

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS METCON3 <i>Sarah Kargman</i>	6:00-6:45 CS◆ ANTHEM™ <i>Michael Keeney</i>	6:00-6:45 MS Whipped! <i>Taylor Spearnak</i>	6:00-6:45 CS◆ Studio Cycling <i>Emma Marr</i>	6:00-6:50 CS◆ The Pursuit: Build <i>Angela Leigh</i>	8:05-8:50 MS METCON3 <i>Eric Cobb</i>	8:15-9:15 BA◆ True Barre <i>Priscilla Curtis</i>
6:15-7:00 CS◆ Studio Cycling <i>Genna Kanago</i>	6:30-7:15 BA◆ Barre <i>Leah Hulgin</i>	6:15-7:00 CS◆ Studio Cycling <i>Jason Strong</i>	6:15-7:00 BA◆ True Barre <i>Lori Celeste</i>	7:00-7:45 MS Stacked! <i>Angela Leigh</i>	8:15-9:00 BA◆ True Barre <i>Kevin VerEecke</i>	8:15-9:00 CS◆ ANTHEM™ <i>Emma Marr</i>
7:00-7:30 MS◆ Firestarter <i>Kelsey Stalter</i>	6:45-7:45 YS Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:00-7:45 MS Deep Extreme <i>Ryan Beck</i>	7:10-7:55 BA◆ THE MUSE™ <i>Lori Celeste</i>	7:00-8:00 YS Vinyasa Yoga <i>Nathan Norrington</i>	8:15-9:00 CS◆ ANTHEM™ <i>Angela Leigh</i>	9:00-9:50 MS Deep EXtreme <i>Alicia Archer</i>
7:35-7:55 MS Best Abs Ever <i>Kelsey Stalter</i>	7:00-7:45 MS Whipped! <i>Michael Keeney</i>	7:00-8:00 YS Yoga Core <i>Robin Whitney Levine</i>	7:15-8:00 CS◆ Studio Cycling <i>Amanda Katz</i>	8:05-9:00 BA◆ True Barre <i>Genieve Gordon</i>	8:45-10:00 YS Alignment Flow <i>Yoga Jackie Prete</i>	9:00-10:00 YS Slow Flow Yoga <i>Lisa Tatham</i>
8:05-9:00 BA◆ True Barre <i>Amanda Blauer</i>	7:15-8:05 CS◆ The Pursuit: Build <i>Coco Cohen</i>	8:05-8:55 BA◆ True Barre <i>Hannah Simmons</i>	8:15-9:00 MS Cardio Sculpt <i>Lisa Raphael</i>	8:15-9:00 CS◆ Studio Cycling <i>Avery Washington</i>	9:00-9:55 MS◆ Athletic Conditioning <i>Sabrina Cohen</i>	9:30-10:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>
9:00-9:45 CS◆ Studio Cycling <i>Michael Reilly</i>	8:15-9:00 MS Body Conditioning <i>Lisa Raphael</i>	9:00-9:45 CS◆ Studio Cycling <i>Erica Villalba</i>	9:00-10:00 BA◆ True Barre <i>Rosie Fiedelman</i>	8:15-9:00 YS Pilates <i>Frederick Schjang</i>	9:15-10:15 BA◆ True Barre <i>Kevin VerEecke</i>	10:00-10:45 BA◆ True Barre <i>Dexter Carter</i>
9:00-10:00 MS Body Conditioning <i>Sabrina Cohen</i>	9:00-10:00 BA◆ True Barre <i>Kevin VerEecke</i>	9:00-10:00 MS Body Conditioning <i>Cathie Thompson</i>	9:00-9:45 CS◆ Studio Cycling <i>Coco Cohen</i>	9:00-9:50 MS◆ Whipped! <i>Luis Weber</i>	9:45-10:30 CS◆ Studio Cycling <i>Lisa Raphael</i>	10:00-10:55 MS Athletic Conditioning <i>Abby Goldenberg</i>
9:00-10:00 YS Pilates Band <i>Linda Farrell</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Jack McGowan</i>	9:00-10:00 YS Power Yoga <i>Hannah Simmons</i>	9:15-10:00 MS Stacked! <i>CeCe Marizu</i>	9:15-10:00 CS◆ Studio Cycling <i>Avery Washington</i>	10:05-11:00 MS Powerstrike! <i>Sabrina Cohen</i>	10:15-11:30 YS Vinyasa Yoga <i>Lisa Tatham</i>
10:00-11:00 BA◆ True Barre <i>Nathan Norrington</i>	9:15-10:00 MS Tabata <i>Joshua Vela</i>	10:00-11:00 BA◆ True Barre <i>Alexis Sweeney</i>	10:00-11:00 YS Hatha Yoga <i>Jon Keller</i>	10:00-11:00 BA◆ True Barre <i>Julie Granger</i>	10:15-11:15 YS◆ Vinyasa Yoga <i>Emma Poole</i>	10:30-11:20 CS◆ The Pursuit: Burn <i>Eniko Kiraly</i>
10:00-10:45 CS◆ Studio Cycling <i>Michael Reilly</i>	10:00-11:00 YS Vinyasa Yoga <i>Hannah Simmons</i>	10:15-11:00 MS Zumba@ <i>Wilber Escobar</i>	10:15-11:15 MS Dance! <i>Rosie Fiedelman</i>	10:00-10:55 MS Zumba@ <i>Adam Bokunewicz</i>	10:45-11:45 BA◆ True Barre <i>Rosie Fiedelman</i>	11:00-12:00 MS Zumba@ <i>Joanna Romero</i>
