

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>Lexi Julian</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>	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>	7:00-8:00 YS Vinyasa Yoga <i>Nathan Norrington</i>	8:15-9:00 MS Body Conditioning <i>Jessica Davis</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>Constance Marie Cohen</i>	7:30-7:50 MS Best Abs Ever <i>Lynze Schiller</i>	7:45-8:00 MS Best Arms Ever <i>Lori Celeste</i>	8:05-9:00 BA◆ True Barre <i>Genieve Gordon</i>	8:45-10:00 YS Anusara Yoga <i>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>	8:15-9:00 MS Body Conditioning <i>Lisa Raphael</i>	8:05-9:00 BA◆ True Barre <i>Hannah Simmons</i>	8:15-9:00 MS EQX Barre Burn <i>Lisa Raphael</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>	9:00-10:00 BA◆ True Barre <i>Kevin VerEecke</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>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>	9:00-9:50 CS◆ The Pursuit: Build <i>Jack McGowan</i>	9:00-10:00 MS Body Conditioning <i>Cathe Thompson</i>	9:00-9:45 CS◆ Studio Cycling <i>Constance Marie Cohen</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>	9:15-10:00 MS Tabata <i>Joshua Vela</i>	9:00-10:00 YS Iyengar Yoga <i>Cheryl Malter</i>	9:15-10:00 MS METCON3 <i>CeCe Marizu</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>	10:00-11:00 YS Vinyasa Yoga <i>Lisa Anzelmo</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>	11:00-11:45 BA◆ Gold Barre <i>Laeticia Emmanuel</i>
10:15-11:15 YS Vinyasa Yoga <i>Lisa Langer</i>	10:15-11:15 MS Nia <i>Kevin VerEecke</i>	10:15-11:00 MS Zumba® <i>Wilber Escobar</i>	10:15-11:15 MS Dance! <i>Rosie Fiedelman</i>	10:00-10:45 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>	11:00-12:00 BA◆ Trilogy Barre <i>Rosie Fiedelman</i>	10:15-11:15 YS Vinyasa Yoga <i>Hannah Simmons</i>	11:15-12:15 YS Stretch <i>Ilene Bergelson</i>	10:00-11:15 YS Vinyasa Yoga <i>Diana Rilov</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 BA◆ Trilogy Barre <i>Amanda Blauer</i>	11:15-12:15 YS Stretch <i>Ilene Bergelson</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>	10:45-11:00 MS Best Arms Ever <i>Adam Bokunewicz</i>	11:15-12:00 MS◆ Tabata <i>Luis Weber</i>	
11:30-12:30 YS Feldenkrais Method® <i>Frederick Schjang</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>	10:45-11:00 MS Best Arms Ever <i>Adam Bokunewicz</i>	11:30-12:30 YS Pilates <i>Paul Liberti</i>	12:15-1:00 MS METCON3 <i>Taylor Spearnak</i>
4:15-5:15 YS Pilates <i>Rita Thompson</i>	6:00-7:00 BA◆ True Barre <i>Julie Granger</i>	4:15-5:30 YS Slow Flow Yoga <i>Diana Rilov</i>	4:15-5:15 YS Vinyasa Yoga <i>Michael Lechonczak</i>	11:15-12:00 MS Cardio Sculpt <i>Jessica Davis</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>
6:00-7:00 BA◆ True Barre <i>Lori Celeste</i>	6:00-7:00 YS Pilates <i>Linda Farrell</i>	5:30-6:20 BA◆ True Barre <i>Kimberly Dawn Neumann</i>	6:00-6:45 MS METCON3 <i>Chayanne Joel</i>	12:00-12:45 YS Stretch <i>Eli Walker</i>	12:40-1:40 MS E.Motion Jazz Dance (L2) <i>Paul Liberti</i>	1:00-1:15 MS Best Arms Ever <i>Taylor Spearnak</i>
6:00-6:50 CS◆ The Pursuit: Burn <i>Chelsea Amengual</i>	6:30-7:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	5:45-6:30 MS◆ PURE STRENGTH <i>CeCe Marizu</i>	6:00-7:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	5:30-6:30 BA◆ True Barre <i>Lexi Julian</i>	1:00-2:00 YS Yoga Fundamentals <i>Michael Lechonczak</i>	4:15-5:15 YS Yoga Core <i>Robin Whitney Levine</i>
6:00-7:15 YS Anusara Yoga <i>Jackie Prete</i>	6:30-7:15 MS Zumba® <i>Richard Martinez</i>	6:30-7:20 BA◆ True Barre <i>Kimberly Dawn Neumann</i>	7:05-7:55 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>	5:45-6:35 CS◆ The Pursuit: Build <i>Chelsea Amengual</i>	5:00-6:00 YS Vinyasa Yoga <i>Hannah Simmons</i>	4:30-5:15 CS◆ Studio Cycling <i>LR Davidson</i>
6:10-6:40 MS◆ Firestarter <i>Nikita Chaudhry</i>	7:15-8:15 BA◆ True Barre <i>Julie Granger</i>	6:30-7:15 BA◆ True Barre <i>Kimberly Dawn Neumann</i>	7:15-8:15 BA◆ Trilogy Barre <i>Lori Celeste</i>			5:30-6:30 BA◆ Trilogy Barre <i>Laeticia Emmanuel</i>
6:45-7:00 MS Best Arms Ever <i>Nikita Chaudhry</i>	7:15-8:15 YS Vinyasa Yoga <i>Damien Alexander</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>
7:00-7:45 MS THE CUT <i>Nikita Chaudhry</i>	7:30-8:20 MS◆ Ropes and Rowers <i>Matt Ortel</i>	7:00-8:00 YS Vinyasa Yoga <i>Susan Malcolm</i>				
7:15-8:15 BA◆ True Barre <i>Lori Celeste</i>						
7:30-8:30 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

YS	Yoga Studio
MS	Main Studio
BA	Barre 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

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.

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.

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.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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

FELDENKRAIS METHOD® Reconnect body and mind to improve physical motion and well-being. Developed by Israeli engineer Moshé Feldenkrais, the Feldenkrais Method empowers you to subvert body's habits with slow repetitions, rediscover your capacity to govern your own movement, and gain power over your life.

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.