

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-7:00 MS	Athletic Conditioning <i>Mikey Brunson</i>	6:15-7:00 CS◆	Studio Cycling <i>Marie Jasmin</i>	9:00-9:50 MS	Cardio Sculpt <i>Dawn Parker</i>	9:30-10:15 CS◆	Studio Cycling <i>Jewlz VerHage</i>	9:30-10:15 MS	THE CUT <i>Tracey G</i>	6:00-6:45 MS	Tabata <i>Lulu Faria</i>	6:00-6:45 MS	METCON3 <i>Or Artzi</i>
7:00-7:45 MS	Boxing <i>Mikey Brunson</i>	7:30-8:15 MS	Tabata (L2) <i>Marie Jasmin</i>	10:00-10:45 CS◆	Studio Cycling <i>Tim McMullan</i>	10:00-10:50 MS	Summer Sculpt <i>Laura Hayes</i>	10:00-10:45 CS◆	Red, Ride and Blue <i>Tim McMullan</i>	7:00-7:45 MS	Inner Athlete (L2) <i>Lulu Faria</i>	6:15-7:00 YS	Barre <i>Elgin McCargo</i>
7:15-8:05 TR◆	Precision Running® <i>Arthur Tang</i>	9:30-10:15 MS	Boot Camp <i>Or Artzi</i>	10:10-11:00 MS	EQX Barre Burn <i>Gudbjorg Arnalds</i>	10:15-11:15 YS◆	Vinyasa Yoga <i>Ruah Bhay</i>	11:30-12:30 YS	Memorial Day Warrior Yoga <i>Sarah Girard</i>	7:00-8:00 TR◆	Precision Running® <i>Linette Guelen</i>	6:30-7:15 CS◆	Team Lipstick Cycling <i>Laura Cozik</i>
7:15-8:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	9:30-10:30 YS	Vinyasa Yoga <i>Elitza Ivanova</i>	11:15-12:00 MS◆	THE CUT <i>Mary O</i>	11:30-12:30 MS	BoxCamp <i>Jermaine Bailey</i>	12:15-1:00 MS	EQX Barre Burn <i>Laeticia Emmanuel</i>	7:15-8:15 YS	Vinyasa Yoga (L2) <i>Charlene Lite</i>	7:00-7:45 MS	Stacked! <i>Amanda Young</i>
9:30-10:15 MS	METCON3 <i>Lulu Faria</i>	12:15-1:00 YS	Pilates <i>Claire Danese</i>	11:15-12:15 YS◆	Vinyasa Yoga <i>Heather Ashley</i>					9:30-10:15 CS◆	Cyclesanity® <i>Jillian Wright</i>	8:30-9:15 CS◆	Studio Cycling <i>Sara Hogrefe</i>
12:30-1:15 CS◆	Studio Cycling <i>Brian Robinson</i>	12:30-1:15 MS	R.I.P.E.D. <i>Dawn Parker</i>	12:00-12:45 MS	METCON3 <i>Kati Cowardin</i>					12:30-1:15 CS◆	Studio Cycling <i>Alie Giaime</i>	9:30-10:30 YS	Vinyasa Yoga <i>Kevin Lamb</i>
1:15-2:15 YS	Vinyasa Yoga <i>Mary Horne</i>	1:15-2:15 YS	Vinyasa Yoga <i>Jena Maenius</i>							1:15-2:15 YS	Vinyasa Yoga <i>Braxton Rose</i>	12:15-1:15 YS	Vinyasa Yoga <i>Elaine O'Brien (SUB)</i>
5:45-6:30 MS	Fit, Fierce & Fabulous <i>Dawn Parker</i>	6:00-6:45 CS◆	Cyclesanity® <i>Jillian Wright</i>							5:45-6:30 MS	Deep EXtreme <i>Ryan Beck</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	Candlelight Flow Yoga <i>Charlene Lite</i>							6:30-7:15 MS	Barre <i>Sarah Starkweather</i>	5:45-6:30 MS◆	PURE STRENGTH <i>Mary O</i>
6:15-7:00 CS◆	Studio Cycling <i>Julie Zukof</i>									6:35-7:05 CS◆	Cycle Beats <i>Elgin McCargo</i>	6:00-7:00 YS	Vinyasa Yoga <i>Ariel Kiley</i>
6:35-7:05 MS	Best Butt Ever <i>Dawn Parker</i>									7:30-8:15 MS◆	PURE STRENGTH <i>Erin Sanders</i>	6:45-7:30 MS	Cardio Hip Hop Funk <i>Lashawn Jones</i>
7:30-8:30 YS	Restorative Yoga <i>Monica Pirani</i>									7:30-8:30 YS	Vinyasa Yoga <i>Sarah Girard</i>	7:00-7:45 CS◆	Studio Cycling <i>Laura Cozik</i>
												7:15-8:15 YS	EQX Barre Burn <i>Laeticia Emmanuel</i>
												8:00-8:30 MS◆	Firestarter <i>Laura Cozik</i>

BROOKLYN HEIGHTS

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

MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 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

MS	Main Studio
TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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!

RED, RIDE AND BLUE 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.

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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

CANDLELIGHT FLOW YOGA Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

RESTORATIVE YOGA Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and 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.

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!

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

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.

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.

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.

R.I.P.P.E.D. A fun high-energy total body conditioning class that incorporates resistance, intervals, power, plyometrics, and endurance training targeting all muscle groups using free weights and anaerobic conditioning. Come and get R.I.P.P.E.D.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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, jumpprope 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.