10:15-11:15 YS Vinyasa Yoga <i>Lisa Langer</i>	10:15-11:15 MS Nia <i>Kevin VerEecke</i>	10:15-11:15 YS Iyengar Yoga <i>Cheryl Malter</i>	11:00-12:00 BA◆ True Barre <i>James Ervin</i>	10:00-11:15 YS Vinyasa Yoga <i>Diana Rilov</i>	11:00-12:00 CS◆ Studio Cycling <i>Michael Reilly</i>	11:05-12:00 MS Pilates Band <i>Paul Liberti</i>
11:00-11:45 MS Cardio Challenge <i>Stephanie Levinson</i>	11:00-12:00 BA◆ True Barre <i>Jane Cracovaner</i>	11:15-12:00 BA◆ THE MUSE™ <i>Alexis Sweeney</i>	11:15-12:15 YS Stretch Essentials <i>Ilene Bergelson</i>	11:15-12:00 MS Cardio Sculpt <i>Jessica Davis</i>	11:15-12:00 MS◆ Tabata <i>Luis Weber</i>	11:45-12:45 YS Pilates Band <i>Paul Liberti</i>
11:30-12:30 BA◆ Trilogy Barre <i>Amanda Blauer</i>	11:15-12:15 YS Stretch Essentials <i>Ilene Bergelson</i>	11:30-12:30 YS Feldenkrais Method@ <i>Frederick Schjang</i>	4:15-5:15 YS Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-12:45 YS Athletic Stretch <i>Taylor Dunham</i>	11:30-12:30 YS Pilates <i>Paul Liberti</i>	12:15-1:00 MS METCON3 <i>Taylor Spearnak</i>
11:30-12:30 YS Feldenkrais Method@ <i>Frederick Schjang</i>	4:15-5:30 YS Vinyasa Yoga <i>Michael Lechonczak</i>	4:15-5:30 YS Slow Flow Yoga <i>Diana Rilov</i>	6:00-6:45 MS Tabata <i>Eric Cobb</i>	5:30-6:30 BA◆ True Barre <i>Dexter Carter</i>	12:15-1:15 BA◆ True Barre <i>Alexis Sweeney</i>	12:15-1:55 YS E.Motion Jazz <i>Paul Liberti</i>
4:30-5:15 YS Pilates <i>Kaitlyn Schuetze</i>	5:30-6:15 MS◆ PURE STRENGTH <i>CeCe Marizu</i>	5:30-6:15 BA◆ True Barre <i>Kimberly Dawn Neumann</i>	6:00-6:45 MS Tabata <i>Eric Cobb</i>	5:45-6:35 CS◆ The Pursuit: Build <i>Chelsea Amengual</i>	12:30-1:15 CS◆ Studio Cycling <i>Mike Harris</i>	4:15-5:15 YS Yoga Core <i>Robin Whitney Levine</i>
6:00-6:45 BA◆ THE MUSE™ <i>Lori Celeste</i>	6:00-6:50 BA◆ True Barre <i>Hannah Simmons</i>	5:30-6:15 MS METCON3 <i>Luis Weber</i>	6:00-7:00 YS Vinyasa Yoga <i>Taylor Dunham</i>	6:30-7:30 YS Alignment Flow <i>Yoga Kavi Patel</i>	12:40-1:40 MS E.Motion Jazz <i>Dance (L2) Paul Liberti</i>	4:30-5:15 CS◆ ANTHEM™ <i>LR Davidson</i>
6:00-7:15 YS Anusara Yoga <i>Jackie Prete</i>	6:00-7:00 YS Pilates <i>Linda Farrell</i>	6:15-7:00 CS◆ Studio Cycling <i>Mike Harris</i>	7:05-7:55 CS◆ The Pursuit: Burn <i>Eric Cobb</i>	5:45-6:35 CS◆ The Pursuit: Build <i>Chelsea Amengual</i>	1:00-2:00 YS Yoga Fundamentals <i>Michael Lechonczak</i>	5:30-6:30 BA◆ True Barre <i>Jane Cracovaner</i>
6:15-7:05 CS◆ The Pursuit: Build <i>Chelsea Amengual</i>	6:30-7:15 CS◆ Cyclesanity@ <i>Jillian Wright</i>	6:30-7:15 BA◆ THE MUSE™ <i>Kimberly Dawn Neumann</i>	7:15-8:15 BA◆ Trilogy Barre <i>Lori Celeste</i>	6:30-7:30 YS Alignment Flow <i>Yoga Kavi Patel</i>	4:00-4:50 MS◆ Ropes and Rowers <i>Raziq Jivani</i>	5:30-6:30 YS Vinyasa Yoga <i>Lisa Langer</i>
6:15-7:00 MS METCON3 <i>Dylan Farris</i>	6:30-7:15 MS Zumba@ <i>Richard Martinez</i>	6:30-7:15 BA◆ THE MUSE™ <i>Kimberly Dawn Neumann</i>	7:15-8:15 YS Pilates Band <i>Linda Farrell</i>	6:30-7:20 MS◆ Ropes and Rowers <i>Parker Krug</i>	4:15-5:15 BA◆ Barre <i>JP Maddock</i>	
7:00-8:00 BA◆ True Barre <i>Lori Celeste</i>	7:00-7:50 BA◆ True Barre <i>Hannah Simmons</i>	6:30-7:20 MS◆ Ropes and Rowers <i>Parker Krug</i>		7:00-8:00 YS Vinyasa Yoga <i>Susan Malcolm</i>	5:00-6:00 YS◆ Power Yoga <i>Hannah Simmons</i>	
7:15-8:15 MS Deep EXtreme <i>Ryan Beck</i>	7:15-8:15 YS Vinyasa Yoga <i>Emma Poole</i>					
7:30-8:30 YS NYC Dance Project <i>Abby Goldenberg</i>	7:30-8:15 MS Stacked! <i>Matt Ortel</i>					

