

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆ Studio Cycling <i>Jewlz VerHage</i>	6:00-6:45 MS Tabata Strength <i>Lulu Faria</i>	6:15-7:00 YS EQX Barre Burn <i>Dexter Carter</i>	6:00-6:45 MS Athletic Conditioning <i>Mikey Brunson</i>	6:15-7:00 CS◆ Studio Cycling <i>Sara Hogrefe</i>	6:15-7:00 CS◆ Studio Cycling <i>Sandy Wasserbach</i>	6:00-6:45 MS Tabata (L2) <i>Marie Jasmin</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 Athletic Conditioning <i>Molly Day</i>	7:00-7:45 MS Inner Athlete (L2) <i>Lulu Faria</i>	6:30-7:15 CS◆ Studio Cycling <i>Sara Hogrefe</i>	7:00-7:45 MS◆ THE MUSE™ <i>Or Artzi</i>	7:00-7:45 MS Precision Running@ <i>Arthur Tang</i>	7:30-8:15 MS◆ THE MUSE™ <i>Or Artzi</i>	9:30-10:15 MS◆ THE MUSE™ <i>Or Artzi</i>	9:00-10:00 YS Vinyasa Yoga <i>Rika Henry</i>	9:00-10:00 YS◆ Vinyasa Yoga <i>Ruah Bhay</i>					
7:45-8:15 MS Firestarter <i>Molly Day</i>	7:00-8:00 TR◆ Precision Running@ <i>Linette Guelen</i>	7:00-7:45 MS METCON3 <i>Alexander Charles</i>	7:15-8:05 TR◆ Precision Running@ <i>Arthur Tang</i>	7:30-8:20 TR◆ Precision Running@ <i>Sara Hogrefe</i>	9:30-10:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	10:00-10:45 CS◆ Studio Cycling <i>Tim McMullan</i>	9:30-10:15 CS◆ Studio Cycling <i>Sandy Wasserbach</i>						
8:30-9:15 MS METCON3 <i>Selena Dorans</i>	7:15-8:15 YS Vinyasa Yoga <i>Charlene Lite</i>	7:30-8:20 TR◆ Precision Running@ <i>Sara Hogrefe</i>	7:15-8:15 YS Vinyasa Yoga <i>Dee Holliday</i>	9:30-10:15 MS Chisel'd <i>Lulu Faria</i>	12:15-1:00 YS Pilates <i>Claire Danese</i>	10:00-10:30 MS◆ Firestarter <i>Laura Hayes</i>	9:30-10:20 TR◆ Precision Running@ <i>Linette Guelen</i>						
9:30-10:15 MS THE CUT <i>Tracey G</i>	9:30-10:15 CS◆ ANTHEM™ <i>Or Artzi</i>	8:00-8:30 MS Best Butt Ever <i>Alexander Charles</i>	12:30-1:15 MS Studio Cycling <i>Lulu Faria</i>	12:30-1:15 MS Studio Cycling <i>Lulu Faria</i>	12:30-1:15 YS Athletic Conditioning (L2) <i>Dawn Parker</i>	10:10-11:00 YS Pilates <i>Nicola Bam</i>	10:15-11:15 YS◆ Vinyasa Yoga <i>Ruah Bhay</i>						
12:30-1:15 MS EQX Barre Burn <i>Becca Pace</i>	12:30-1:15 CS◆ Studio Cycling <i>Avery Washington</i>	8:30-9:15 CS◆ Studio Cycling <i>Selena Dorans</i>	12:30-1:15 CS◆ Studio Cycling <i>Lewis McNairy</i>	1:15-2:15 YS Vinyasa Yoga <i>Lisa Bermudez</i>	1:15-2:15 YS Vinyasa Yoga <i>Jena Maenius</i>	10:30-10:50 MS Ab Lab <i>Laura Hayes</i>	10:25-11:10 MS◆ Tabata <i>Sandy Wasserbach</i>						
1:15-2:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	1:15-2:15 YS Vinyasa Yoga <i>Sarah Girard</i>	9:30-10:30 YS Vinyasa Yoga <i>Kevin Lamb</i>	5:45-6:30 MS Fit, Fierce & Fabulous (L2) <i>Dawn Parker</i>	6:00-6:45 YS Cyclesanity@ <i>Jillian Wright</i>	6:00-6:45 CS◆ Cyclesanity@ <i>Jillian Wright</i>	11:00-11:45 MS◆ THE CUT <i>Mary O</i>	11:20-12:05 MS Athletic Conditioning <i>Jermaine Bailey</i>						
5:45-6:30 MS◆ METCON3 <i>Chris Norvell</i>	5:45-6:30 MS Tabata <i>Jan Erik Navoa</i>	12:15-1:15 YS Vinyasa Yoga <i>Danielle Dugan</i>	5:45-6:30 TR◆ Precision Running@ <i>Avery Washington</i>	7:00-8:00 YS Vinyasa Yoga <i>Charlene Lite</i>	6:00-6:45 CS◆ Cyclesanity@ <i>Jillian Wright</i>	11:15-12:15 YS◆ Vinyasa Yoga <i>Leo Rising</i>	11:30-12:15 CS◆ Studio Cycling <i>Sandy Wasserbach</i>						
