

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS ♦ PURE STRENGTH <i>CeCe Marizu</i>	6:00-6:45 CS ♦ Studio Cycling <i>Michael Keeney</i>	6:15-7:00 CS ♦ Studio Cycling <i>Jason Strong</i>	6:00-6:45 CS ♦ Studio Cycling <i>Emma Marr</i>	6:00-6:45 CS ♦ Studio Cycling <i>Angela Leigh</i>	8:05-8:55 CS ♦ The Pursuit: Burn <i>Angela Leigh</i>	8:05-8:55 CS ♦ The Pursuit: Build <i>Constance Marie Cohen</i>
6:15-7:00 CS ♦ Studio Cycling <i>Genna Kanago</i>	6:30-7:30 BA ♦ True Barre <i>Kevin VerEecke</i>	7:00-7:30 MS ♦ Firestarter <i>Lynze Schiller</i>	6:30-7:30 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>Hannah Simmons</i>	9:00-9:50 MS Deep EXtreme <i>Alicia Archer</i>
7:00-7:45 MS Tabata <i>CeCe Marizu</i>	6:45-7:45 YS Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:00-8:00 YS Yoga Core <i>Robin Whitney Levine</i>	7:15-8:05 CS ♦ The Pursuit: Burn <i>Eric Cobb</i>	7:00-8:00 YS Vinyasa Yoga <i>Nathan Norrington</i>	8:15-9:00 MS METCON3 <i>Erin Barry</i>	9:00-10:00 YS Slow Flow Yoga <i>Lisa Tatham</i>
8:05-9:00 BA ♦ True Barre <i>Amanda Blauer</i>	7:00-7:45 MS Whipped! <i>Michael Keeney</i>	7:30-7:50 MS Best Abs Ever <i>Lynze Schiller</i>	8:15-9:00 MS EQX Barre Burn <i>Lisa Raphael</i>	8:05-9:00 BA ♦ True Barre <i>Genieve Gordon</i>	8:45-10:00 YS Alignment Flow <i>Yoga Jackie Prete</i>	9:30-10:15 CS ♦ Studio Cycling <i>Eniko Kiraly</i>
9:00-9:45 CS ♦ Studio Cycling <i>Michael Reilly</i>	7:15-8:05 CS ♦ The Pursuit: Build <i>Constance Marie Cohen</i>	8:05-8:55 BA ♦ True Barre <i>Hannah Simmons</i>	9:00-10:00 BA ♦ True Barre <i>Rosie Fiedelman</i>	8:15-9:00 CS ♦ Studio Cycling <i>Avery Washington</i>	9:10-10:00 MS ♦ Cardio Sculpt <i>Sabrina Cohen</i>	10:00-10:55 BA ♦ True Barre <i>Laeticia Emmanuel</i>
9:00-10:00 MS Body Conditioning <i>Sabrina Cohen</i>	8:15-9:00 MS Body Conditioning <i>Lisa Raphael</i>	9:00-9:45 CS ♦ Studio Cycling <i>Erica Villalba</i>	9:00-9:45 CS ♦ Studio Cycling <i>Constance Marie Cohen</i>	8:15-9:00 YS Pilates <i>Frederick Schjang</i>	9:15-10:00 BA ♦ True Barre <i>Hannah Simmons</i>	10:00-10:55 MS Athletic Conditioning <i>Abby Goldenberg</i>
9:00-10:00 YS Pilates Band <i>Linda Farrell</i>	9:00-10:00 BA ♦ True Barre <i>Kevin VerEecke</i>	9:00-10:00 MS Body Conditioning <i>Cathie Thompson</i>	9:15-10:00 MS METCON3 <i>CeCe Marizu</i>	9:00-9:50 MS ♦ Whipped! <i>Luis Weber</i>	9:45-10:30 CS ♦ Studio Cycling <i>Lisa Raphael</i>	10:15-11:30 YS Vinyasa Yoga <i>Lisa Tatham</i>
10:00-11:00 BA ♦ True Barre <i>Nathan Norrington</i>	9:00-9:50 CS ♦ The Pursuit: Build <i>Jack McGowan</i>	9:00-10:00 YS Power Yoga <i>Hannah Simmons</i>	10:00-11:00 YS Hatha Yoga <i>Jon Keller</i>	9:15-10:00 CS ♦ Studio Cycling <i>Avery Washington</i>	10:10-11:05 MS Powerstrike! <i>Sabrina Cohen</i>	10:30-11:20 CS ♦ The Pursuit: Burn <i>Eniko Kiraly</i>
10:00-10:45 CS ♦ Studio Cycling <i>Michael Reilly</i>	9:15-10:00 MS Tabata <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>	10:00-11:00 BA ♦ True Barre <i>Julie Granger</i>	10:15-11:15 YS Vinyasa Yoga <i>Emma Poole</i>	11:00-11:45 BA ♦ Gold Barre <i>Laeticia Emmanuel</i>
10:15-11:15 YS Vinyasa Yoga <i>Lisa Langer</i>	10:00-11:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	10:15-11:00 MS Zumba@ <i>Wilber Escobar</i>	11:15-12:15 YS Stretch Essentials <i>Ilene Bergelson</i>	10:00-10:55 MS Zumba@ <i>Adam Bokunewicz</i>	10:45-11:45 BA ♦ True Barre <i>Rosie Fiedelman</i>	11:05-12:00 MS Zumba@ <i>Joanna Romero</i>
11:00-11:45 MS Cardio Core Ball <i>Stephanie Levinson</i>	10:15-11:15 MS Nia <i>Kevin VerEecke</i>	10:15-11:15 YS Iyengar Yoga <i>Cheryl Malter</i>	11:30-12:15 MS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	10:00-11:15 YS Vinyasa Yoga <i>Diana Rilov</i>	11:00-11:50 CS ♦ Studio Cycling <i>Michael Reilly</i>	11:45-12:45 YS Pilates Band <i>Paul Liberti</i>
11:30-12:30 BA ♦ Trilogy Barre <i>Amanda Blauer</i>	11:00-12:00 BA ♦ Trilogy Barre <i>Rosie Fiedelman</i>	11:30-12:30 BA ♦ Trilogy Barre <i>Alexis Sweeney</i>	4:15-5:15 YS Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-12:45 YS Athletic Stretch <i>Taylor Dunham</i>	11:15-12:00 MS ♦ Tabata <i>Luis Weber</i>	12:15-1:00 MS METCON3 <i>Taylor Spearnak</i>
