

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ Studio Cycling <i>Jewlz VerHage</i>	6:00-6:45 MS <b>Tabata Strength</b> <b>Lulu Faria</b>	6:15-7:00 MS <b>EQX Barre Burn</b> <b>Dexter Carter</b>	6:00-6:45 MS METCON3 <i>Or Artzi</i>	6:15-7:00 CS◆ Studio Cycling <b>Sandy Wasserbach</b>	9:00-9:50 MS Athletic Conditioning <i>Kelsey Stalter</i>	9:00-9:45 MS <b>EQX Barre Burn</b> <i>Daigi-Ann Thompson</i>
7:00-7:40 MS <b>Athletic</b> Conditioning <b>Molly Day</b>	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>	7:30-8:15 MS Tabata (L2) <i>Marie Jasmin</i>	9:00-10:00 YS Vinyasa Yoga <i>Rika Henry</i>	9:00-10:00 YS◆ <b>Vinyasa Yoga</b> <b>Ruah Bhay</b>
8:30-9:15 MS METCON3 <i>Selena Dorans</i>	7:00-8:00 TR◆ Precision Running® <i>Linette Guelen</i>	7:00-7:45 MS <b>Boot Camp</b> <b>Molly Day</b>	7:15-8:05 TR◆ Precision Running® <i>Arthur Tang</i>	9:30-10:15 MS◆ THE MUSE™ <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 Life</i>	7:30-8:20 TR◆ <b>Precision</b> Running® <b>Sara Hogrefe</b>	7:15-8:15 YS Vinyasa Yoga <i>Dee Holliday</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>
12:30-1:15 MS <b>EQX Barre Burn</b> <b>Lindsay B. Davis</b>	9:30-10:15 CS◆ Cycle Beats <i>Or Artzi</i>	8:30-9:15 CS◆ Studio Cycling <i>Selena Dorans</i>	9:30-10:15 MS <b>Chisel'd</b> <b>Lulu Faria</b>	12:15-1:00 YS Pilates <i>Claire Danese</i>	10:10-11:00 YS Pilates <i>Nicola Bam</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>Avery Washington</i>	9:30-10:30 YS Vinyasa Yoga <i>Kevin Lamb</i>	12:30-1:15 CS◆ <b>Studio Cycling</b> <b>Lewis McNairy</b>	12:30-1:15 MS Athletic Conditioning (L2) <i>Dawn Parker</i>	10:30-10:50 MS Ab Lab <i>Laura Hayes</i>	11:30-12:15 CS◆ Studio Cycling <i>Sandy Wasserbach</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 <b>Vinyasa Yoga</b> <b>Danielle Dugan</b>	1:15-2:15 YS Vinyasa Yoga <i>Lisa Bermudez</i>	1:15-2:15 YS Vinyasa Yoga <i>Jena Maenius</i>	11:00-11:45 MS◆ THE CUT <i>Mary O</i>	11:30-12:15 YS Pilates <i>Dara Adler</i>
6:00-7:00 YS◆ Power Yoga <i>Kevin Lamb</i>	5:30-6:00 MS◆ <b>THE CUT: Jump</b> <b>Rope</b> <b>Jan Erik Navoa</b>	12:30-1:15 MS THE CUT <i>Eddie Carrington</i>	5:45-6:30 MS Fit, Fierce & Fabulous (L2) <i>Dawn Parker</i>	6:00-6:45 CS◆ Cyclesanity® <i>Jillian Wright</i>	11:15-12:15 YS◆ Vinyasa Yoga <i>Leo Rising</i>	12:15-1:15 MS BoxCamp <i>Jermaine Bailey</i>
6:30-7:00 MS◆ Firestarter <i>Mary O</i>	5:45-6:30 TR◆ <b>Precision</b> Running® <b>Miriam Shestack</b>	5:45-6:30 MS◆ PURE STRENGTH <i>Mary O</i>	5:45-6:30 TR◆ Precision Running® <i>Mary O</i>	7:00-8:00 YS Vinyasa Yoga <i>Charlene Life</i>	11:30-12:20 TR◆ <b>Precision</b> Running® <b>Miriam Wasmund</b>	12:30-1:30 YS◆ Vinyasa Yoga <i>Sarah Girard</i>
7:00-7:25 MS Ab Lab <i>Mary O</i>	6:00-6:30 MS Core Conditioning <i>Jan Erik Navoa</i>	6:00-7:10 YS◆ Vinyasa Yoga <i>Ariel Kiley</i>	6:00-6:45 YS Pilates <i>Dara Spitalny</i>			
7:15-8:00 CS◆ Studio Cycling <i>Lindsay B. Davis</i>	6:30-7:25 MS Deep EXtreme <i>Ryan Beck</i>	6:45-7:30 MS Cardio Hip Hop Funk <i>Lashawn Jones</i>	6:35-7:20 CS◆ <b>Cycle Beats</b> <b>Avery</b> <b>Washington</b>		12:00-12:30 MS Best Butt Ever <i>Mary O</i>	
7:15-8:00 YS Pilates <i>Jennifer Tarentino</i>	6:35-7:20 CS◆ Cycle Beats <i>Jan Erik Navoa</i>	7:15-8:00 CS◆ <b>Studio Cycling</b> <b>Amanda Katz</b>	6:35-7:05 MS Core Conditioning <i>Dawn Parker</i>		12:30-1:15 CS◆ Cyclesanity® <i>Jillian Wright</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 MS◆ <b>THE MUSE™</b> <b>Genieve Gordon</b>	7:20-8:20 YS <b>Vin-Hatha Yoga</b> <b>Kevin Lamb</b>		12:30-1:15 YS◆ <b>EQX Barre Burn</b> <i>Mathew Makings</i>	
	7:45-8:30 MS◆ PURE STRENGTH <i>Erin Sanders</i>				12:45-1:45 MS◆ Ropes and Rowers <i>Miriam Wasmund</i>	
					1:30-2:30 YS <b>EQX Barre Burn</b> <b>Mathew Makings</b>	

## BROOKLYN HEIGHTS

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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

MARY ONYANGO  
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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

**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.

## 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** Improve your core strength, balance and posture. A focused workout with cutting edge 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.

**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.

**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** 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.

**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, jumprobes 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.

**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.