

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:50 TR◆ Precision Running@ Coco Cohen	6:30-7:20 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	6:30-7:15 CS◆ ANTHEM™ <i>LR Davidson</i>	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>	8:30-9:20 TR◆ Precision Running@ Ashley Underwood
7:00-8:00 YS Vinyasa Yoga <i>Jo Hall</i>	6:45-7:30 MS Tabata <i>CeCe Marizu</i>	7:00-7:30 MS◆ Firestarter <i>Andrew Slane</i>	6:45-7:45 YS Power Yoga (L2) <i>Melinda Abbott</i>	7:00-7:45 YS Barre <i>Sam Rothermel</i>	8:30-9:00 YS Meditation <i>Diana Rilov</i>	9:00-9:55 MS Bodystrikes! <i>Ilaria Montagnani</i>
7:30-7:45 MS Core Conditioning <i>Monique Alhaddad</i>	7:30-8:30 YS Iyengar Yoga <i>Cheryl Malter</i>	7:00-8:00 YS Vinyasa Yoga <i>Taryn VanderHoop</i>	7:00-7:45 MS Whipped! <i>John Cianca</i>	7:30-8:15 CS◆ Studio Cycling <i>James Donegan</i>	9:00-11:00 FF Personal Training Workshops Equinox Trainers	9:00-10:15 YS Power Yoga (L2) <i>Rika Henry</i>
8:00-8:45 CS◆ Studio Cycling <i>Eniko Kiraly</i>	9:00-9:45 MS Tabata <i>Luis Weber</i>	7:30-7:55 MS Core Conditioning <i>Andrew Slane</i>	7:45-8:30 YS EQX Barre Burn <i>Melinda Abbott</i>	10:00-11:00 YS Vinyasa Yoga <i>Patricia Pinto</i>	9:00-10:00 YS Vin-Hatha Yoga <i>Diana Rilov</i>	9:15-10:00 CS◆ ANTHEM™ <i>Lynze Schiller</i>
9:00-9:30 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	10:00-11:00 PD Aqua Boot Camp <i>Christopher Lacour</i>	7:30-8:20 TR◆ Precision Running@ <i>LR Davidson</i>	9:00-9:45 MS Stacked! <i>Jimmy Joseph</i>	12:00-12:45 MS Tabata <i>Joshua Vela</i>	9:15-10:05 MS METCON3 <i>Paula Calabrese</i>	10:00-11:00 MS Powerstrike! <i>Ilaria Montagnani</i>
9:30-9:55 MS Core Conditioning <i>Johanna Chase-Weinrich</i>	10:00-11:00 YS Vinyasa Yoga <i>Jennifer Harvey</i>	8:05-8:35 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	10:00-11:00 PD Aqua Boot Camp <i>Jenni Patterson</i>	12:00-12:45 YS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	9:15-10:15 PD◆ EQX H2O: Speed <i>Cooper Mann</i>	10:30-11:30 YS EQX Barre Burn <i>Lynze Schiller</i>
10:00-10:45 MS Stacked! <i>Monique Alhaddad</i>	12:00-12:30 MS◆ THE CUT: Jump Rope <i>Nyree Brown</i>	9:15-10:00 MS◆ PURE STRENGTH <i>Andrew Slane</i>	10:00-10:45 YS EQX Barre Burn <i>Joan Ferraro</i>	12:45-1:15 YS◆ THE MUSE™ <i>Kimberly Dawn Neumann</i>	9:30-10:20 CS◆ The Pursuit: Burn <i>Angela Leigh</i>	11:00-12:00 CS◆ Studio Cycling <i>Wil Ashley</i>
10:00-11:00 YS Pilates Fusion (L2) <i>Gabe Villanueva</i>	12:00-1:15 YS Vinyasa Yoga <i>Lisa-Marie Lewis</i>	10:00-11:00 YS Pilates <i>Robin Powell</i>	10:15-11:05 TR◆ Precision Running@ <i>Cooper Mann</i>	12:50-1:20 MS◆ THE CUT: Jump Rope <i>Joshua Vela</i>	10:05-10:50 YS◆ THE MUSE™ <i>Dara Adler</i>	11:15-12:00 MS◆ METCON3 <i>Lisa Raphael</i>
11:05-11:50 YS Athletic Stretch <i>Ilene Bergelson</i>	12:30-12:50 MS Core Conditioning <i>Nyree Brown</i>	11:05-11:50 YS Athletic Stretch <i>Mindy Bacharach</i>	12:00-12:45 YS Pilates <i>Mathew Makings</i>	1:00-2:00 PD◆ EQX H2O: Power <i>Dan Daly</i>	10:15-11:10 MS Zen Combat <i>Violet Zaki</i>	11:45-12:45 YS Vinyasa Yoga <i>Jade Alexis</i>
