh (SUB)</i>	
8:30-9:15 MS Best Butt Ever <i>Adam Bokunewicz</i>	8:30-9:15 CS♦ The Pursuit: Burn <i>Avery Washington</i>	8:30-9:15 CS♦ The Pursuit: Burn <i>Avery Washington</i>	8:30-9:15 MS Cardio Sculpt <i>Pamela Arkin (SUB)</i>	8:30-9:15 MS♦ Cardio Sculpt <i>Pamela Arkin (SUB)</i>	8:30-9:15 MS♦ Cardio Sculpt <i>Pamela Arkin (SUB)</i>	10:30-11:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	9:30-10:25 YS♦ True Barre <i>James Ervin</i>	9:30-10:30 YS Vinyasa Yoga <i>Josh Mathew-Meier (SUB)</i>	10:15-11:15 YS♦ True Barre <i>Pamela Arkin</i>	10:15-11:15 YS♦ True Barre <i>Pamela Arkin</i>	10:15-11:00 CS♦ Cycle Beats <i>D Gunnz</i>	10:15-11:00 CS♦ Cycle Beats <i>D Gunnz</i>	10:15-11:00 CS♦ Cycle Beats <i>D Gunnz</i>	
8:30-9:30 YS♦ True Barre <i>Kevin VerEecke</i>	8:30-9:20 MS Athletic Conditioning <i>Angie Lee (SUB)</i>	8:30-9:20 MS Athletic Conditioning <i>Angie Lee (SUB)</i>	8:30-9:15 MS♦ Pilates <i>Bianca Reid</i>	8:30-9:15 YS Pilates <i>Bianca Reid</i>	8:30-9:15 YS Pilates <i>Bianca Reid</i>	11:30-12:15 MS♦ Zumba® <i>Wilber Escobar</i>	10:30-11:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	10:30-11:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	11:30-12:15 MS Body PRECISION <i>Pamela Arkin</i>	11:30-12:15 MS Body PRECISION <i>Pamela Arkin</i>	10:30-11:15 YS♦ Barre <i>Dillon Spicer</i>	11:30-12:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 YS♦ Barre <i>Dillon Spicer</i>	
9:30-10:15 CS♦ Studio Cycling <i>Billy Cowell</i>	9:30-10:15 MS Studio Cycling <i>Avery Washington</i>	9:30-10:15 MS Studio Cycling <i>Avery Washington</i>	8:45-9:35 TR♦ Precision Running® <i>Billy Cowell</i>	8:45-9:35 TR♦ Precision Running® <i>Billy Cowell</i>	8:45-9:35 TR♦ Precision Running® <i>Billy Cowell</i>	12:00-1:15 YS Vinyasa Yoga <i>Ana Sussmann</i>	12:00-1:15 YS Vinyasa Yoga <i>Ana Sussmann</i>	10:30-11:15 MS♦ Zumba® <i>Pamela Arkin (SUB)</i>	12:45-1:30 MS VIPR™ Cardio Intervals <i>Miriam Shestack</i>	12:45-1:30 MS VIPR™ Cardio Intervals <i>Miriam Shestack</i>	11:30-12:15 MS THE CUT <i>Taylor Tobey</i>	11:30-12:15 MS THE CUT <i>Taylor Tobey</i>	11:30-12:15 MS THE CUT <i>Taylor Tobey</i>	
9:30-10:15 MS♦ Fully Loaded <i>Carolann Valentino</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	12:00-1:15 YS Vinyasa Yoga <i>Ana Sussmann</i>	12:00-1:15 YS Vinyasa Yoga <i>Ana Sussmann</i>	1:30-2:15 YS Pilates <i>Allison Bowers</i>	1:30-2:15 YS Pilates <i>Allison Bowers</i>	11:30-12:25 YS Pilates <i>Blayne Gregg-Miller (SUB)</i>	11:30-12:25 YS Pilates <i>Blayne Gregg-Miller (SUB)</i>	11:30-12:25 YS Pilates <i>Blayne Gregg-Miller (SUB)</i>	
10:30-11:20 MS♦ Zumba® <i>Carolann Valentino</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	9:30-10:15 MS♦ Zumba® <i>Marcella Walker (SUB)</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	1:45-2:30 MS Tabata <i>Miriam Shestack (SUB)</i>	1:45-2:30 MS Tabata <i>Miriam Shestack (SUB)</i>	12:30-1:30 MS♦ Dance! <i>Nikki Baksh</i>	12:30-1:15 YS Stretch Essentials <i>Blayne Gregg-Miller (SUB)</i>	12:30-1:15 YS Stretch Essentials <i>Blayne Gregg-Miller (SUB)</i>	