11:30-12:30 YS Feldenkrais Method@ <i>Frederick Schjang</i>	11:15-12:15 YS Stretch Essentials <i>Ilene Bergelson</i>	11:30-12:30 YS Feldenkrais Method@ <i>Frederick Schjang</i>	6:00-6:45 MS METCON3 <i>Chayanne Joel</i>	5:30-6:30 BA ♦ True Barre <i>Stephanie Yonkovich</i>	11:30-12:30 YS Pilates <i>Paul Liberti</i>	12:55-1:55 YS E.Motion Jazz Dance <i>Paul Liberti</i>
4:30-5:15 YS Pilates <i>Rita Thompson</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 METCON3 <i>Chayanne Joel</i>	6:00-6:50 CS ♦ The Pursuit: Burn <i>Chelsea Amengual</i>	12:15-1:15 BA ♦ True Barre <i>Alexis Sweeney</i>	4:15-5:15 YS Yoga Core <i>Robin Whitney Levine</i>
6:00-7:00 BA ♦ True Barre <i>Lori Celeste</i>	6:00-7:00 BA ♦ True Barre <i>Hannah Simmons</i>	5:30-6:20 BA ♦ True Barre <i>Kimberly Dawn Neumann</i>	6:00-7:00 YS Vinyasa Yoga <i>Taylor Dunham</i>	6:30-7:30 YS Alignment Flow <i>Yoga Kavi Patel</i>	12:40-1:40 MS E.Motion Jazz Dance (L2) <i>Paul Liberti</i>	4:30-5:15 CS ♦ Studio Cycling <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>	5:45-6:30 MS ♦ PURE STRENGTH <i>CeCe Marizu</i>	7:05-7:55 CS ♦ The Pursuit: Build <i>Chayanne Joel</i>	6:00-6:50 CS ♦ The Pursuit: Burn <i>Chelsea Amengual</i>	5:00-6:00 YS Vinyasa Yoga <i>Hannah Simmons</i>	5:30-6:30 BA ♦ Trilogy Barre <i>Laeticia Emmanuel</i>
6:10-6:40 MS ♦ Firestarter <i>Nikita Chaudhry</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>	6:30-7:30 YS Alignment Flow <i>Yoga Kavi Patel</i>		5:30-6:30 BA ♦ Trilogy Barre <i>Laeticia Emmanuel</i>
6:15-7:05 CS ♦ The Pursuit: Burn <i>Chelsea Amengual</i>	6:30-7:15 MS Zumba@ <i>Richard Martinez</i>	6:30-7:15 CS ♦ Studio Cycling <i>Mike Harris</i>	7:15-8:00 YS Pilates Band <i>Linda Farrell</i>			5:30-6:30 YS Vinyasa Yoga <i>Lisa Langer</i>
6:45-7:00 MS Ab Lab <i>Nikita Chaudhry</i>	7:15-8:15 BA ♦ True Barre <i>Hannah Simmons</i>	6:40-7:40 MS Deep EXtreme <i>Ryan Beck</i>				
7:00-7:45 MS THE CUT <i>Nikita Chaudhry</i>	7:15-8:15 YS Vinyasa Yoga <i>Damien Alexander</i>	7:00-8:00 YS Vinyasa Yoga <i>Susan Malcolm</i>				
7:15-8:15 BA ♦ True Barre <i>Lori Celeste</i>	7:30-8:20 MS ♦ Ropes and Rowers <i>Matt Ortel</i>					
7:30-8:30 YS NYC Dance Project <i>Abby Goldenberg</i>						

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MON - THU: 5:30AM - 11:00PM

FRI: 5:30AM - 10:00PM

SAT & SUN: 7:00AM - 9:00PM

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
BA	Barre Studio
YS	Yoga Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

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!

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.

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 such as belts and blocks. 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.

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.

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. Exciting 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

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

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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 CORE BALL All you need for total body transformation in one workout. Non-stop functional movement with an emphasis on core-definition, fat-burning and strength. You'll be amazed at the intensity... and the results.

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.

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.

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 to energizing music.

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.

ACTIVE REGENERATION

ATHLETIC STRETCH Reboot post-performance with the stretch class your muscles deserve. Apply a variety of techniques and equipment to balance out stressed and tight muscles, leaving you perfectly prepped to rise to your next challenge.

FELDENKRAIS METHOD® The Feldenkrais Method® of somatic education uses gentle movement and directed attention to improve flexibility, balance and coordination.