6:00-7:00 YS◆ Power Yoga <i>Kevin Lamb</i>	5:45-6:30 TR◆ Precision Running@ <i>Miriam Shestack</i>	12:30-1:15 MS THE CUT <i>Eddie Carrington</i>	6:00-6:45 YS Pilates <i>Dara Spitalny</i>	7:00-8:00 YS Vinyasa Yoga <i>Charlene Lite</i>	6:35-7:20 CS◆ Cycle Beats <i>Avery Washington</i>	11:30-12:20 TR◆ Precision Running@ <i>Miriam Wasmund</i>	11:30-12:15 YS Pilates <i>Dara Adler</i>						
6:30-7:15 MS THE CUT <i>Mary O</i>	6:30-7:25 MS Deep EXtreme <i>Ryan Beck</i>	5:45-6:30 MS◆ PURE STRENGTH <i>Mary O</i>	6:35-7:20 CS◆ Cycle Beats <i>Avery Washington</i>	6:00-6:45 YS Pilates <i>Dara Spitalny</i>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	11:45-12:30 MS Best Butt Ever <i>Mary O</i>	12:25-1:10 MS BoxCamp <i>Jermaine Bailey</i>						
7:15-8:00 CS◆ Studio Cycling <i>Lindsay B. Davis</i>	6:35-7:20 CS◆ Cycle Beats <i>Jan Erik Navoa</i>	6:00-7:10 YS◆ Vinyasa Yoga <i>Kristin Condon</i>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	6:00-6:45 YS Pilates <i>Dara Spitalny</i>	7:20-8:20 YS Vin-Hatha Yoga <i>Kevin Lamb</i>	12:30-1:15 CS◆ Cyclesanity@ <i>Jillian Wright</i>	12:30-1:30 YS◆ Vinyasa Yoga <i>Sarah Girard</i>						
7:15-8:00 YS Pilates <i>Jennifer Tarentino</i>	7:30-8:30 YS Vinyasa Yoga <i>Rika Henry</i>	6:45-7:30 MS Cardio Hip Hop Funk <i>Lashawn Jones</i>	7:20-8:20 YS Vin-Hatha Yoga <i>Kevin Lamb</i>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	7:15-8:00 CS◆ Studio Cycling <i>Nicole Murray</i>	12:30-1:15 YS◆ EQX Barre Burn <i>Mathew Makings</i>	5:00-6:15 YS Vinyasa Yoga <i>AnneElise Hagen</i>						
7:30-8:15 MS Athletic Conditioning <i>Lulu Faria</i>	7:45-8:30 MS◆ PURE STRENGTH <i>Erin Sanders</i>	7:15-8:00 CS◆ Studio Cycling <i>Nicole Murray</i>		7:20-8:20 YS Vin-Hatha Yoga <i>Kevin Lamb</i>	7:30-8:15 MS◆ THE MUSE™ <i>Genieve Gordon</i>	12:45-1:45 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>							
						1:30-2:30 YS EQX Barre Burn <i>Mathew Makings</i>							
						1:45-2:30 CS◆ Cycle Beats <i>Faith Murphy</i>							

EQUINOX

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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

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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

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.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

CYCLESANITY® Technique turned up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

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

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

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.

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.

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.

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.

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.

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

BARRE

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

LONG + LEAN

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

FIT, FIERCE & FABULOUS Get ready for your close-up. Dawn Parker's signature program features a core-defining combination of strength training, endurance, plyometrics, and functional moves for a fabulous burn.

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.

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.

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.