

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS◆ Studio Cycling <i>Jewlz VerHage</i>	6:00-6:45 MS Tabata <i>Lulu Faria</i>	6:00-6:45 MS Boxing <i>Boyd Melson</i>	6:00-6:45 MS METCON3 <i>Or Artzi</i>	6:15-7:00 CS◆ Studio Cycling <i>Sandy Wasserbach</i>	9:00-9:50 MS Athletic Conditioning <i>Kelsey Stalter</i>	9:00-9:45 MS EQX Barre Burn <i>Daigi-Ann Thompson</i>	7:00-7:45 MS◆ PURE STRENGTH <i>Mary O</i>	7:00-7:45 MS Inner Athlete (L2) <i>Lulu Faria</i>	6:15-7:00 YS EQX Barre Burn <i>Elgin McCargo</i>	7:00-7:45 MS EQX Barre Burn <i>Or Artzi</i>	7:30-8:15 MS Tabata (L2) <i>Marie Jasmin</i>	9:00-10:00 YS Vinyasa Yoga <i>Rika Henry</i>	9:00-10:00 YS Vinyasa Yoga <i>Ruah Bhay</i>
8:30-9:15 MS METCON3 <i>Selena Dorans</i>	7:00-8:00 TR◆ Precision Running® <i>Linette Guelen</i>	6:30-7:15 CS◆ Team Lipstick Cycling <i>Laura Cozik</i>	7:15-8:05 TR◆ Precision Running® <i>Arthur Tang</i>	9:30-10:15 MS Boot Camp <i>Or Artzi</i>	10:00-10:45 CS◆ Studio Cycling <i>Tim McMullan</i>	9:30-10:15 CS◆ Studio Cycling <i>Sandy Wasserbach</i>	9:30-10:15 MS THE CUT <i>Tracey G</i>	7:15-8:15 YS Vinyasa Yoga <i>Charlene Lite</i>	7:00-7:45 MS Stacked! <i>Amanda Young</i>	9:30-10:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	10:00-10:30 MS Firestarter <i>Laura Hayes</i>	10:15-11:15 YS Vinyasa Yoga <i>Ruah Bhay</i>	10:15-11:15 YS Vinyasa Yoga <i>Ruah Bhay</i>
12:30-1:15 MS EQX Barre Burn <i>Laeticia Emmanuel</i>	9:30-10:15 CS◆ Cycle Beats <i>Lindsay B. Davis</i>	8:30-9:15 CS◆ Studio Cycling <i>Sara Hogrefe</i>	9:30-10:15 MS METCON3 <i>Lulu Faria</i>	12:15-1:00 YS Pilates <i>Claire Danese</i>	10:10-11:00 YS EQX Barre Burn <i>Gudbjorg Arnalds</i>	10:30-11:15 MS Tabata <i>Sandy Wasserbach</i>	1:15-2:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	12:30-1:15 CS◆ Studio Cycling <i>Alie Giaime</i>	9:30-10:30 YS Vinyasa Yoga <i>Kevin Lamb</i>	12:30-1:15 MS Athletic Conditioning (L2) <i>Dawn Parker</i>	10:30-10:45 MS Ab Lab <i>Laura Hayes</i>	11:30-12:15 CS◆ Studio Cycling <i>Jewlz VerHage</i>	11:30-12:15 CS◆ Studio Cycling <i>Jewlz VerHage</i>
5:45-6:30 MS◆ METCON3 <i>Chris Norvell</i>	1:15-2:15 YS Vinyasa Yoga <i>Sarah Girard</i>	12:15-1:15 YS Vinyasa Yoga <i>Damien Alexander</i>	1:15-2:15 YS Vinyasa Yoga <i>Mary Horne</i>	1:15-2:15 MS Athletic Conditioning (L2) <i>Dawn Parker</i>	11:00-11:45 MS◆ THE CUT <i>Mary O</i>	11:30-12:00 MS◆ THE CUT: Jump Rope <i>Sandy Wasserbach</i>	6:00-7:00 YS◆ Power Yoga <i>Lindsay Carson</i>	5:15-5:45 MS◆ THE CUT: Jump Rope <i>Jan Erik Navoa</i>	12:30-1:15 MS THE CUT <i>Eddie Carrington</i>	1:15-2:15 YS Vinyasa Yoga <i>Jena Maenius</i>	11:15-12:15 YS◆ Vinyasa Yoga <i>Leo Rising</i>	11:30-12:15 YS Pilates <i>Dara Adler</i>	11:30-12:15 YS Pilates <i>Dara Adler</i>
6:30-7:15 MS THE CUT <i>Mary O</i>	6:00-6:30 MS Core Conditioning <i>Jan Erik Navoa</i>	5:45-6:30 MS◆ PURE STRENGTH <i>Mary O</i>	6:00-6:45 YS Pilates <i>Dara Spitalny</i>	6:00-6:45 YS Fit, Fierce & Fabulous (L2) <i>Dawn Parker</i>	11:15-12:15 YS◆ Vinyasa Yoga <i>Leo Rising</i>	12:15-1:15 MS BoxCamp <i>Jermaine Bailey</i>	7:15-8:00 CS◆ Studio Cycling <i>Lindsay Carson</i>	6:30-7:25 MS Deep EXtreme <i>Ryan Beck</i>	6:00-7:10 YS Vinyasa Yoga <i>Ariel Kiley</i>	7:00-8:00 MS◆ Cyclesanity® <i>Jillian Wright</i>	12:30-1:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	12:30-1:30 YS Vinyasa Yoga <i>Sarah Girard</i>	12:30-1:30 YS Vinyasa Yoga <i>Sarah Girard</i>
7:15-8:00 CS◆ Studio Cycling <i>Lindsay Carson</i>	6:35-7:20 CS◆ Cycle Beats <i>Jan Erik Navoa</i>	6:45-7:30 MS Cardio Hip Hop Funk <i>Lashawn Jones</i>	6:15-7:00 CS◆ Cycle Beats <i>Or Artzi</i>	6:00-6:45 CS◆ Cyclesanity® <i>Jillian Wright</i>	11:15-12:15 YS◆ Vinyasa Yoga <i>Leo Rising</i>	12:45-1:45 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>	7:15-8:00 YS Pilates <i>Jennifer Tarentino</i>	7:30-7:20 MS◆ Cycle Beats <i>Jan Erik Navoa</i>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	7:00-8:00 YS Vinyasa Yoga <i>Charlene Lite</i>	12:45-1:45 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>	5:00-6:15 YS Vinyasa Yoga <i>AnneElise Hagen</i>	5:00-6:15 YS Vinyasa Yoga <i>AnneElise Hagen</i>
7:30-8:15 MS Athletic Conditioning <i>Lulu Faria</i>	7:30-8:30 YS Vinyasa Yoga <i>Leeann Walton</i>	7:30-8:15 CS◆ Studio Cycling <i>T.B.D.</i>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	7:15-8:15 YS Vin-Hatha Yoga <i>Kevin Lamb</i>	12:45-1:45 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>	5:00-6:15 YS Vinyasa Yoga <i>AnneElise Hagen</i>	8:15-9:15 YS Vinyasa Yoga <i>Rika Henry</i>	7:45-8:30 MS◆ PURE STRENGTH <i>Erin Sanders</i>	7:30-8:15 CS◆ Studio Cycling <i>T.B.D.</i>	7:15-8:15 YS Vin-Hatha Yoga <i>Kevin Lamb</i>	12:45-1:45 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>	5:00-6:15 YS Vinyasa Yoga <i>AnneElise Hagen</i>	5:00-6:15 YS Vinyasa Yoga <i>AnneElise Hagen</i>
		7:30-8:30 MS EQX Barre Burn <i>Laeticia Emmanuel</i>											