12:00-12:50 TR◆ Precision Running@ <i>Cooper Mann</i>	1:00-1:45 MS Athletic Conditioning <i>Nyree Brown</i>	12:15-1:05 MS◆ TRX MAX <i>Jan Erik Navoa</i>	12:15-1:00 CS◆ Studio Cycling <i>Coco Cohen</i>	1:30-2:30 YS Vinyasa Yoga <i>Kiley Holliday</i>	10:45-11:30 CS◆ Studio Cycling <i>Leon Joseph</i>	12:00-12:25 MS Core Conditioning <i>Lisa Raphael</i>
12:15-1:00 MS Zumba@ Diana Albuja	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:15-1:00 YS EQX Barre Burn <i>Kevin VerEecke</i>	12:15-1:00 MS Cardio Sculpt <i>Stephanie Levinson</i>	5:30-6:20 TR◆ Precision Running@ <i>Cooper Mann</i>	11:00-11:55 YS Pilates Power <i>Kymberly Byrnes</i>	12:45-1:30 TR◆ Elevate <i>Lisa Raphael</i>
12:15-1:00 YS EQX Barre Burn <i>Julie Granger</i>	5:15-6:00 MS◆ PURE STRENGTH <i>Matt Ortel</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>	1:15-2:30 YS Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	5:30-6:45 YS Vin-Hatha Yoga <i>Diana Rilov</i>	11:15-12:00 MS Atonement <i>Violet Zaki</i>	1:00-2:00 PD◆ Swim Team <i>Walid Messili</i>
12:30-1:20 CS◆ The Pursuit: Build <i>Coco Cohen</i>	5:30-6:20 TR◆ Precision Running@ <i>Cooper Mann</i>	1:15-2:15 YS Power Yoga (L2) <i>Nick Potenzieri</i>	5:30-6:20 TR◆ Precision Running@ <i>Jimmy Joseph</i>	5:45-6:15 MS Core Conditioning <i>Dawn Parker</i>	12:00-1:00 PD Aqua Boot Camp <i>Ellis Peters</i>	4:00-5:30 MS DANCEology <i>James Ervin</i>
1:10-1:55 MS◆ Whipped! <i>John Cianca</i>	5:30-6:30 YS Yoga Fundamentals <i>Marci Rubin</i>	4:15-5:15 YS Vinyasa Yoga Danielle Dugan	6:00-6:45 CS◆ Studio Cycling <i>Alex Lepinsky</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>	12:15-1:05 MS◆ Ropes and Rowers <i>Leon Joseph</i>	4:00-5:00 YS Pilates (L2) <i>Robin Powell</i>
1:15-2:15 YS Vinyasa Yoga Jade Alexis	5:45-6:35 CS◆ The Pursuit: Burn Coco Cohen	5:30-6:15 MS METCON3 <i>Or Artzi</i>	6:00-6:55 MS◆ FORZA! <i>Ilaria Montagnani</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	12:15-1:15 YS Vinyasa Yoga <i>Hannah Simmons</i>	5:00-5:45 CS◆ Studio Cycling <i>Monika Janeczek</i>
4:15-5:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	6:05-6:35 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	6:00-7:00 YS Vinyasa Yoga <i>Hannah Simmons</i>	6:00-7:00 YS Alignment Flow <i>Mindy Bacharach</i>	7:15-8:00 MS Zumba@ <i>Adam Bokunewicz</i>	1:20-2:05 MS◆ PURE STRENGTH <i>Leon Joseph</i>	5:05-5:35 YS Stretch Essentials <i>Robin Powell</i>
5:30-6:30 PD◆ EQX H2O: Endurance <i>Cooper Mann</i>	6:35-7:00 MS Core Conditioning <i>Johanna Chase-Weinrich</i>	6:30-7:15 CS◆ ANTHEM™ <i>Or Artzi</i>	7:00-7:50 MS Powerstrike! (L2) <i>Ilaria Montagnani</i>	6:30-7:20 MS THE MUSE™ <i>Elizabeth Portnoy</i>	1:30-2:15 YS Athletic Stretch <i>Marci Rubin</i>	5:45-6:30 MS Body Sculpt James Ervin
6:00-6:30 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	6:35-7:50 YS◆ Power Yoga (L2) <i>Melinda Abbott</i>	6:40-7:30 MS Zumba@ Adam Bokunewicz	7:00-7:45 YS◆ THE MUSE™ <i>Elizabeth Portnoy</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>	6:00-7:15 YS Vinyasa Yoga <i>Robert Nguyen</i>
