

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS ◆ Studio Cycling Eniko Kiraly	6:30-7:20 CS ◆ The Pursuit: Build Nikki Bucks	6:30-7:15 CS ◆ Studio Cycling Jamal	6:30-7:20 CS ◆ The Pursuit: Burn Melissa Morin	6:45-7:30 MS METCON3 Luis Weber	8:15-9:05 TR ◆ Precision Running@ Cooper Mann	9:00-9:55 MS Bodystrikes! Ilaria Montagnani
6:45-7:30 MS Stacked! Monique Alhaddad	6:45-7:30 MS Tabata Joshua Vela	7:00-7:30 MS ◆ Firestarter Andrew Slane	6:45-7:45 YS Power Yoga (L2) Melinda Abbott	7:00-7:45 YS Barre Sam Rothermel	8:30-9:00 YS Meditation Diana Rilov	9:00-10:15 YS Power Yoga (L2) Rika Henry
7:00-8:00 YS Vinyasa Yoga Jo Hall	7:30-8:30 YS Iyengar Yoga Cheryl Mailer	7:00-8:00 YS Vinyasa Yoga Kajuan Douglas	7:00-7:45 MS Whipped! John Cianca	7:30-8:15 CS ◆ Studio Cycling Benjamin Green	9:00-10:00 CS ◆ Studio Cycling Emma Marr	9:15-10:05 CS ◆ The Pursuit: Build Renee Pesante
7:30-7:45 MS Core Conditioning Monique Alhaddad	9:00-9:45 MS Tabata Luis Weber	7:30-7:55 MS Core Conditioning Andrew Slane	7:45-8:30 YS EQX Barre Burn Melinda Abbott	10:00-11:00 YS Vinyasa Yoga Patricia Pinto	9:00-10:00 YS Vin-Hatha Yoga Diana Rilov	10:00-11:00 MS Powerstrike! (L2) Ilaria Montagnani
9:00-9:30 MS ◆ Firestarter Andrew Slane	10:00-11:00 PD Aqua Boot Camp Christopher Lacour	7:30-8:20 TR ◆ Precision Running@ Jamal	9:00-9:45 MS Stacked! Jimmy Joseph	12:15-1:00 MS Tabata Joshua Vela	9:15-10:05 MS METCON3 Luis Weber	10:30-11:30 YS EQX Barre Burn Lynze Schiller
9:30-9:55 MS Core Conditioning Andrew Slane	10:00-11:00 YS Vinyasa Yoga Cooper Chou	<b>PURE STRENGTH: SUMMER EDITION Andrew Slane</b>	10:00-11:00 PD Aqua Boot Camp Jenni Patterson	12:15-1:00 YS EQX Barre Burn Kimberly Dawn Neumann	9:15-10:15 PD ◆ EQX H2O: Speed (L2) Cooper Mann	11:00-12:00 CS ◆ Studio Cycling Wil Ashley
10:00-11:00 YS Rock Solid: Pilates (L2) Jewel Elizabeth	12:00-12:30 MS ◆ Firestarter Christopher Vo	9:15-10:00 MS ◆	10:00-10:45 YS EQX Barre Burn Joan Ferraro	1:00-2:00 PD ◆ EQX H2O: Power (L2) Dan Daly	10:05-10:50 YS Gold Barre Dara Adler	11:15-12:00 MS METCON3 Jimmy Joseph
11:05-11:50 YS Stretch Ilene Bergelson	12:00-1:15 YS Vinyasa Yoga Lisa-Marie Lewis	10:00-11:00 YS Pilates (L2) Robin Powell	10:15-11:05 TR ◆ Precision Running@ Cooper Mann	1:15-2:15 MS Powerstrike! (L2) Ilaria Montagnani	10:15-11:10 MS Zen Combat Violet Zaki	11:45-12:45 YS Vinyasa Yoga Eli Walker
12:00-12:50 TR ◆ Precision Running@ Cooper Mann	12:30-12:55 MS Core Conditioning Christopher Vo	11:05-11:50 YS Stretch Robin Powell	12:00-12:45 MS Cardio Sculpt Stephanie Levinson	1:15-2:15 YS Vinyasa Yoga Christine Chen	10:30-11:15 CS ◆ Studio Cycling Leon Joseph	12:00-12:30 MS Best Abs Ever Jimmy Joseph
12:15-1:00 MS Zumba@ Diego Chauca	1:00-1:45 MS METCON3 Christopher Vo	12:15-1:00 MS ◆ TRX MAX Jack McGowan	12:15-1:00 YS Pilates Nicola Yvette	5:30-6:45 YS Vin-Hatha Yoga Diana Rilov	11:00-12:00 YS Pilates Power Kymberly Byrnes	4:00-5:00 MS DANCEology (L2) James Ervin
12:15-1:00 YS EQX Barre Burn Adam Bokunewicz	1:30-2:30 YS Pilates Robin Powell	12:15-1:00 YS EQX Barre Burn Diane Finkelday	1:15-2:30 YS Vinyasa Yoga (L2) Mindy Frenkel	5:45-6:15 MS Core Conditioning Dawn Parker	11:15-12:00 MS Atonement Violet Zaki	4:00-5:00 YS Pilates (L2) Robin Powell
12:30-1:20 CS ◆ The Pursuit: Build Jack McGowan	5:15-6:00 MS ◆ PURE STRENGTH: SUMMER EDITION Matt Ortel	12:30-1:20 CS ◆ The Pursuit: Burn Chayanne Joel	5:30-6:20 TR ◆ Precision Running@ Jimmy Joseph	6:15-7:05 CS ◆ The Pursuit: Burn Warren Pery	12:00-1:00 PD Aqua Boot Camp Ellis Peters	5:05-5:35 YS Stretch Robin Powell
