

THURSDAY 5/25	FRIDAY 5/26	SATURDAY 5/27	SUNDAY 5/28	MONDAY 5/29	TUESDAY 5/30	WEDNESDAY 5/31
6:30-7:20 CS◆ The Pursuit: Burn <i>Melissa Morin</i>	6:45-7:30 MS METCON3 <i>Luis Weber</i>	8:15-9:05 TR◆ Precision Running@ <i>Cooper Mann</i>	9:00-9:55 MS Bodystrikes! <i>Ilaria Montagnani</i>	9:00-9:30 MS◆ Firestarter <i>Jack McGowan</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	6:30-7:15 CS◆ Studio Cycling <i>Jamal</i>
6:45-7:45 YS Power Yoga (L2) <i>Melinda Abbott</i>	7:00-7:45 YS Barre <i>Sam Rothermel</i>	8:45-10:00 YS Vinyasa Yoga Robert Nguyen	9:00-10:15 YS Power Yoga (L2) Eddie Teboul	9:30-9:55 MS Core Conditioning <i>Jack McGowan</i>	6:45-7:30 MS Tabata <i>Lee Jimenez</i>	7:00-7:30 MS◆ Firestarter <i>Andrew Slane</i>
7:00-7:45 MS Whipped! <i>John Cianca</i>	7:30-8:15 CS◆ Studio Cycling <i>Benjamin Green</i>	9:00-10:00 CS◆ Studio Cycling <i>Emma Marr</i>	10:00-11:00 MS Powerstrike! (L2) <i>Ilaria Montagnani</i>	10:00-11:00 YS Pilates Fusion Lenny Reisner	7:30-8:30 YS Iyengar Yoga <i>Cheryl Malter</i>	7:00-8:00 YS Vinyasa Yoga <i>Kajuan Douglas</i>
7:45-8:30 YS EQX Barre Burn <i>Melinda Abbott</i>	10:00-11:00 YS Vinyasa Yoga <i>Patricia Pinto</i>	9:15-10:05 MS Summer Slam Luis Weber	10:30-11:30 YS Pilates Fusion Andrew Carter	10:30-11:20 CS◆ The Pursuit: Build <i>Jack McGowan</i>	9:00-9:45 MS Tabata <i>Luis Weber</i>	7:30-7:55 MS Core Conditioning <i>Andrew Slane</i>
9:00-9:45 MS Stacked! <i>Jimmy Joseph</i>	12:15-1:15 MS METCON3 <i>Johanna Chase-Weinrich</i>	9:15-10:15 PD◆ EQX H2O: Speed (L2) <i>Cooper Mann</i>	11:00-12:00 CS◆ Gear up for Summer Emma Marr	11:05-11:50 YS Stretch <i>Ilene Bergelson</i>	10:00-11:00 PD Aqua Boot Camp <i>Christopher Lacour</i>	7:30-8:20 TR◆ Precision Running@ <i>Jamal</i>
10:00-11:00 PD Aqua Boot Camp <i>Jenni Patterson</i>	12:15-1:00 YS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	10:05-10:50 YS EQX Barre Burn Jessica Davis	11:30-12:15 MS METCON3 Diane Finkelday	11:45-1:00 MS Zumba@ Diego Chauca	10:00-11:00 YS Vinyasa Yoga <i>Cooper Chou</i>	9:15-10:00 MS◆ PURE STRENGTH <i>Andrew Slane</i>
10:00-10:45 YS EQX Barre Burn <i>Joan Ferraro</i>	1:00-2:00 PD◆ EQX H2O: Power (L2) <i>Dan Daly</i>	10:15-11:10 MS Zen Combat <i>Violet Zaki</i>	11:45-12:45 YS Vinyasa Yoga <i>Eli Walker</i>	12:00-12:50 TR◆ Precision Running@ <i>Jack McGowan</i>	12:00-12:30 MS◆ Firestarter <i>Jack McGowan</i>	10:00-11:00 YS Pilates (L2) <i>Robin Powell</i>
10:15-11:05 TR◆ Precision Running@ <i>Cooper Mann</i>	1:15-2:00 MS◆ PURE STRENGTH <i>Johanna Chase-Weinrich</i>	10:30-11:15 CS◆ Studio Cycling <i>Leon Joseph</i>	12:15-12:45 MS Core Conditioning Diane Finkelday	12:15-1:00 YS Barre Sam Rothermel	12:15-1:15 YS Vinyasa Yoga <i>Lisa-Marie Lewis</i>	11:05-11:50 YS Stretch <i>Robin Powell</i>
12:00-12:45 MS Cardio Sculpt <i>Stephanie Levinson</i>	1:15-2:15 YS Vinyasa Yoga <i>Kiley Holliday</i>	11:00-12:00 YS Pilates Power <i>Kymberly Byrnes</i>	4:00-5:00 YS Pilates (L2) <i>Robin Powell</i>	1:10-1:55 MS◆ Whipped! <i>John Cianca</i>	12:30-12:55 MS Core Conditioning <i>Jack McGowan</i>	12:15-1:00 MS◆ TRX MAX <i>Lee Jimenez</i>
12:15-1:00 YS Pilates Zach Bergfelt	5:00-5:50 TR◆ Precision Running@ <i>Cooper Mann</i>	11:15-12:00 MS Atonement <i>Violet Zaki</i>		12:15-1:00 YS Memorial Day Warrior Yoga (L2) Jeffrey Villanueva	1:00-1:45 MS METCON3 <i>Jack McGowan</i>	12:15-1:00 YS Barre <i>Megan Callahan</i>
12:30-1:15 CS◆ Studio Cycling <i>Reza Pazooki</i>	5:30-6:45 YS Vinyasa Yoga Kevin Lamb	12:00-1:00 PD Aqua Boot Camp <i>Ellis Peters</i>		1:15-2:30 YS Memorial Day Challenge John Cianca	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>
1:00-1:45 MS Zumba@ <i>Wilson Gutierrez (SUB)</i>	5:45-6:15 MS Core Conditioning <i>Dawn Parker</i>	12:00-1:00 YS Stretch Iyala Berley		2:05-2:50 MS Memorial Day Challenge John Cianca	5:15-6:00 MS◆ PURE STRENGTH <i>Matt Ortel</i>	1:15-2:15 YS Power Yoga (L2) <i>Nick Potenzieri</i>
1:15-2:30 YS Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	6:15-7:05 CS◆ The Pursuit: Burn Jack McGowan	12:15-1:05 MS◆ Ropes and Rowers <i>Leon Joseph</i>			5:30-6:20 TR◆ Precision Running@ <i>Cooper Mann</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>
5:30-6:20 TR◆ Precision Running@ <i>Jimmy Joseph</i>	6:20-7:05 MS R.I.P.P.E.D. <i>Dawn Parker</i>	1:00-2:00 YS Vinyasa Yoga <i>Iyala Berley</i>			5:30-6:30 YS Yoga Fundamentals <i>Marci Rubin</i>	1:15-2:15 YS Power Yoga (L2) <i>Nick Potenzieri</i>
6:00-6:45 CS◆ Studio Cycling <i>Alex Lepinsky</i>		1:20-2:05 MS◆ PURE STRENGTH <i>Leon Joseph</i>			5:45-6:35 CS◆ The Pursuit: Build <i>Jack McGowan</i>	6:00-7:00 YS Vinyasa Yoga <i>Leo Rising</i>
6:00-6:55 MS◆ FORZA! <i>Ilaria Montagnani</i>		4:00-4:55 YS EQX Barre Burn Adam Bokunewicz			6:15-7:00 MS Asset Management <i>Violet Zaki</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Chelsea Amengual</i>
6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>					6:40-7:50 YS◆ Power Yoga (L2) <i>Melinda Abbott</i>	6:40-7:30 MS Zumba@ <i>Diego Chauca</i>
7:00-7:50 MS Powerstrike! (L2) <i>Ilaria Montagnani</i>					6:40-7:50 YS◆ Power Yoga (L2) <i>Melinda Abbott</i>	7:10-8:00 YS Pilates Band <i>Linda Farrell</i>
7:00-7:50 YS Gold Barre <i>Elizabeth Portnoy</i>					7:05-8:00 MS Zen Combat <i>Violet Zaki</i>	7:35-8:00 MS Core Conditioning <i>Stephen Bel Davies</i>
8:00-9:00 MS Atletica <i>Ilaria Montagnani</i>					8:00-8:45 YS EQX Barre Burn Lynze Schiller	8:00-8:45 MS Chisel'd <i>Stephen Bel Davies</i>
8:00-9:00 YS Power Yoga (L2) Robert Nguyen					8:10-8:55 MS Stacked! <i>John Cianca</i>	8:00-9:00 PD◆ Swim Team (L2) <i>Walid Messili</i>
						8:05-9:05 YS Iyengar Yoga <i>Kavi Patel</i>