WEST 92ND STREET

2465 BROADWAY
NEW YORK NEWYORK 10025
212.799.1818
EQUINOX.COM
@EQUINOX

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

KID'S CLUB HOURS

MON - SUN: 8:00 AM - 2:00 PM
MON - FRI: 4:00 PM - 8:00 PM

GROUP FITNESS MANAGER
CECE MARIZU
cecilia.marizu@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

MS	Main Studio
CS	Cycling Studio
BA	Barre Studio
YS	Yoga Studio

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.

CYCLESANITY® Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

YOGA

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

ANUSARA YOGA Founded by John Friend, this style integrates the celebration of the heart, principles of alignment, and balanced energetic action. By "following your heart" each student's abilities & limitations are explored, respected & honored.

HATHA YOGA A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

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.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

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 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.

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.

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.

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.

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!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

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.

LONG + LEAN

CARDIO CHALLENGE Challenge yourself with non-stop movement.

Combine intervals and bodyweight training to drive incredible cardio results that will tone your whole body and leave you breathless.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

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.

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 BAND Enhance your Pilates workout with the addition of a resistance band. Challenges core stability in new ways while toning the arms and legs for a total body workout.

DANCE

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

E.MOTION JAZZ DANCE Put your enthusiasm for dance into motion. Paul Liberti, veteran Broadway hooper, has created a structured dance class with a set warm-up and stretch followed by inventive and diverse choreography that will get your heart pumping with its classic Jazz dance edge.

NIA Music, Movement & Magic: Nia is medicine for your body & soul. Achieve whole-being integration (body, mind, emotions, spirit) using expressive movement designed to heal & condition you from the inside out. A fusion of dance arts, martial arts & healing arts created by Debbie & Carlos Rosas.

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

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.