

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY																																																																								
6:15-7:00 CS◆ Studio Cycling <i>Marie Jasmin</i>	7:00-7:45 MS◆ PURE STRENGTH <i>Mary O</i>	6:00-6:45 MS Tabata <i>Lulu Faria</i>	7:00-7:45 MS Inner Athlete (L2) <i>Lulu Faria</i>	6:00-6:45 MS METCON3 <i>Or Artzi</i>	6:15-7:00 YS Barre <i>Elgin McCargo</i>	6:00-7:00 MS Athletic Conditioning <i>Boyd Melson</i>	7:00-7:45 MS Boxing <i>Boyd Melson</i>	6:15-7:00 MS Studio Cycling <i>Sandy Wasserbach</i>	7:30-8:15 MS Tabata (L2) <i>Marie Jasmin</i>	8:45-9:00 MS Best Arms Ever <i>Kelsey Stalter</i>	9:00-9:45 MS EQX Barre Burn <i>Daigi-Ann Thompson</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>	9:00-9:50 MS Athletic Conditioning <i>Kelsey Stalter</i>	9:00-10:00 YS Vinyasa Yoga <i>Janice Chiou</i>	10:15-11:15 YS Vinyasa Yoga <i>Ruah Bhay</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 Athletic Conditioning <i>Selena Dorans</i>	7:15-8:15 YS Vinyasa Yoga <i>Dee Holliday</i>	9:30-10:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	12:15-1:00 YS Pilates <i>Claire Danese</i>	10:00-10:45 CS◆ Studio Cycling <i>Tim McMullan</i>	11:30-12:15 CS◆ Studio Cycling <i>Jewiz VerHage</i>	12:30-1:15 MS EQX Barre Burn <i>Laeticia Emmanuel</i>	9:30-10:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	8:30-9:15 CS◆ Studio Cycling <i>Alie Giaime</i>	9:30-10:30 MS METCON3 <i>Lulu Faria</i>	12:30-1:15 MS Studio Cycling <i>Benjamin Green</i>	12:15-1:00 YS Pilates <i>Claire Danese</i>	10:00-10:30 MS Firestarter <i>Laura Hayes</i>	11:30-12:15 MS Athletic Conditioning <i>Jermaine Bailey</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 Studio Cycling <i>Dawn Parker</i>	12:30-1:15 MS Athletic Conditioning (L2) <i>Dawn Parker</i>	10:10-11:00 YS EQX Barre Burn <i>Gudbjorg Arnalds</i>	11:30-12:15 YS Pilates <i>Dara Adler</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>	6:00-6:45 MS◆ Cyclesanity® <i>Jillian Wright</i>	11:00-11:45 MS◆ THE CUT <i>Mary O</i>	12:30-1:30 MS BoxCamp <i>Jermaine Bailey</i>	6:00-7:00 YS◆ Power Yoga <i>Lindsay Carson</i>	5:45-6:00 MS◆ Best Arms Ever <i>Jan Erik Navoa</i>	12:30-1:15 MS THE CUT <i>Eddie Carrington</i>	5:45-6:30 MS Fit, Fierce & Fabulous (L2) <i>Dawn Parker</i>	7:00-8:00 YS Vinyasa Yoga <i>Charlene Lite</i>	12:30-1:30 YS Vinyasa Yoga <i>Sarah Girard</i>	6:30-7:00 MS◆ Firestarter <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>	5:45-6:30 MS Pilates <i>Dara Spitalny</i>	6:00-6:45 YS Studio Cycling <i>Emma Marr</i>	11:15-12:15 YS◆ Vinyasa Yoga <i>Leo Rising</i>	7:05-7:25 MS Ab Lab <i>Mary O</i>	6:30-7:25 MS Deep EXtreme <i>Ryan Beck</i>	6:00-7:10 YS Vinyasa Yoga <i>Ariel Kiley</i>	6:15-7:00 CS◆ Studio Cycling <i>Emma Marr</i>	12:00-12:30 MS Best Butt Ever <i>Mary O</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>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	12:30-1:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	7:15-8:00 YS Pilates <i>Jennifer Tarentino</i>	7:30-8:30 YS Vinyasa Yoga <i>Janice Chiou</i>	7:00-7:45 CS◆ Studio Cycling <i>Or Artzi</i>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>	12:45-1:30 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>	7:30-8:15 MS Athletic Conditioning <i>Lulu Faria</i>	7:45-8:30 MS◆ PURE STRENGTH <i>Erin Sanders</i>	7:30-8:30 MS EQX Barre Burn <i>Laeticia Emmanuel</i>	7:15-8:15 YS Vin-Hatha Yoga <i>Kevin Lamb</i>	8:15-9:15 YS Vinyasa Yoga <i>Rika Henry</i>	8:00-8:30 MS◆ THE CUT <i>Mary O</i>	7:30-8:30 MS EQX Barre Burn <i>Laeticia Emmanuel</i>	5:00-6:15 YS Vinyasa Yoga <i>Meg McNeal</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

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

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!

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

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.

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

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, jumprobes 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.