10:30-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	12:00-12:50 TR♦ Precision Running® <i>Kevin St-Fort</i>	12:00-12:50 TR♦ Precision Running® <i>Kevin St-Fort</i>	10:30-11:15 MS♦ Zumba® <i>Pamela Arkin (SUB)</i>	10:30-11:15 MS♦ Zumba® <i>Pamela Arkin (SUB)</i>	10:30-11:15 MS♦ Zumba® <i>Pamela Arkin (SUB)</i>		6:30-7:30 CS♦ Beast n Feast Ride <i>James Donegan (SUB)</i>	6:30-7:30 CS♦ Beast n Feast Ride <i>James Donegan (SUB)</i>	2:30-3:30 YS Vinyasa Yoga <i>Mikee Richardson</i>	2:30-3:30 YS Vinyasa Yoga <i>Mikee Richardson</i>	1:30-2:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	1:30-2:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	1:30-2:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	
12:15-1:00 MS Tabata <i>Delida Torres</i>	12:15-1:00 YS Pilates <i>Niki Kramer</i>	12:15-1:00 YS Pilates <i>Niki Kramer</i>	10:45-11:35 YS♦ True Barre <i>James Ervin</i>	10:45-11:35 YS♦ True Barre <i>James Ervin</i>	10:45-11:35 YS♦ True Barre <i>James Ervin</i>		11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>	11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	4:30-5:15 YS Pilates Power <i>Lauren Berman</i>	4:00-4:45 YS♦ Barre <i>Dillon Spicer</i>	4:00-4:45 YS♦ Barre <i>Dillon Spicer</i>	4:00-4:45 YS♦ Barre <i>Dillon Spicer</i>	
12:30-1:30 YS Restorative Flow Yoga <i>Jennifer Harvey (SUB)</i>	1:15-2:00 YS♦ True Barre <i>Niki Kramer</i>	1:15-2:00 YS♦ True Barre <i>Niki Kramer</i>	11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>	11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>	11:30-12:00 MS Best Abs Ever <i>Kyle Brown</i>		12:00-12:15 MS Upper Body Conditioning <i>Kyle Brown</i>	12:00-12:15 MS Upper Body Conditioning <i>Kyle Brown</i>	5:30-6:15 CS♦ Cycle Beats <i>Lauren Berman</i>	5:30-6:15 CS♦ Cycle Beats <i>Lauren Berman</i>	5:00-6:00 YS♦ Power Yoga <i>Rika Henry</i>	5:00-6:00 YS♦ Power Yoga <i>Rika Henry</i>	5:00-6:00 YS♦ Power Yoga <i>Rika Henry</i>	
4:15-5:15 YS♦ Trilogy Barre <i>Laeticia Emmanuel</i>	6:00-6:45 YS♦ Barre <i>Daigi-Ann Thompson</i>	6:00-6:45 YS♦ Barre <i>Daigi-Ann Thompson</i>	12:00-12:15 MS Upper Body Conditioning <i>Kyle Brown</i>	12:00-12:15 MS Upper Body Conditioning <i>Kyle Brown</i>	12:00-12:15 MS Upper Body Conditioning <i>Kyle Brown</i>		12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	5:30-6:15 CS♦ Cycle Beats <i>Lauren Berman</i>	5:30-6:15 CS♦ Cycle Beats <i>Lauren Berman</i>	6:15-7:15 YS♦ Restorative Yoga <i>Rika Henry</i>	6:15-7:15 YS♦ Restorative Yoga <i>Rika Henry</i>	6:15-7:15 YS♦ Restorative Yoga <i>Rika Henry</i>	
5:30-6:30 YS Yoga Core <i>Jennifer Harvey (SUB)</i>	6:30-7:20 CS♦ The Pursuit: Build <i>Warren Perry</i>	6:30-7:20 CS♦ The Pursuit: Build <i>Warren Perry</i>	4:30-5:15 YS Pilates Power <i>Jose Ruiz (SUB)</i>	4:30-5:15 YS Pilates Power <i>Jose Ruiz (SUB)</i>	4:30-5:15 YS Pilates Power <i>Jose Ruiz (SUB)</i>		6:30-7:30 CS♦ Beast n Feast Ride <i>James Donegan (SUB)</i>	6:30-7:30 CS♦ Beast n Feast Ride <i>James Donegan (SUB)</i>						
