

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:15-7:00 CS◆ Studio Cycling <i>Genna Kanago</i>	6:00-6:45 CS◆ ANTHEM <i>Michael Keeney</i>	6:15-7:00 CS◆ Studio Cycling <i>Jason Strong</i>	8:15-9:00 MS Carve and Sculpt <i>Lisa Raphael</i>	7:30-8:30 YS Vinyasa Yoga <i>Josh Mathew-Meier</i>	8:05-8:50 MS METCON3 <i>Erin Barry</i>	8:15-9:00 CS◆ ANTHEM <i>Emma Marr</i>
7:00-7:45 MS THE CUT <i>Nikita Chaudhry (SUB)</i>	6:30-7:30 BA◆ True Barre <i>Lexi Julian</i>	7:00-7:30 MS◆ Firestarter <i>Lynze Schiller</i>	8:30-9:30 YS Gratitude Yoga <i>Annette Vetere</i>	8:05-9:00 BA◆ True Barre <i>Genieve Gordon</i>	8:15-9:00 BA◆ True Barre <i>Genieve Gordon (SUB)</i>	9:00-10:00 YS Slow Flow Yoga <i>Lisa Tatham</i>
8:05-9:00 BA◆ True Barre <i>Amanda Blauer</i>	6:45-7:45 YS Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:00-8:00 YS Yoga Core <i>Whitney Chapman (SUB)</i>	9:00-10:00 BA◆ True Barre <i>Rosie Fiedelman</i>	8:15-9:00 CS◆ Studio Cycling <i>Sarah May Epstein (SUB)</i>	9:00-9:50 MS◆ Athletic Conditioning <i>CeCe Marizu (SUB)</i>	9:30-10:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>
9:00-9:45 CS◆ Studio Cycling <i>Michael Reilly</i>	7:00-7:45 MS Whipped! <i>Michael Keeney</i>	7:30-7:50 MS Best Abs Ever <i>Lynze Schiller</i>	9:00-9:45 CS◆ Beast n Feast Ride <i>Constance Marie Cohen</i>	9:00-9:45 MS Boot Camp <i>Justin Walker (SUB)</i>	9:00-10:00 YS Slow Flow Yoga <i>Colleen Breeckner (SUB)</i>	10:00-10:55 BA◆ True Barre <i>Laeticia Emmanuel</i>
9:00-10:00 MS Body Conditioning <i>Sabrina Cohen</i>	7:15-8:05 CS◆ The Pursuit: Build <i>Constance Marie Cohen</i>	8:05-8:55 BA◆ True Barre <i>Stephanie Yonkovich (SUB)</i>	9:15-10:00 MS METCON3 <i>CeCe Marizu</i>	9:15-10:00 CS◆ ANTHEM <i>Sarah May Epstein</i>	9:00-10:00 YS Slow Flow Yoga <i>Colleen Breeckner (SUB)</i>	10:00-10:55 MS Athletic Conditioning <i>Taylor Spearnak (SUB)</i>
9:00-10:00 YS Pilates Band <i>Linda Farrell</i>	8:15-9:00 MS Body Conditioning <i>Lisa Raphael</i>	9:00-9:45 CS◆ Studio Cycling <i>Erica Villalba</i>	10:00-11:00 YS Hatha Yoga <i>Jon Keller</i>	10:00-11:00 BA◆ True Barre <i>Julie Granger</i>	9:15-10:15 BA◆ True Barre <i>Genieve Gordon (SUB)</i>	10:15-11:30 YS Vinyasa Yoga <i>Lisa Tatham</i>
10:00-11:00 BA◆ True Barre <i>Amanda Blauer (SUB)</i>	9:00-10:00 BA◆ True Barre <i>Kevin VerEecke</i>	9:00-10:00 MS Body Conditioning <i>Cathe Thompson</i>	10:15-11:05 CS◆ The Pursuit: Burn <i>Eric Cobb</i>	10:00-11:00 MS Zumba® <i>Emm Koteka-Wiki (SUB)</i>	9:45-10:30 CS◆ Studio Cycling <i>Constance Marie Cohen (SUB)</i>	10:30-11:20 CS◆ The Pursuit: Burn <i>Eniko Kiraly</i>
10:00-10:45 CS◆ Studio Cycling <i>Michael Reilly</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Jack McGowan</i>	9:00-10:00 YS Power Yoga <i>Heather Ashley (SUB)</i>	10:15-11:15 MS Dance! <i>Rosie Fiedelman</i>	10:00-10:55 MS Zumba® <i>Emm Koteka-Wiki (SUB)</i>	10:00-10:45 MS Body Conditioning <i>Lisa Raphael</i>	11:00-11:55 BA◆ True Barre <i>Laeticia Emmanuel</i>
10:15-11:15 YS Vinyasa Yoga <i>Lisa Langer</i>	9:15-10:00 MS Tabata <i>Joshua Vela</i>	10:00-11:00 BA◆ True Barre <i>Lori Celeste (SUB)</i>	11:30-12:20 MS◆ Ropes and Rowers <i>Eric Cobb</i>	10:00-11:15 YS Vinyasa Yoga <i>Diana Rilov</i>	10:15-11:15 YS Vinyasa Yoga <i>Colleen Breeckner (SUB)</i>	11:05-12:00 MS Zumba® <i>Joanna Romero</i>
11:00-11:45 MS Cardio Core Ball <i>Stephanie Levinson</i>	10:00-11:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	10:15-11:00 MS Zumba® <i>Wilber Escobar</i>		11:15-12:00 MS Cardio Sculpt <i>Robert Wallace (SUB)</i>	10:45-11:45 BA◆ True Barre <i>Rosie Fiedelman</i>	11:45-12:45 YS Pilates Band <i>Paul Liberti</i>
