

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-6:45 CS◆ Studio Cycling <i>Emma Marr</i>	6:00-6:45 CS◆ Studio Cycling <i>Angela Leigh</i>	8:45-10:00 YS Slow Flow Yoga <i>Melanie Brown (SUB)</i>	9:00-9:50 MS Deep Extreme <i>Alicia Archer</i>	8:30-9:30 BA◆ True Barre <i>Amanda Blauer</i>	6:00-6:45 CS◆ Studio Cycling <i>Michael Keeney</i>	6:15-7:00 CS◆ Studio Cycling <i>Jason Strong</i>							
6:30-7:30 BA◆ True Barre <i>Lori Celeste</i>	7:00-7:45 MS Stacked! <i>Angela Leigh</i>	9:10-10:00 MS◆ Cardio Sculpt <i>Sabrina Cohen</i>	9:00-10:00 YS Slow Flow Yoga <i>Lisa Tatham</i>	9:00-9:45 CS◆ Gear up for Summer <i>Michael Reilly</i>	6:30-7:30 BA◆ True Barre <i>Lexi Julian</i>	7:00-7:30 MS◆ Firestarter <i>Lynze Schiller</i>							
7:15-8:00 CS◆ Studio Cycling <i>Eric Cobb</i>	7:00-8:00 YS Vinyasa Yoga <i>Nathan Norrington</i>	9:15-10:15 BA◆ True Barre <i>Stephanie Yonkovich (SUB)</i>	9:30-10:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>	9:00-10:00 MS Body Conditioning <i>Sabrina Cohen</i>	6:45-7:45 YS Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:00-8:00 YS Yoga Core <i>Robin Whitney Levine</i>							
8:15-9:00 MS EQX Barre Burn <i>Lisa Raphael</i>	8:05-9:00 BA◆ True Barre <i>Genieve Gordon</i>	9:45-10:30 CS◆ Studio Cycling <i>Lisa Raphael</i>	10:00-10:55 BA◆ True Barre <i>Laeticia Emmanuel</i>	9:00-10:00 YS Pilates Band <i>Linda Farrell</i>	7:00-7:45 MS Whipped! <i>Michael Keeney</i>	7:30-8:00 MS Best Abs Ever <i>Lynze Schiller</i>							
9:00-10:00 BA◆ True Barre <i>Rosie Fiedelman</i>	8:15-9:00 CS◆ Studio Cycling <i>Avery Washington</i>	10:10-11:05 MS Powerstrike! <i>Sabrina Cohen</i>	10:00-10:45 MS METCON3 <i>Justin Walker</i>	10:00-11:00 BA◆ True Barre <i>Nathan Norrington</i>	7:15-8:05 CS◆ The Pursuit: Build <i>Constance Marie Cohen</i>	8:05-9:00 BA◆ True Barre <i>Alexis Sweeney (SUB)</i>							
9:00-9:45 CS◆ Studio Cycling <i>Constance Marie Cohen</i>	8:15-9:00 YS Pilates <i>Frederick Schjang</i>	10:15-11:15 YS Vinyasa Yoga <i>Emma Poole</i>	10:15-11:30 YS Vinyasa Yoga <i>Lisa Tatham</i>	10:00-10:45 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 Villaiba</i>							
9:15-10:00 MS METCON3 <i>CeCe Marizu</i>	9:15-10:00 CS◆ Studio Cycling <i>Avery Washington</i>	10:45-11:45 BA◆ True Barre <i>Rosie Fiedelman</i>	11:00-11:45 BA◆ Gold Barre <i>Laeticia Emmanuel</i>	10:15-11:15 YS Memorial Day Warrior Yoga <i>Lisa Langer</i>	9:00-10:00 BA◆ True Barre <i>Alexis Sweeney (SUB)</i>	9:00-10:00 MS Body Conditioning <i>Cathe Thompson</i>							
10:00-11:00 YS Hatha Yoga <i>Jon Keller</i>	10:00-11:00 BA◆ True Barre <i>Julie Granger</i>	11:00-12:00 CS◆ Studio Cycling <i>Michael Reilly</i>	11:05-12:00 MS Zumba® <i>Joanna Romero</i>	10:30-11:15 MS Tabata <i>CeCe Marizu</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Jack McGowan</i>	9:00-10:00 YS Iyengar Yoga <i>Cheryl Malter</i>							
10:15-11:05 CS◆ Private Class <i>T.B.D.</i>	10:00-10:55 MS Zumba® <i>Adam Bokunewicz</i>	11:15-12:00 MS◆ Tabata <i>Luis Weber</i>	12:15-12:45 MS Core Conditioning <i>Lexi Julian</i>	11:30-12:30 BA◆ Trilogy Barre <i>Amanda Blauer</i>	9:15-10:00 MS Whipped! <i>Joshua Vela</i>	10:00-11:00 BA◆ True Barre <i>Alexis Sweeney</i>							
10:15-11:15 MS Dance! <i>Rosie Fiedelman</i>	10:00-11:15 YS Vinyasa Yoga <i>Diana Rilov</i>	11:30-12:30 YS Pilates <i>Paul Liberti</i>		4:00-5:00 YS Slow Flow Yoga <i>Whitney Chapman</i>	10:00-11:00 MS Vinyasa Yoga <i>Lisa Anzelmo</i>	10:15-11:00 MS Zumba® <i>Wilson Gutierrez</i>							