COLUMBUS CIRCLE

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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

JACK MCGOWAN
Jack.McGowan@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
YS	Yoga Studio
MS	Main Studio
PD	Pool Deck
TR	Treadmill Area

WHAT'S NEW THIS MONTH

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

STUDIO CYCLING

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

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.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

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

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

IYENGAR YOGA Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props such as belts and blocks. Good for students concerned with injuries.

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.

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.

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

ATHLETIC TRAINING

BODYSTRIKES! Ilaria's newest fitness concept is a total cardio workout designed to shape lean and muscular legs. The routines, based on martial art, ballet and high intensity lower body moves, will improve your flexibility and core strength while burning hundreds of calories.

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.

FORZA! Italian for "strength and power." Also known as Samurai sword training, the one-hour class is a super-charged workout that blends elements of two Japanese Sword Fighting techniques—Kendo and Aikijujitsu. Class size limited. Sign-up 30 minutes prior to start of class.

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. Exciting 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 pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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.

GOLD BARRE Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

CONDITIONING

ASSET MANAGEMENT Violet Zaki's popular class isolates and firms all muscle groups and burns calories, leading to a more balanced body. Get a cardio workout and strengthen your muscles with the weighted exercises yielding tremendous body sculpting results in a very short period of time. One workout fits all.

ATLETICA Sculpt and train your body like An athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

ATONEMENT The total reconciliation. 45 min with you, your body & Violet Zaki to bring your best self forward & work it all out. Delivered in her signature fun style, this challenging total body athletic workout uses real resistance & non stop moves to build lean muscle, burn fat & inspire a stronger you.

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.

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.

MEMORIAL DAY CHALLENGE Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

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.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.E.D.

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

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.

PILATES BAND Enhance your Pilates workout with the addition of a resistance band. Challenges core stability in new ways while toning the arms and legs for a total body workout.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

DANCE

ZUMBA Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba fuses Latin, international and popular music to create a dynamic and effective workout.

BOXING & MARTIAL ARTS

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements to energizing music.

ZEN COMBAT Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.