6:00-6:45 MS Boxing Boot Camp <i>Mikey Brunson</i>	6:30-7:15 MS METCON3 <i>Jan Erik Navoa</i>	6:30-7:15 MS METCON3 <i>Jan Erik Navoa</i>	6:30-7:30 CS♦ Body Challenge <i>Justine Ayala</i>	6:30-7:30 CS♦ Body Challenge <i>Justine Ayala</i>	6:30-7:30 CS♦ Body Challenge <i>Justine Ayala</i>		6:45-7:45 MS Body Challenge <i>Justine Ayala</i>	6:45-7:45 MS Body Challenge <i>Justine Ayala</i>						
6:00-6:45 MS Studio Cycling <i>Nora Herbstman</i>	7:00-7:45 YS Pilates <i>Emma Rivera</i>	7:00-7:45 YS Pilates <i>Emma Rivera</i>	6:45-7:45 MS Body Challenge <i>Justine Ayala</i>	6:45-7:45 MS Body Challenge <i>Justine Ayala</i>	6:45-7:45 MS Body Challenge <i>Justine Ayala</i>		6:45-7:30 YS♦ Barre <i>Kathryn Blaze</i>	6:45-7:30 YS♦ Barre <i>Kathryn Blaze</i>						
6:45-7:30 YS♦ True Barre <i>Alexis Sweeney</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</i>	7:30-8:20 TR♦ Precision Running® <i>Caroline Kaczor</i>	7:30-8:20 TR♦ Precision Running® <i>Caroline Kaczor</i>	7:30-8:20 TR♦ Precision Running® <i>Caroline Kaczor</i>		7:30-8:20 TR♦ Precision Running® <i>Caroline Kaczor</i>	7:30-8:20 TR♦ Precision Running® <i>Caroline Kaczor</i>						
7:00-7:45 MS METCON3 <i>Jan Erik Navoa</i>	8:00-9:00 YS Vinyasa Yoga <i>Jennifer Harvey</i>	8:00-9:00 YS Vinyasa Yoga <i>Jennifer Harvey</i>	7:45-8:45 YS Restorative Yoga & Meditation <i>Eddie Teboul</i>	7:45-8:45 YS Restorative Yoga & Meditation <i>Eddie Teboul</i>	7:45-8:45 YS Restorative Yoga & Meditation <i>Eddie Teboul</i>		7:45-8:45 YS Restorative Yoga & Meditation <i>Eddie Teboul</i>	7:45-8:45 YS Restorative Yoga & Meditation <i>Eddie Teboul</i>						
7:30-8:15 CS♦ Cycle Beats <i>Shane Blouin</i>														
7:45-8:45 YS Power Yoga <i>Leeann Walton (SUB)</i>														

EAST 85TH STREET

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

PAMELA NEWKIRK-ARKIN
 pamelanewkirk-arkin@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

TR	Treadmill Area
MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO 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.

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

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. 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!

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.

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

VIPR™ CARDIO INTERVALS Seamless transitions and non-stop movement alternating cardiovascular drills with strength training exercises in a time saver workout that delivers whole body integration for maximum metabolic rate & increased caloric expenditure, leaving you fitter and stronger.

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 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 CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques.Be ready to take your body to the next level.

BODY PRECISION Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises,

creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

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.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

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.

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

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.

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.