

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆ Studio Cycling <i>Eniko Kiraly</i>	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 Ropes and Rowers <i>Alexander Charles</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>	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® <i>Ashley Underwood</i>	8:30-9:20 TR◆ Precision Running® <i>Cooper Mann</i>	8:30-9:55 MS Bodystrikes! <i>Ilaria Montagnani</i>	9:00-9:20 TR◆ Precision Running® <i>Cooper Mann</i>
7:00-8:00 YS Vinyasa Yoga <i>Jo Hall</i>	7:30-8:30 YS Iyengar Yoga <i>Cheryl Malter</i>	7:00-8:00 YS Vinyasa Yoga <i>Eli Walker</i>	7:00-7:45 MS Whipped! <i>John Cianca</i>	7:00-8:00 YS Pilates Fusion (L2) <i>Gabe Villanueva</i>	7:30-8:30 YS Aqua Boot Camp <i>Christopher Lacour</i>	7:30-7:55 MS Core Conditioning <i>Andrew Slane</i>	7:30-8:15 MS◆ Studio Cycling <i>James Donegan</i>	8:30-9:00 YS Meditation <i>Diana Rilov</i>	9:00-11:00 FF Personal Training Workshops <i>Equinox Trainers</i>	9:00-10:15 YS Power Yoga (L2) <i>Yanik Faylayev</i>	9:00-9:55 MS Bodystrikes! <i>Ilaria Montagnani</i>	9:00-10:15 YS Power Yoga (L2) <i>Yanik Faylayev</i>	9:00-11:00 YS Vin-Hatha Yoga <i>Diana Rilov</i>
7:30-8:20 TR◆ Precision Running® Coco Cohen	9:00-9:45 MS Tabata <i>Luis Weber</i>	7:30-8:20 TR◆ Precision Running® <i>LR Davidson</i>	7:45-8:30 YS EQX Barre Burn <i>Melinda Abbott</i>	10:00-11:00 YS Athletic Stretch <i>Ilene Bergelson</i>	10:00-11:00 PD Aqua Boot Camp <i>Christopher Lacour</i>	8:05-8:35 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	12:00-12:45 MS Tabata <i>Joshua Vela</i>	9:00-10:00 YS Meditation <i>Diana Rilov</i>	9:15-10:05 MS METCON3 Tim Flores	9:15-10:00 CS◆ ANTHEM™ <i>Lynze Schiller</i>	9:15-10:15 PD◆ EQX H2O: Speed <i>Cooper Mann</i>	9:15-10:00 MS Powerstrike! (L2) <i>Ilaria Montagnani</i>	9:15-10:05 YS Vin-Hatha Yoga <i>Diana Rilov</i>
12:00-12:50 TR◆ Precision Running® <i>Cooper Mann</i>	12:00-12:30 MS◆ THE CUT: Jump Rope CeCe Marizu	9:15-10:00 MS◆ PURE STRENGTH <i>Andrew Slane</i>	10:00-11:00 YS Deep EXtreme <i>Becca Pace</i>	11:05-11:50 YS Athletic Stretch <i>Ilene Bergelson</i>	10:00-11:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	10:00-11:00 YS THE CUT: Jump Rope <i>Andrew Slane</i>	12:00-12:45 YS EQX Barre Burn <i>Kimberly Dawn Neumann</i>	12:50-1:20 MS◆ THE CUT: Jump Rope <i>Joshua Vela</i>	9:15-10:15 PD◆ EQX H2O: Speed <i>Cooper Mann</i>	11:00-12:00 CS◆ Studio Cycling Coco Cohen	9:30-10:20 CS◆ The Pursuit: Burn <i>Angela Leigh</i>	10:00-11:00 MS Powerstrike! (L2) <i>Ilaria Montagnani</i>	9:30-10:20 CS◆ The Pursuit: Burn <i>Angela Leigh</i>
12:15-1:00 MS Zumba® <i>Diego Chauca</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>	12:15-1:00 MS EQX H2O: Power <i>Dan Daly</i>	12:35-1:20 MS Stacked! CeCe Marizu	10:00-11:00 YS Pilates <i>Robin Powell</i>	12:50-1:20 YS◆ THE MUSE™ <i>Kimberly Dawn Neumann</i>	1:00-2:00 PD◆ EQX H2O: Power <i>Dan Daly</i>	9:30-10:20 CS◆ The Pursuit: Burn <i>Angela Leigh</i>	11:15-12:00 MS◆ METCON3 <i>Lisa Raphael</i>	10:05-10:50 YS◆ THE MUSE™ <i>Dara Adler</i>	10:30-11:30 YS EQX Barre Burn <i>Lynze Schiller</i>	10:05-10:50 YS◆ THE MUSE™ <i>Dara Adler</i>
12:15-1:00 YS EQX Barre Burn <i>Julie Granger</i>	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:15-1:05 MS◆ TRX MAX <i>Jan Erik Navoa</i>	12:00-12:45 MS Cardio Sculpt <i>Stephanie Levinson</i>	1:10-1:55 MS Whipped! <i>John Cianca</i>	12:35-1:20 MS Stacked! CeCe Marizu	12:15-1:05 MS◆ TRX MAX <i>Jan Erik Navoa</i>	1:00-2:00 PD◆ EQX H2O: Power <i>Dan Daly</i>	1:30-2:30 YS Vinyasa Yoga <i>Kiley Holliday</i>	10:15-11:10 MS Zen Combat <i>Violet Zaki</i>	11:45-12:45 YS Vinyasa Yoga <i>Jade Alexis</i>	10:15-11:10 MS Zen Combat <i>Violet Zaki</i>	12:00-12:25 MS Core Conditioning <i>Lisa Raphael</i>	10:15-11:10 MS Zen Combat <i>Violet Zaki</i>
