

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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>Katie Thrasher</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>	6:00-6:30 MS◆ Firestarter <i>Justine Ayala</i>	6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	6:15-7:15 YS◆ Trilogy Barre <i>Lexi Julian</i>	6:30-7:15 CS◆ Studio Cycling <i>Kevin Condon</i>	8:00-9:00 YS Pilates <i>Mathew Makings</i>	8:00-8:45 CS◆ Studio Cycling <i>Avery Washington</i>	8:00-8:50 YS◆ True Barre <i>Cindy Davis</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Avery Washington</i>
6:00-6:50 YS◆ 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>	7:00-8:00 YS◆ Barre <i>Bianca Reid</i>	7:00-8:00 MS Barre <i>Bianca Reid</i>	7:00-8:00 YS◆ Barre <i>Bianca Reid</i>	6:35-7:05 MS Upper Body Conditioning <i>Justine Ayala</i>	7:15-8:00 MS Boot Camp <i>Andrea Levine</i>	7:15-8:00 MS Boot Camp <i>Andrea Levine</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	9:15-10:00 YS◆ Barre <i>Bianca Reid</i>	9:00-10:15 YS◆ Vinyasa Yin Yoga <i>Robert Nguyen</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Avery Washington</i>	9:00-10:15 YS◆ Vinyasa Yin Yoga <i>Robert Nguyen</i>
7:00-7:45 CS◆ Studio Cycling <i>Stephanie Virchaux</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:15-8:00 MS THE CUT <i>Eddie Carrington</i>	7:15-7:45 MS◆ Firestarter <i>Justine Ayala</i>	7:15-8:00 MS Firestarter <i>Justine Ayala</i>	7:15-7:45 MS◆ Firestarter <i>Justine Ayala</i>	7:15-8:00 MS Boot Camp <i>Andrea Levine</i>	7:15-8:00 MS Boot Camp <i>Andrea Levine</i>	7:15-8:05 TR◆ Precision Running® <i>Taylor Spearnak</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:30-10:15 CS◆ Cycle Beats <i>D Gunnz</i>	9:30-10:15 MS◆ ROPES and ROWERS <i>Dylan Farris</i>	9:30-10:15 MS◆ ROPES and ROWERS <i>Dylan Farris</i>	9:30-10:15 MS◆ ROPES and ROWERS <i>Dylan Farris</i>
7:15-8:00 MS◆ PURE STRENGTH <i>Billy Cowell</i>	8:30-9:20 CS◆ The Pursuit: Build <i>Avery Washington</i>	8:30-9:20 CS◆ The Pursuit: Build <i>Avery Washington</i>	7:50-8:10 MS Core Conditioning <i>Justine Ayala</i>	7:50-8:10 MS Core Conditioning <i>Justine Ayala</i>	7:50-8:10 MS Core Conditioning <i>Justine Ayala</i>	7:30-8:00 YS◆ THE MUSE™ <i>Justine Ayala</i>	8:30-9:15 CS◆ Studio Cycling <i>Mike Harris</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 CS◆ Studio Cycling <i>Danielle Wettan</i>	9:30-10:15 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>	10:15-11:00 CS◆ Cycle Beats <i>D Gunnz</i>
8:30-9:15 MS Tabata Strength <i>Adam Bokunewicz</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:20 MS Athletic Conditioning <i>Eddie Carrington</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:30-9:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	8:30-9:15 CS◆ Studio Cycling <i>Mike Harris</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	10:15-11:15 YS◆ True Barre <i>Pamela Arkin</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>
8:30-9:30 YS◆ True Barre <i>Kevin VerEecke</i>	9:30-10:15 MS METCON3 <i>Shane Blouin</i>	9:30-10:15 MS METCON3 <i>Shane Blouin</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>	8:30-9:20 MS Body Conditioning <i>Miri Greenberg</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	10:15-11:15 YS◆ True Barre <i>Pamela Arkin</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>
9:30-10:15 CS◆ Studio Cycling <i>Billy Cowell</i>	9:30-10:15 YS◆ True Barre <i>Cindy Davis</i>	9:30-10:15 YS◆ True Barre <i>Cindy Davis</i>	9:30-10:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	9:30-10:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	9:30-10:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	9:30-10:15 CS◆ Studio Cycling <i>Mike Harris</i>	9:30-10:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:30-10:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:30-10:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	10:30-11:20 MS◆ Athletic Conditioning <i>Abby Goldenberg</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>	10:30-11:15 MS THE CUT <i>Taylor Tobey</i>