11:30-12:30 BA◆ Trilogy Barre <i>Amanda Blauer</i>	10:15-11:15 MS Nia <i>Kevin VerEecke</i>	10:15-11:15 YS Iyengar Yoga <i>Cheryl Malter</i>		5:00-5:50 CS◆ The Pursuit: Burn <i>Chelsea Amengual</i>	11:00-12:00 CS◆ Studio Cycling <i>Michael Reilly</i>	12:15-1:00 MS METCON3 <i>Taylor Spearnak</i>
11:30-12:30 YS Feldenkrais Method® <i>Scott Fraser (SUB)</i>	11:00-12:00 BA◆ Trilogy Barre <i>Rosie Fiedelman</i>	11:30-12:30 BA◆ Trilogy Barre <i>Lexi Julian (SUB)</i>			11:15-12:00 MS◆ Tabata <i>CeCe Marizu (SUB)</i>	12:55-1:55 YS E.Motion Jazz Dance <i>Paul Liberti</i>
4:30-5:15 YS Pilates <i>Jose Ruiz (SUB)</i>	11:15-12:15 YS Stretch Essentials <i>Ilene Bergelson</i>	11:30-12:30 YS Feldenkrais Method® <i>Scott Fraser (SUB)</i>				4:15-5:15 YS Vinyasa Yoga <i>Suzanne Taylor</i>
6:00-7:00 BA◆ True Barre <i>Lori Celeste</i>	4:15-5:30 YS Vinyasa Yoga <i>Paul Keoni Chun (SUB)</i>	4:15-5:30 YS Slow Flow Yoga <i>Diana Rilov</i>			12:15-1:15 BA◆ True Barre <i>Genieve Gordon (SUB)</i>	4:30-5:15 CS◆ ANTHEM <i>LR Davidson</i>
6:00-7:15 YS Anusara Yoga <i>Jackie Prete</i>	6:00-6:50 BA◆ Barre <i>Sarah Starkweather (SUB)</i>	5:30-6:20 BA◆ True Barre <i>Stephanie Yonkovich (SUB)</i>			12:30-1:15 CS◆ Studio Cycling <i>Mike Harris</i>	5:30-6:30 BA◆ Trilogy Barre <i>Laeticia Emmanuel</i>
6:10-6:40 MS Body Blast <i>Michael Taylor (SUB)</i>	6:00-7:00 YS Pilates <i>Linda Farrell</i>	5:45-6:30 MS◆ PURE STRENGTH <i>Luis Weber</i>				5:30-6:30 YS Vinyasa Yoga <i>Lisa Langer</i>
6:15-7:05 CS◆ The Pursuit: Burn <i>Chelsea Amengual</i>	6:30-7:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	6:00-6:45 CS◆ Studio Cycling <i>Mike Harris</i>				
6:45-7:00 MS Ab Lab <i>Michael Taylor (SUB)</i>	6:30-7:15 MS Zumba® <i>Richard Martinez</i>	7:00-8:00 YS Vinyasa Yoga <i>Susan Malcolm</i>				
7:00-7:45 MS THE CUT <i>Kari McKillip (SUB)</i>	7:00-7:50 BA◆ Barre <i>Sarah Starkweather (SUB)</i>					
7:15-8:15 BA◆ True Barre <i>Lori Celeste</i>	7:15-8:15 YS Vinyasa Yoga <i>Damien Alexander</i>					
7:30-8:30 YS NYC Dance Project <i>Abby Goldenberg</i>	7:30-8:20 MS◆ Ropes and Rowers <i>Matt Ortel</i>					

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 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
MS	Main Studio
BA	Barre Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO 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.

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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, tones and strengthens 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.

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.

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!

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.

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 BLAST Nonstop cutting-edge strength workout using various equipment to achieve maximum results in minimum time.

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.

CARVE AND SCULPT Carve yourself before you carve the bird.

Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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

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

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

STRETCH ESSENTIALS Power down to power further. Reset properly with guided self-massage as well as mobility and flexibility training for a restored range of motion, enhanced flexibility, and reduced stress.