

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:15 Studio Cycling <i>Eniko Kiraly</i> CS◆	6:30-7:15 Cycle Beats <i>Jonathan Carlucci</i> (SUB) CS◆	6:30-7:15 ANTHEM <i>LR Davidson</i> CS◆	8:45-9:35 EQX Barre Burn <i>Melinda Abbott</i> YS	6:45-7:30 METCON3 <i>Leon Joseph</i> (SUB) MS	8:15-9:05 Precision Running@ <i>Cooper Mann</i> TR◆	9:00-9:50 The Pursuit: Burn <i>Renee Pesante</i> CS◆
6:45-7:30 Stacked! <i>Monique Alhaddad</i> MS	6:45-7:30 Tabata <i>CeCe Marizu</i> MS	7:00-7:30 Firestarter <i>Andrew Slane</i> MS◆	9:00-9:45 Stacked! <i>Jimmy Joseph</i> MS	7:00-7:45 Barre <i>Sam Rothermel</i> YS	8:30-9:00 Meditation <i>Diana Rilov</i> YS	9:00-9:55 Bodystrikes! <i>Ilaria Montagnani</i> MS
7:00-8:00 Vinyasa Yoga <i>Jo Hall</i> YS	7:30-8:30 Iyengar Yoga <i>Cheryl Malter</i> YS	7:00-8:00 Vinyasa Yoga <i>Eli Walker</i> YS	9:45-11:00 Gratitude Yoga <i>Melinda Abbott</i> YS	8:00-8:45 Studio Cycling <i>Constance Marie Cohen</i> (SUB) CS◆	9:00-9:45 ANTHEM <i>Lynze Schiller</i> CS◆	9:00-10:15 Power Yoga (L2) <i>Rika Henry</i> YS
7:30-7:45 Core Conditioning <i>Monique Alhaddad</i> MS	9:00-9:45 Tabata <i>Luis Weber</i> MS	7:30-7:55 Core Conditioning <i>Andrew Slane</i> MS	10:00-10:50 Powerstrike! (L2) <i>Ilaria Montagnani</i> MS	10:00-11:00 Vinyasa Yoga <i>Eli Walker</i> (SUB) YS	9:00-10:00 Vin-Hatha Yoga <i>Diana Rilov</i> YS	10:00-11:00 Powerstrike! (L2) <i>Ilaria Montagnani</i> MS
9:00-9:30 Firestarter <i>Andrew Slane</i> MS◆	10:00-11:00 Vinyasa Yoga <i>Jennifer Harvey</i> YS	7:30-8:20 Precision Running@ <i>LR Davidson</i> TR◆	10:15-11:05 Precision Running@ <i>Jimmy Joseph</i> TR◆	12:00-12:45 Tabata <i>CeCe Marizu</i> (SUB) MS	9:15-10:05 METCON3 <i>Paula Calabrese</i> MS	10:30-11:30 EQX Barre Burn <i>Lynze Schiller</i> YS
9:30-9:55 Core Conditioning <i>Andrew Slane</i> MS	12:00-12:30 THE CUT: Jump Rope <i>Erin Barry</i> MS◆	8:05-8:35 THE CUT: Jump Rope <i>Andrew Slane</i> MS◆	10:30-11:30 Beast n Feast Ride <i>Constance Marie Cohen</i> CS◆	12:15-1:00 EQX Barre Burn <i>Julie Granger</i> (SUB) YS	10:05-10:50 Gold Barre <i>Dara Adler</i> YS	11:00-12:00 Studio Cycling <i>Wil Ashley</i> CS◆
10:00-11:00 Pilates Fusion (L2) <i>Gabe Villanueva</i> YS	12:00-1:15 Vinyasa Yoga <i>Lisa Anzelmo</i> (SUB) YS	9:15-10:00 PURE STRENGTH <i>Andrew Slane</i> MS◆	11:00-12:00 Atletica <i>Ilaria Montagnani</i> MS	12:50-1:20 THE CUT: Jump Rope <i>CeCe Marizu</i> (SUB) MS◆	10:15-11:10 Zen Combat <i>Violet Zaki</i> MS	11:15-12:00 METCON3 <i>Lisa Raphael</i> MS◆
11:05-11:50 Athletic Stretch <i>Ilene Bergelson</i> YS	12:30-12:50 Core Conditioning <i>Erin Barry</i> MS	10:00-11:00 Pilates (L2) <i>Robin Powell</i> YS	11:15-12:00 Pilates <i>Mathew Makings</i> YS	1:15-2:15 Vinyasa Yoga <i>Jade Alexis</i> (SUB) YS	10:30-11:15 Studio Cycling <i>Leon Joseph</i> CS◆	11:45-12:45 Vinyasa Yoga <i>Jade Alexis</i> YS
12:00-12:50 The Pursuit: Build <i>Constance Marie Cohen</i> CS◆	1:00-1:45 METCON3 <i>Erin Barry</i> MS	11:05-11:50 Athletic Stretch <i>Mindy Bacharach</i> YS	12:00-12:45 EQX Barre Burn <i>Kevin VerEecke</i> YS	5:30-6:20 Precision Running@ <i>Cooper Mann</i> TR◆	11:00-11:55 Pilates Power <i>Kymberly Byrnes</i> YS	12:00-12:25 Core Conditioning <i>Lisa Raphael</i> MS
12:00-12:50 Precision Running@ <i>Cooper Mann</i> TR◆	1:30-2:30 Pilates <i>Robin Powell</i> YS	12:00-12:45 EQX Barre Burn <i>Kevin VerEecke</i> YS	12:15-1:05 TRX MAX <i>Jan Erik Navoa</i> MS◆	5:30-6:45 Vin-Hatha Yoga <i>Diana Rilov</i> YS	11:15-12:00 Atonement <i>Violet Zaki</i> MS	12:45-1:30 Elevate <i>Lisa Raphael</i> TR◆