9:30-10:15 MS◆ Fully Loaded <i>Carolann Valentino</i>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	9:45-10:30 CS◆ Studio Cycling <i>Avery Washington</i>	9:30-10:30 YS Vinyasa Yoga <i>Britt Anderson</i>	9:30-10:30 YS Vinyasa Yoga <i>Britt Anderson</i>	9:30-10:30 YS Vinyasa Yoga <i>Britt Anderson</i>	9:30-10:15 MS Body PRECISION <i>Pamela Arkin</i>	9:30-10:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	9:30-10:20 MS Chisel'd <i>Joan Ferraro</i>	10:45-11:30 CS◆ Studio Cycling <i>Mike Harris</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>	11:30-12:25 YS Pilates <i>Cathe Thompson</i>
9:45-10:15 YS◆ THE MUSE™ <i>Kevin VerEecke</i>	10:40-11:40 YS Vinyasa Yoga <i>Ana Sussmann</i>	10:40-11:40 YS Vinyasa Yoga <i>Ana Sussmann</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Kyle Brown</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Kyle Brown</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Kyle Brown</i>	9:30-10:20 YS◆ Barre <i>Miri Greenberg</i>	9:30-10:20 YS◆ Barre <i>Miri Greenberg</i>	9:30-10:30 YS Vinyasa Yoga <i>Mary Horne</i>	9:30-10:30 YS Vinyasa Yoga <i>Mary Horne</i>	11:30-12:30 MS NYC Dance Project <i>Abby Goldenberg</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>	12:30-1:15 YS Stretch Essentials <i>Cathe Thompson</i>
10:30-11:20 MS Zumba® <i>Carolann Valentino</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>Angie Colonna</i>	10:30-11:15 MS Zumba® <i>Angie Colonna</i>	10:30-11:15 MS Zumba® <i>Angie Colonna</i>	10:30-11:20 MS pureMUSCLE <i>Leon Joseph</i>	10:30-11:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	10:30-11:15 MS Zumba® <i>Angie Colonna</i>	10:30-11:15 MS Zumba® <i>Angie Colonna</i>	11:30-12:30 YS◆ Power Yoga <i>Leeann Walton</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>
10:30-11:30 YS Vinyasa Yoga <i>Lara Benusis</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>	10:30-11:20 MS pureMUSCLE <i>Leon Joseph</i>	10:30-11:15 MS◆ PURE STRENGTH <i>Leon Joseph</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	10:45-11:45 YS◆ True Barre <i>Dexter Carter</i>	12:45-1:30 MS◆ Fully Loaded <i>Carolann Valentino</i>	4:00-4:45 CS◆ Studio Cycling <i>Brian McFarland</i>	4:00-4:45 CS◆ Studio Cycling <i>Brian McFarland</i>	4:00-4:45 CS◆ Studio Cycling <i>Brian McFarland</i>
12:30-1:30 YS Restorative Flow Yoga <i>Michael Lechonczak</i>	6:00-6:45 YS◆ EQX Barre Burn <i>Daigi-Ann Thompson</i>	6:00-6:45 YS◆ EQX Barre Burn <i>Daigi-Ann Thompson</i>	12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	12:15-1:30 YS Iyengar Yoga <i>Cheryl Malter</i>	11:30-11:20 MS pureMUSCLE <i>Leon Joseph</i>	11:30-12:15 MS Zumba® <i>Wilber Escobar</i>	12:00-1:15 YS Vinyasa Yoga <i>Ana Sussmann</i>	12:00-1:15 YS Vinyasa Yoga <i>Ana Sussmann</i>	12:45-1:30 MS◆ Fully Loaded <i>Carolann Valentino</i>	4:00-4:45 CS◆ Studio Cycling <i>Brian McFarland</i>	4:00-4:45 CS◆ Studio Cycling <i>Brian McFarland</i>	4:00-4:45 CS◆ Studio Cycling <i>Brian McFarland</i>
4:30-5:30 YS◆ Trilogy Barre <i>Alexis Sweeney</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Warren Perry</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Warren Perry</i>	4:30-5:15 YS Pilates Power <i>Cathe Thompson</i>	4:30-5:15 YS Pilates Power <i>Cathe Thompson</i>	4:30-5:15 YS Pilates Power <i>Cathe Thompson</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	11:30-12:15 MS Zumba® <i>Wilber Escobar</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	4:30-5:15 MS METCON3 <i>Stephanie Levinson</i>	1:30-2:15 YS Pilates <i>Brooke Chaffee</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>