EQUINOX

BROOKLYN HEIGHTS

194 JORALEMON STREET
BROOKLYN NEWYORK
11201
718.522.7533
EQUINOX.COM
@EQUINOX

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

THU: 5:30 AM - 10:00 PM

FRI: 5:30 AM - 9:00 PM

SAT & SUN: 7:00 AM - 8:00 PM

GROUP FITNESS MANAGER

MARY ONYANGO
ODHIAMBO-AULET

Mary.Onyango.odhiambo-aulet@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
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

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

STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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.

TEAM LIPSTICK CYCLING Laura Cozik designed Team Lipstick Cycling through pure bike racing principles. This co-ed class is laden with tempo drills, threshold attacks, anaerobic sprints ... all merged with killer music. Classes are intelligently planned for serious fitness addicts in New York City who love to Get Racy!

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

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.

VIN-HATHA YOGA This class combines the flow of Vinyasa with the moving meditation of Hatha. The main emphasis of "Vin-Hatha" is to build strength in order to prepare for a more advanced practice with specific focus on alignment and internal balance.

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.

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!

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!

BARRE

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

CONDITIONING

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

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

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.

FIT, FIERCE & FABULOUS If you loved Red Carpet Ready, then you'll love this dynamic A-list inspired class created by fitness champion Dawn Parker. This workout includes strength, endurance, plyo, core & functional movement.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

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.

DANCE

CARDIO HIP HOP FUNK This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

BOXING & MARTIAL ARTS

BOXCAMP Get in shape with the "sweet science." Basic punching combinations of boxing on the heavy bag and with focus mitts. Well chosen bootcamp drills will push you to your ultimate fitness level. Handwraps/gelwraps, boxing gloves, jumpropes are mandatory. Mouthpiece optional.

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.