12:15-1:00 Zumba@ <i>Diego Chauca</i> MS	5:15-6:00 PURE STRENGTH <i>Johanna Chase-Weinrich</i> (SUB) MS◆	12:15-1:05 TRX MAX <i>Jan Erik Navoa</i> MS◆	12:30-1:20 The Pursuit: Build <i>Chayanne Joel</i> CS◆	5:45-6:15 Core Conditioning <i>Dawn Parker</i> MS	12:00-1:00 Vinyasa Yoga <i>Iyala Berley</i> YS	4:00-5:00 Dance! <i>Abbey Hunt</i> MS
12:15-1:00 EQX Barre Burn <i>Julie Granger</i> YS	5:30-6:20 Precision Running@ <i>Cooper Mann</i> TR◆	1:15-2:15 Power Yoga (L2) <i>Nick Potenzieri</i> YS	4:15-5:15 Vinyasa Yoga <i>Damien Alexander</i> YS	6:20-7:05 Athletic Conditioning <i>Dawn Parker</i> MS	12:15-1:05 Ropes and Rowers <i>Leon Joseph</i> MS◆	4:00-5:00 Pilates (L2) <i>Robin Powell</i> YS
1:10-1:55 Whipped! <i>John Cianca</i> MS	5:30-6:30 Yoga Fundamentals <i>Dinneen Viggiano</i> (SUB) YS	4:15-5:15 Vinyasa Yoga <i>Damien Alexander</i> YS	5:30-6:15 METCON3 <i>Or Artzi</i> MS	6:30-7:20 The Pursuit: Build <i>Warren Perry</i> CS◆	1:20-2:05 PURE STRENGTH <i>Leon Joseph</i> MS◆	5:00-5:45 Studio Cycling <i>Monika Janeczek</i> CS◆
1:15-2:30 Power Yoga (L2) <i>Jeffrey Villanueva</i> YS	5:45-6:35 The Pursuit: Build <i>Constance Marie Cohen</i> CS◆	5:30-6:15 METCON3 <i>Or Artzi</i> MS	6:00-7:00 Iyengar Yoga <i>Kavi Patel</i> YS	7:15-8:00 Zumba@ <i>Adam Bokunewicz</i> MS	4:00-4:55 EQX Barre Burn <i>Lynze Schiller</i> YS	5:00-5:25 Core Conditioning <i>Abbey Hunt</i> MS
2:00-3:30 Studio In Use <i>Equinox Trainers</i> MS	6:05-6:50 Athletic Conditioning <i>Johanna Chase-Weinrich</i> MS	6:30-7:15 ANTHEM <i>Or Artzi</i> CS◆	6:30-7:15 ANTHEM <i>Or Artzi</i> CS◆		5:05-6:20 Athletic Yoga (L2) <i>Serena Tom</i> YS	5:05-5:35 Stretch Essentials <i>Robin Powell</i> YS
4:15-5:30 Vinyasa Yoga <i>Nikki Baksh</i> YS	6:35-7:50 Power Yoga (L2) <i>Melinda Abbott</i> YS◆	6:40-7:30 Zumba@ <i>Diego Chauca</i> MS	6:40-7:30 Zumba@ <i>Diego Chauca</i> MS			5:30-6:00 THE CUT: Jump Rope <i>Abbey Hunt</i> MS◆
6:00-6:30 Jump Rope! <i>Andrew Slane</i> MS	6:50-7:15 Core Conditioning <i>Johanna Chase-Weinrich</i> MS	7:10-8:00 Pilates Band <i>Linda Farrell</i> YS	7:10-8:00 Pilates Band <i>Linda Farrell</i> YS			6:00-7:15 Vinyasa Yoga <i>Robin Simmonds</i> (SUB) YS
6:00-7:15 Vinyasa Yoga (L2) <i>Mindy Frenkel</i> YS◆	7:15-7:45 Firestarter <i>Johanna Chase-Weinrich</i> MS					
6:30-7:15 Studio Cycling <i>Michael Reilly</i> CS◆	8:00-8:45 EQX Barre Burn <i>Lynze Schiller</i> YS					
6:30-7:15 Best Butt Ever <i>Andrew Slane</i> MS	8:10-8:55 Stacked! <i>John Cianca</i> MS					
7:30-7:55 Core Conditioning <i>Andrew Slane</i> (SUB) MS						
7:30-8:15 Pilates Power <i>Kymberly Byrnes</i> YS						
8:00-8:45 METCON3 <i>Lynze Schiller</i> (SUB) MS						

COLUMBUS CIRCLE
 TIME WARNER CENTER
 (60TH AND BROADWAY)
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THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 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

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO 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.

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

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.

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!

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.

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

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.

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.

JUMP ROPE! This isn't your schoolyard jump rope routine! An incredible cardio workout that will help you fine-tune your jumping skills.

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.

STUDIO IN USE Studio in use.

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

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

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.