

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	Athletic Conditioning <i>Cole Hickman</i>	6:30-7:15 MS ◆	Master of One <i>Gerard Thelemaque</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Steven Strozza</i>	6:30-7:15 MS ◆	METCON3 <i>Kevin Scott</i>	6:15-7:00 MS ◆	Stacked! <i>Steve Mitchell</i>	8:00-8:45 CS ◆	Cycle Beats <i>Mike Harris</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Esco Wilson</i>
6:30-7:15 CS ◆	Cycle Beats <i>Serena DiLiberto</i>	7:00-7:45 CS ◆	Cycle Power <i>Shweky</i>	6:30-7:15 CS ◆	Cycle Power <i>Jason Strong</i>	7:00-7:45 CS ◆	Cycle Power <i>Candace Peterson</i>	7:00-7:45 YS ◆	Pilates Fusion <i>Mia Wenger</i>	8:30-9:15 YS ◆	Pilates Remix <i>Sammie Denham</i>	9:00-9:45 MS ◆	Cardio Sculpt <i>Cindy Davis</i>
6:45-7:30 TR ◆	<b>Precision Run®</b> <b>Steve Mitchell</b>	7:15-8:05 YS ◆	Athletic Yoga <i>Margaret Schwarz</i>	7:00-7:45 YS ◆	Off The Barre <i>Sarah Marchetti Gleim</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Josh Mathew-Meier</i>	7:45-8:30 MS ◆	Firestarter + Best Abs Ever <i>Shane Blouin</i>	9:00-9:45 MS ◆	Firestarter + Best Abs Ever <i>Luke Bemier</i>	9:30-10:15 CS ◆	Cycle Power <i>Jason Strong</i>
7:00-8:00 YS ◆	Vinyasa Yoga <i>Elitza Ivanova</i>	7:30-8:15 TR ◆	Precision Run® <i>Gerard Thelemaque</i>	7:15-8:00 TR ◆	Precision Run® <i>Chaz Jackson</i>	7:30-8:15 TR ◆	Precision Run® <i>Kevin Scott</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Colleen Murphy</i>	9:15-10:00 CS ◆	Cycle Power <i>Candace Peterson</i>	10:15-11:00 YS ◆	Off The Barre <i>Cindy Davis</i>
8:00-8:45 CS ◆	Cycle Beats <i>Nikki Bucks</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Carolann Valentino</i>	8:00-8:45 CS ◆	Cycle Beats <i>Brett Gordon</i>	8:00-8:45 MS ◆	THE CUT <i>Eddie Carrington</i>	9:15-10:00 MS ◆	METCON3 <i>Lauren Anthony</i>	9:15-10:00 TR ◆	Precision Run® <i>Chaz Jackson</i>	10:30-11:15 MS ◆	Atletica <i>Erika Heam</i>
8:45-9:30 YS ◆	Pilates Fusion <i>Ma Wenger</i>	8:30-9:15 CS ◆	Cycle Power <i>Candace Peterson</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	8:30-9:15 CS ◆	Cycle Beats <i>Meghan Cox</i>	9:30-10:20 CS ◆	The Pursuit: Build <i>Nikki Bucks</i>	9:30-10:20 TR ◆	Precision Run® <i>Chaz Jackson</i>	10:45-11:30 CS ◆	Cycle Beats <i>Kyle OBrien</i>
9:00-9:45 MS ◆	Atletica <i>Paula Calabrese</i>	9:15-10:00 YS ◆	Off The Barre <i>Michelle Rubich</i>	9:15-10:00 MS ◆	Best Butt Ever <i>Bransen Gates</i>	9:15-10:00 MS ◆	Off The Barre <i>Richel Ruiz</i>	10:15-11:00 TR ◆	Precision Run® <i>Lauren Anthony</i>	10:30-11:20 CS ◆	The Pursuit: Bum <i>Candace Peterson</i>	11:45-12:45 YS ◆	Vinyasa Yoga <i>Kumiko Buckman</i>
10:00-10:45 TR ◆	Precision Run® <i>Paula Calabrese</i>	9:45-10:30 TR ◆	<b>Precision Run®</b> <b>Candace Peterson</b>	10:00-10:45 TR ◆	Precision Run® <i>Lauren Anthony</i>	10:30-11:15 YS ◆	Off The Barre <i>Michelle Rubich</i>	10:30-11:30 YS ◆	<b>Vinyasa Yoga</b> <b>Mary Home</b>	10:30-11:15 MS ◆	Stacked! <i>Chaz Jackson</i>	1:00-1:45 YS ◆	Pilates Mat <i>Kathryn Anta</i>
10:30-11:15 YS ◆	Off The Barre <i>Felicia Csolak</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>	10:30-11:15 YS ◆	Off The Barre <i>Michelle Rubich</i>	11:30-12:15 MS ◆	Zumba® <i>Antonio Thomas</i>	12:00-12:45 YS ◆	Pilates Fusion <i>Zach Bergfelt</i>	11:45-12:45 YS ◆	Vinyasa Yoga <i>Kristina Erikson</i>	4:00-4:45 CS ◆	Cycle Beats <i>Serena DiLiberto</i>
12:45-1:30 YS ◆	Pilates Fusion <i>Zach Bergfelt</i>	12:15-1:00 YS ◆	Pilates Fusion <i>Zach Bergfelt</i>	11:30-12:15 MS ◆	Tabata Max <i>Peyton Royal</i>	12:00-12:45 YS ◆	Pilates Mat <i>Will Taylor</i>	5:15-6:00 CS ◆	Cycle Power <i>Serena DiLiberto</i>	12:00-1:00 MS ◆	AK! Rope <i>Kyle White</i>		