12:30-1:20 CS◆ The Pursuit: Build <i>Coco Cohen</i>	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:15-1:00 YS EQX Barre Burn <i>Kevin VerEecke</i>	12:00-12:45 YS Pilates <i>Mathew Makings</i>	1:15-2:15 YS Vinyasa Yoga <i>Jade Alexis</i>	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Coco Cohen</i>	12:15-1:00 YS Studio Cycling <i>Kristin Kenney</i>	5:30-6:20 TR◆ Precision Running® <i>Cooper Mann</i>	11:00-11:55 YS Pilates Power <i>Kymerly Byrnes</i>	12:45-1:30 TR◆ Elevate <i>Lisa Raphael</i>	10:45-11:30 CS◆ Studio Cycling <i>Leon Joseph</i>	12:45-1:30 TR◆ Elevate <i>Lisa Raphael</i>	1:10-1:55 MS Whipped! <i>John Cianca</i>
1:15-2:15 YS Vinyasa Yoga <i>Jade Alexis</i>	5:15-6:00 MS◆ PURE STRENGTH <i>Matt Ortel</i>	1:05-1:35 MS Tabata <i>Jan Erik Navoa</i>	12:15-1:00 CS◆ Studio Cycling <i>Kristin Kenney</i>	4:15-5:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Coco Cohen</i>	12:45-1:15 MS Best Butt Ever <i>Stephanie Levinson</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>	10:45-11:30 CS◆ Studio Cycling <i>Leon Joseph</i>	1:00-2:00 PD◆ Swim Team <i>Walid Messili</i>	1:15-2:15 YS Vinyasa Yoga <i>Nikki Baksh</i>
4:15-5:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	5:30-6:20 TR◆ Precision Running® <i>Cooper Mann</i>	1:15-2:15 YS Power Yoga (L2) <i>Nick Potenzieri</i>	12:45-1:15 MS Best Butt Ever <i>Stephanie Levinson</i>	5:30-6:30 YS Yoga Fundamentals <i>Robert Nguyen</i>	1:30-2:30 YS Pilates <i>Robin Powell</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Coco Cohen</i>	1:15-2:30 YS Vinyasa Yoga (L2) <i>Mindy Frenkel</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>	5:30-6:20 TR◆ Precision Running® <i>Cooper Mann</i>	4:00-5:00 YS Pilates (L2) <i>Robin Powell</i>	1:15-2:15 YS Vinyasa Yoga <i>Nikki Baksh</i>
5:30-6:30 PD◆ EQX H2O: Endurance <i>Cooper Mann</i>	5:45-6:35 CS◆ The Pursuit: Burn <i>Coco Cohen</i>	4:15-5:15 YS Vinyasa Yoga <i>Mindy Bacharach</i>	5:30-6:20 TR◆ Precision Running® <i>Jimmy Joseph</i>	6:00-6:30 YS EQX H2O: Endurance <i>Cooper Mann</i>	5:45-6:35 CS◆ The Pursuit: Burn <i>Coco Cohen</i>	5:30-6:15 MS METCON3 <i>Or Artzi</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>	12:15-1:05 MS◆ Ropes and Rowers <i>Leon Joseph</i>	5:00-5:45 CS◆ Studio Cycling <i>Monika Janeczek</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	5:00-5:45 CS◆ Studio Cycling <i>Monika Janeczek</i>	1:15-2:15 YS Vinyasa Yoga <i>Iyala Berley</i>
6:00-6:30 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>	6:05-6:35 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	5:30-6:15 MS METCON3 <i>Or Artzi</i>	6:00-6:45 CS◆ Studio Cycling <i>Alex Lepinsky</i>	6:00-6:30 YS EQX H2O: Endurance <i>Cooper Mann</i>	6:05-6:35 MS◆ Firestarter <i>Johanna Chase-Weinrich</i>	6:00-7:00 YS Vinyasa Yoga <i>Hannah Simmons</i>	6:30-7:20 CS◆ 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>Iyala Berley</i>	5:05-5:35 YS Stretch Essentials <i>Robin Powell</i>	7:15-8:00 MS Zumba® <i>Adam Bokunewicz</i>	5:05-5:35 YS Stretch Essentials <i>Robin Powell</i>	1:20-2:05 MS◆ PURE STRENGTH <i>Leon Joseph</i>
6:00-7:15 YS◆ Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	6:35-7:00 MS Core Conditioning <i>Johanna Chase-Weinrich</i>	6:30-7:15 CS◆ ANTHEM™ <i>Or Artzi</i>	6:00-6:55 MS◆ FORZA! <i>Ilaria Montagnani</i>	6:00-6:30 YS 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>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	7:15-8:00 MS Zumba® <i>Adam Bokunewicz</i>	1:30-2:30 YS Athletic Stretch <i>Robert Nguyen</i>	5:45-6:30 MS Body Sculpt <i>James Ervin</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>	5:45-6:30 MS Body Sculpt <i>James Ervin</i>	4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>