11:00-12:00 BA◆ Trilogy Barre <i>Sam Rothermel</i>	11:05-12:00 MS Cardio Sculpt <i>Jessica Davis</i>	12:15-1:15 BA◆ True Barre <i>Lexi Julian (SUB)</i>			10:15-11:15 MS Nia <i>Jayne Mielo (SUB)</i>	10:15-11:15 YS Vinyasa Yoga <i>Emma Poole (SUB)</i>							
11:15-12:15 YS Stretch <i>Ilene Bergelson</i>	12:00-12:45 YS Stretch <i>Johan Montijano (SUB)</i>	12:40-1:40 MS E.Motion Jazz Dance (L2) <i>Paul Liberti</i>			11:00-12:00 BA◆ Trilogy Barre <i>Rosie Fiedelman</i>	11:30-12:30 BA◆ Trilogy Barre <i>Alexis Sweeney</i>							
11:30-12:15 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>					11:15-12:15 YS Stretch <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>	5:30-6:30 BA◆ True Barre <i>Lexi Julian</i>				4:15-5:30 YS Vinyasa Yoga <i>Michael Lechonczak</i>	4:15-5:30 YS Slow Flow Yoga <i>Robin Whitney Levine (SUB)</i>							
6:00-6:45 MS Stacked! <i>Chayanne Joel</i>					6:00-7:00 BA◆ True Barre <i>Julie Granger</i>	5:30-6:20 BA◆ True Barre <i>Kimberly Dawn Neumann</i>							
6:00-7:00 YS Vinyasa Yoga <i>Taylor Dunham</i>					6:00-7:00 YS Pilates <i>Linda Farrell</i>	5:45-6:30 MS◆ PURE STRENGTH <i>Leon Joseph (SUB)</i>							
7:05-7:50 CS◆ Studio Cycling <i>Chayanne Joel</i>					6:30-7:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:30-7:20 BA◆ True Barre <i>Kimberly Dawn Neumann</i>							
7:15-8:15 BA◆ Trilogy Barre <i>Lori Celeste</i>					6:30-7:15 MS Zumba® <i>Richard Martinez</i>	6:30-7:15 BA◆ Studio Cycling <i>Mike Harris</i>							
7:15-8:00 YS Pilates Band <i>Linda Farrell</i>					7:15-8:15 BA◆ True Barre <i>Julie Granger</i>	6:40-7:40 MS Deep Extreme <i>Ryan Beck</i>							
					7:15-8:15 YS Vinyasa Yoga <i>Damien Alexander</i>	7:00-8:00 YS Vinyasa Yoga <i>Susan Malcolm</i>							
					7:30-8:20 MS◆ Ropes and Rowers <i>Matt Ortel</i>								

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 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

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

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

STUDIO CYCLING

CYCLESANITY® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

PRIVATE CLASS Private Class - Invited Attendees Only

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.

YOGA

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 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.

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.

ATHLETIC TRAINING

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.

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 pyramid-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! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

BARRE

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

GOLD BARRE Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

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.

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.

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 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.

DEEP EXTREME The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

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.

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.

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 to energizing music.

ACTIVE REGENERATION

FELDENKRAIS METHOD® a one hour class to modify the nervous system's movement habits, which improves posture, eases pain and boosts muscular efficiency.

STRETCH Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.