5:00-5:45 MS ◆	Tabata Max <i>Patrick Tae</i>	12:30-1:15 MS ◆	Body Sculpt <i>Steve Feinberg</i>	12:30-1:15 MS ◆	Tabata Max <i>Peyton Royal</i>	12:30-1:15 MS ◆	Best Butt Ever <i>Stephanie Levinson</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Esco Wilson</i>	12:15-1:00 TR ◆	Precision Run® <i>Taylor Speamak</i>		
5:30-6:15 YS ◆	EQX Barre Bum <i>Richel Ruiz</i>			1:00-1:45 TR ◆	Precision Run® <i>Jason Strong</i>	4:30-5:15 TR ◆	Elevate <i>Margaret Schwarz</i>						
6:00-6:45 MS ◆	Stacked! <i>Sarah Cucuzzella</i>	4:00-4:45 MS ◆	Best Butt Ever <i>Stephanie Levinson</i>	4:45-5:30 YS ◆	Pilates Mat <i>Cindy Davis</i>	5:30-6:30 YS ◆	<b>Yoga Strong</b> <b>Margaret Schwarz</b>						
6:45-7:30 CS ◆	Cycle Power <i>Steve Feinberg</i>	4:00-4:45 TR ◆	Precision Run® <i>Margaret Schwarz</i>	5:45-6:30 YS ◆	Off The Barre <i>Cindy Davis</i>	5:45-6:30 CS ◆	Cycle Power <i>Steve Feinberg</i>						
7:00-8:00 YS ◆	Vinyasa Yoga <i>Josh Mathew-Meier</i>	5:00-6:00 MS ◆	AK! Rope <i>Stephanie Levinson</i>	6:00-6:45 MS ◆	METCON3 <i>Chaz Jackson</i>	6:45-7:30 MS ◆	Athletic Conditioning <i>Mia Wenger</i>						
7:15-8:00 MS ◆	Ropes and Rowers <i>Sarah Cucuzzella</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Carly Hunter</i>	6:15-7:00 TR ◆	<b>Precision Run®</b> <b>Shaun Anthony</b>	6:45-7:30 MS ◆	Athletic Conditioning <i>Mia Wenger</i>						
		5:45-6:30 CS ◆	Cycle Beats <i>Mike Harris</i>	6:30-7:15 CS ◆	Cycle Beats <i>Brett Gordon</i>	7:00-7:45 YS ◆	Off The Barre <i>Felicia Csolak</i>						
		6:15-7:00 MS ◆	Tabata Max <i>Miriam Shestack</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Lauren Harris</i>								
		6:45-7:30 CS ◆	Cycle Power <i>Warren Perry</i>	7:15-8:00 MS ◆	STRONG <i>Christopher Howard</i>								
		7:00-8:00 YS ◆	Athletic Yoga <i>Kat Suda</i>										
		7:45-8:30 TR ◆	<b>Precision Run®</b> <b>Warren Perry</b>										

# EQUINOX

## EAST 74TH STREET

1429 2ND AVENUE  
NEW YORK NY 10021  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:00PM

**FRI:** 5:30AM - 8:00PM

**SAT - SUN:** 7:00AM - 7:00PM

### KID'S CLUB HOURS

**MON - FRI:** 8:00AM - 12:00AM

**SAT - SUN:** 8:00AM - 2:00PM

### GROUP FITNESS MANAGER

alison.corcoran@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
YS	Yoga Studio

### WHAT'S NEW THIS MONTH

### CYCLING

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**THE PURSUIT: BUILD** Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

**THE PURSUIT: BURN** A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

### RUNNING

**ELEVATE** An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

**PRECISION RUN®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

### YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### ATHLETIC TRAINING

**AK! ROPE** Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**ATLETICA** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**BEST BUTT EVER** Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

**FIRESTARTER + BEST ABS EVER** A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**METCONS** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**ROPES AND ROWERS** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

**STRONG** A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

### BARRE

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### PILATES

**PILATES FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**PILATES REMIX** A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

### DANCE

**ZUMBA®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

### BOXING AND KICKBOXING

**THE CUT** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

### SCULPT

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.