6:30-7:15 CS◆ Studio Cycling <i>Michael Reilly</i>	6:35-7:50 YS◆ Power Yoga (L2) <i>Melinda Abbott</i>	6:40-7:30 MS Zumba® <i>Diego Chauca</i>	6:00-7:00 MS◆ FORZA! <i>Ilaria Montagnani</i>	6:30-7:15 MS EQX H2O: Endurance <i>Cooper Mann</i>	6:35-7:50 YS◆ Power Yoga (L2) <i>Melinda Abbott</i>	6:40-7:30 MS Zumba® <i>Diego Chauca</i>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>	4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>	6:00-7:15 YS Vinyasa Yoga <i>Robert Nguyen</i>	7:15-8:00 MS Zumba® <i>Adam Bokunewicz</i>	6:00-7:15 YS Vinyasa Yoga <i>Robert Nguyen</i>	4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>
6:35-7:20 MS◆ Best Butt Ever <i>Andrew Slane</i>	7:05-7:50 MS Athletic Conditioning <i>Johanna Chase-Weinrich</i>	7:10-8:00 YS Pilates Band <i>Linda Farrell</i>	6:00-7:00 MS◆ FORZA! <i>Ilaria Montagnani</i>	7:00-7:50 MS Powerstrike! (L2) <i>Ilaria Montagnani</i>	7:05-7:50 MS Athletic Conditioning <i>Johanna Chase-Weinrich</i>	7:10-8:00 YS Pilates Band <i>Linda Farrell</i>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>	5:05-6:20 YS Athletic Yoga (L2) <i>Serena Tom</i>		6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>		4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>
7:30-7:55 MS Core Conditioning <i>Luis Weber</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>	6:00-7:00 MS◆ FORZA! <i>Ilaria Montagnani</i>	7:00-7:45 YS◆ Powerstrike! (L2) <i>Ilaria Montagnani</i>	8:00-8:45 MS EQX Barre Burn <i>Lynze Schiller</i>	7:35-8:00 MS Core Conditioning <i>Stephen Bel Davies</i>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>			7:35-8:00 MS Core Conditioning <i>Stephen Bel Davies</i>		4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>
7:30-8:15 YS Pilates Power <i>Kymerly Byrnes</i>	8:05-8:50 MS Ropes and Rowers <i>Parker Krug</i>	8:00-8:45 MS Chisel'd <i>Stephen Bel Davies</i>	6:00-6:55 MS◆ FORZA! <i>Ilaria Montagnani</i>	8:00-9:00 MS Atletica <i>Ilaria Montagnani</i>	8:05-8:50 MS Ropes and Rowers <i>Parker Krug</i>	8:00-8:45 MS Chisel'd <i>Stephen Bel Davies</i>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>			8:00-9:00 MS Atletica <i>Ilaria Montagnani</i>		4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>
8:00-8:45 MS METCON3 <i>Luis Weber</i>		8:00-9:00 PD◆ EQX H2O: Speed <i>Ozzie Montejo</i>	6:00-6:55 MS◆ FORZA! <i>Ilaria Montagnani</i>	8:00-9:00 YS Power Yoga <i>Emma Poole</i>		8:00-9:00 PD◆ EQX H2O: Speed <i>Ozzie Montejo</i>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>			8:00-9:00 YS Power Yoga <i>Emma Poole</i>		4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>
		8:05-9:05 YS Iyengar Yoga <i>Kavi Patel</i>	6:00-6:55 MS◆ FORZA! <i>Ilaria Montagnani</i>			8:05-9:05 YS Iyengar Yoga <i>Kavi Patel</i>	6:00-7:00 YS Alignment Flow Yoga <i>Mindy Bacharach</i>	6:20-7:05 MS Athletic Conditioning <i>Dawn Parker</i>					4:00-4:55 YS EQX Barre Burn <i>Lynze Schiller</i>

COLUMBUS CIRCLE

TIME WARNER CENTER
(60TH AND BROADWAY)
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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

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
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 Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

🏃 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, tones 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.

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.

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. 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 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

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 Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

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 Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

STUDIO IN USE Studio in use.

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.