6:00-7:15 YS◆ Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	7:05-7:50 MS Athletic Conditioning <i>Johanna Chase-Weinrich</i>	7:10-8:00 YS Pilates Band <i>Linda Farrell</i>	8:00-9:00 MS Atletica <i>Ilaria Montagnani</i>	7:15-8:00 MS Zumba@ <i>Adam Bokunewicz</i>	5:05-6:20 YS Athletic Yoga (L2) <i>Serena Tom</i>	
6:30-7:15 CS◆ Studio Cycling <i>Michael Reilly</i>	8:00-8:45 YS EQX Barre Burn <i>Lynze Schiller</i>	7:35-8:00 MS Core Conditioning <i>Stephen Bel Davies</i>	8:00-9:00 YS Athletic Yoga (L2) <i>Kristina Erikson</i>			
6:35-7:20 MS◆ Best Butt Ever <i>Andrew Slane</i>	8:05-8:50 MS Ropes and Rowers Parker Krug	8:00-8:45 MS Chisel'd <i>Stephen Bel Davies</i>				
7:30-7:55 MS Core Conditioning <i>Luis Weber</i>		8:00-9:00 PD◆ EQX H2O: Speed <i>Ozzie Montejo</i>				
7:30-8:15 YS Pilates Power <i>Kymberly Byrnes</i>		8:05-9:05 YS Iyengar Yoga <i>Kavi Patel</i>				
8:00-8:45 MS METCON3 <i>Luis Weber</i>						

COLUMBUS CIRCLE

TIME WARNER CENTER
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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 8:00AM - 9:00PM

KID'S CLUB HOURS

MON - FRI: 8:00 AM - 1:00 PM
MON - FRI: 4:00 PM - 8:00 PM
SAT: 8:00 AM - 2:00 PM
SUN: 8:00 AM - 1:00 PM

GROUP FITNESS MANAGER

COCO COHEN

Coco.Cohen@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

TR	Treadmill Area
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio
PD	Pool Deck
FF	FITNESS FLOOR

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.

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

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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.

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

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. Good for students concerned with injuries.

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.

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

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.

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.

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.

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.

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.

PERSONAL TRAINING WORKSHOPS There's no substitute for expertise. Discover what you've always wanted to know about high-performance living, straight from our unparalleled personal trainers. Check with your club for this month's topic and be sure to add to your weekly calendar.

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!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-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!

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

WHIPPED! Whip,

Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

👯 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.

🏃 LONG + LEAN

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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.

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.

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.