6:00-6:45 MS Athletic Conditioning <i>Alexander Charles</i>	6:30-7:15 MS◆ PURE STRENGTH <i>Matthew Johnson</i>	6:30-7:15 MS◆ PURE STRENGTH <i>Matthew Johnson</i>	6:00-6:30 YS◆ THE MUSE™ <i>Kathryn Blaze</i>	6:00-6:30 YS◆ THE MUSE™ <i>Kathryn Blaze</i>	6:00-6:30 YS◆ THE MUSE™ <i>Kathryn Blaze</i>	6:30-7:15 CS◆ Studio Cycling <i>Amanda Colacicco</i>	12:15-1:00 YS◆ True Barre <i>Pamela Arkin</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	1:45-2:30 MS Tabata <i>Carolann Valentino</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>
6:30-7:15 CS◆ Studio Cycling <i>Nora Herbstman</i>	7:30-8:15 CS◆ Studio Cycling <i>Warren Perry</i>	7:30-8:15 CS◆ Studio Cycling <i>Warren Perry</i>	6:30-7:15 CS◆ Cycle Beats <i>Julie Tamir</i>	6:30-7:15 CS◆ Cycle Beats <i>Julie Tamir</i>	6:30-7:15 CS◆ Cycle Beats <i>Julie Tamir</i>	6:30-7:15 MS pureMUSCLE <i>Justin Walker</i>	6:30-7:15 MS pureMUSCLE <i>Justin Walker</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	2:30-3:30 YS Vinyasa Yoga <i>Mikee Richardson</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>
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>	6:30-7:15 MS Cardio Sculpt <i>Pamela Arkin</i>	6:30-7:15 MS Cardio Sculpt <i>Pamela Arkin</i>	6:30-7:15 MS Cardio Sculpt <i>Pamela Arkin</i>	6:30-7:15 MS pureMUSCLE <i>Justin Walker</i>	6:30-7:15 MS pureMUSCLE <i>Justin Walker</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	2:30-3:30 YS Vinyasa Yoga <i>Mikee Richardson</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>
7:00-7:45 MS METCON3 <i>Jan Erik Navoa</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</i>	7:30-8:15 MS Athletic Conditioning <i>Dawn Parker</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◆ Barre <i>Kathryn Blaze</i>	7:15-8:15 YS Vinyasa Yoga <i>Samantha Debicki</i>	7:15-8:15 YS Vinyasa Yoga <i>Samantha Debicki</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	4:30-5:15 YS Pilates Power <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>
7:45-8:45 YS Power Yoga <i>Britt Anderson</i>	7:30-8:30 YS Restorative Yoga & Meditation <i>Jennifer Harvey</i>	7:30-8:30 YS Restorative Yoga & Meditation <i>Jennifer Harvey</i>	7:30-8:15 MS Boot Camp <i>Dylan Farris</i>	7:30-8:15 MS Boot Camp <i>Dylan Farris</i>	7:30-8:15 MS Boot Camp <i>Dylan Farris</i>	7:30-8:00 MS◆ Firestarter <i>Shane Blouin</i>	7:30-8:00 MS◆ Firestarter <i>Shane Blouin</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</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>
			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>	8:05-8:20 MS Core Conditioning <i>Shane Blouin</i>	8:05-8:20 MS Core Conditioning <i>Shane Blouin</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</i>	6:30-7:30 YS Vinyasa Yoga <i>Danica Ambron</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>

EAST 85TH STREET
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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 7:00AM - 9:00PM

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

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

WHAT'S NEW THIS MONTH
 Graceful. Intense. Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

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 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

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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.

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.

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.

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.

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.

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.

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.

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.

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!

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

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.

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.

LONG + LEAN

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.

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.

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

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.