1:10-1:55 MS Whipped! John Cianca	5:30-6:20 TR ◆ Precision Running@ Cooper Mann	1:15-2:15 YS Power Yoga (L2) Nick Potenzieri	6:00-6:45 CS ◆ Studio Cycling Alex Lepinsky	6:20-7:05 MS Athletic Conditioning Dawn Parker	12:00-1:00 YS Vinyasa Yoga Iyala Berley	5:45-6:30 MS Body Sculpt James Ervin
1:15-2:30 YS Power Yoga (L2) Jeffrey Villanueva	5:30-6:30 YS Yoga Fundamentals Marc Rubin	4:15-5:15 YS Vinyasa Yoga Damien Alexander	6:00-6:55 MS ◆ FORZA! Ilaria Montagnani		12:15-1:05 MS ◆ Ropes and Rowers Leon Joseph	6:00-7:15 YS Vinyasa Yoga Robert Nguyen
5:30-6:30 PD ◆ EQX H2O: Endurance (L2) Cooper Mann	5:45-6:35 CS ◆ The Pursuit: Build Jack McGowan	5:45-6:30 MS METCON3 Jay Dantzer	6:00-7:00 YS Alignment Flow Yoga Mindy Bacharach		1:20-2:05 MS ◆ PURE STRENGTH: SUMMER EDITION Leon Joseph	
6:00-7:00 MS Dance! Nikki Baksh	6:15-7:00 MS Asset Management Violet Zaki	6:00-7:00 YS Vinyasa Yoga Christine Chen	6:00-7:00 YS Alignment Flow Yoga Mindy Bacharach		4:00-4:55 YS EQX Barre Burn Lynze Schiller	
6:00-7:15 YS ◆ Vinyasa Yoga (L2) Mindy Frenkel	6:30-7:30 CL Summer Series: Equinox Run Group Equinox Trainers	6:30-7:20 CS ◆ The Pursuit: Burn Chelsea Amengual	7:00-7:50 MS Powerstrike! (L2) Ilaria Montagnani			
6:30-7:15 CS ◆ Studio Cycling Michael Reilly	6:40-7:30 MS Zumba@ Diego Chauca	6:40-7:30 MS Zumba@ Diego Chauca	7:00-7:50 YS Gold Barre Elizabeth Portnoy		5:05-6:20 YS Athletic Yoga (L2) Serena Tom	
7:15-7:45 MS 30/60/90@ Core Anthony Cunanan	6:40-7:50 YS ◆ Power Yoga (L2) Melinda Abbott	7:10-8:00 YS Pilates Band Linda Farrell	8:00-9:00 MS Atletica Ilaria Montagnani			
7:30-8:15 YS Pilates Power Kymberly Byrnes	7:05-8:00 MS Zen Combat Violet Zaki	7:35-8:00 MS Core Conditioning Stephen Bel Davies	8:00-9:00 YS Athletic Yoga (L2) Serena Tom			
7:45-8:30 MS 30/60/90@ Anthony Cunanan	8:00-8:45 YS EQX Barre Burn Lynze Schiller	8:00-8:45 MS Chisel'd Stephen Bel Davies				
	8:10-8:55 MS Stacked! John Cianca	8:00-9:00 PD ◆ Swim Team (L2) Walid Messili				
		8:05-9:05 YS Iyengar Yoga Kavi Patel				

# EQUINOX

## COLUMBUS CIRCLE

TIME WARNER CENTER  
(60TH AND BROADWAY)  
NEW YORK NEWYORK 10019  
212.871.0425  
EQUINOX.COM  
@EQUINOX

**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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
PD	Pool Deck
CL	Club Lobby

#### 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

### STUDIO CYCLING

**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.

**SUMMER SERIES: EQUINOX RUN GROUP** Join the Equinox run community. Rack up miles and take in the city's sights with a group run followed by an in-club regeneration session. Guided by Equinox's own trainers, these summer group runs through the urban jungle are guaranteed to inspire you and maximize your goals.

### 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 such as belts and blocks. 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

**30/60/90** Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

**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.

**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. 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 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!

**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

**30/60/90@ CORE** Kristi Molinaro combines her Pilates expertise with athletic training

creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

**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.

**ATHLETICA** 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 ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**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.

**PURE STRENGTH: SUMMER EDITION** Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

**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 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.