

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

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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® 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. 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.

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.

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.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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

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 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.

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.

🧘 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.

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.