

**Bold** New Class, Instructor, or Time  
◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 YS ◆ Pilates Fusion <i>Ma Wenger</i>	7:30-8:15 MS ◆ METCON3 <i>Kelsey Stalter</i>	6:30-7:15 MS ◆ Athletic Conditioning <b>Connor Longi</b>	7:00-7:45 CS ◆ Cycle Beats <i>LR Davidson</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Kyle O'Brien</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Robert Nguyen</i>	6:30-7:15 MS ◆ METCON3 <b>Connor Longi</b>	7:00-7:45 CS ◆ Cycle Beats <i>Lynze Schiller</i>	6:30-7:15 MS ◆ Whipped! <i>Abbey Hunt</i>	6:45-7:30 CS ◆ Cycle Power <i>Coco Cohen</i>	8:00-8:45 CS ◆ Cycle Power <i>Jaimie Austin</i>	8:30-9:15 MS ◆ Best Abs Ever <b>James Donegan</b>	8:30-9:15 MS ◆ Body Sculpt <i>Jessica Davis</i>	9:15-10:00 CS ◆ ANTHEM™ <i>Kyle O'Brien</i>
8:00-8:45 CS ◆ Cycle Power <i>Candace Peterson</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Natasha Augoustopoulos</i>	7:45-8:30 MS ◆ Off The Barre <b>Marina Colonna</b>	7:30-8:15 MS ◆ Firestarter + Best Abs Ever <i>Christie Vozniak</i>	7:30-8:15 MS ◆ Firestarter + Best Abs Ever <i>Christie Vozniak</i>	8:00-8:45 CS ◆ Cycle Power <i>Marie Jasmin</i>	7:15-8:15 YS ◆ Yoga Strong <b>Jennifer Carlin</b>	7:45-8:30 MS ◆ Off The Barre <i>Pamela Arkin</i>	7:00-7:45 TR ◆ Precision Run® <i>Loi Jordan</i>	7:15-8:15 YS ◆ Yoga Strong <b>Jennifer Carlin</b>	8:45-9:45 MS ◆ Iyengar Yoga <i>Kavi Patel</i>	9:15-10:00 MS ◆ METCON3 <i>James Donegan</i>	9:45-10:15 MS ◆ Firestarter <b>Christie Vozniak</b>	10:20-10:45 MS ◆ Best Abs Ever <b>Christie Vozniak</b>
8:45-9:45 YS ◆ Vinyasa Yoga <i>Kristina Erikson</i>	7:45-8:30 MS ◆ Off The Barre <b>Marina Colonna</b>	10:00-10:45 CS ◆ Cycle Power <i>Amanda Katz</i>	8:00-8:45 CS ◆ Cycle Power <i>Marie Jasmin</i>	8:00-8:45 CS ◆ Cycle Power <i>Marie Jasmin</i>	8:30-9:15 MS ◆ EQX Barre Bum <i>Christopher Howard</i>	7:45-8:45 MS ◆ AK! Rope <i>Kelsey Stalter</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Elitza Ivanova</i>	7:00-7:45 TR ◆ Precision Run® <i>Loi Jordan</i>	7:45-8:45 MS ◆ AK! Rope <i>Kelsey Stalter</i>	9:15-10:00 MS ◆ METCON3 <i>James Donegan</i>	9:30-10:15 CS ◆ Cycle Power <b>Erica Villalba</b>	10:20-10:45 MS ◆ Best Abs Ever <b>Christie Vozniak</b>	10:20-10:45 MS ◆ Best Abs Ever <b>Christie Vozniak</b>
9:15-10:00 MS ◆ Cardio Sculpt <i>Jessica Davis</i>	9:15-10:00 MS ◆ Body Sculpt <i>James Ervin</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Kevin VerEecke</i>	9:30-10:15 MS ◆ Atletica <i>Marie Jasmin</i>	9:30-10:15 MS ◆ Atletica <i>Marie Jasmin</i>	9:30-10:15 MS ◆ EQX Barre Bum <i>Christopher Howard</i>	9:00-9:45 YS ◆ Pilates Mat <i>Loi Jean Kail</i>	9:15-10:15 MS ◆ Tai Sculpt <i>James Ervin</i>	9:00-9:45 YS ◆ Pilates Mat <i>Loi Jean Kail</i>	8:45-9:30 CS ◆ Cycle Power <i>Christopher Infantino</i>	9:30-10:15 CS ◆ Cycle Power <i>Kevin VerEecke</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Kevin VerEecke</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>	10:45-11:30 CS ◆ Cycle Beats <i>Cara Leggio</i>
10:30-11:15 YS ◆ Pilates Fusion <i>Caroline Strong</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Kevin VerEecke</i>	11:15-12:00 MS ◆ Zumba® <b>Yenny Barona</b>	10:00-10:45 CS ◆ Cycle Power <i>Amanda Katz</i>	10:00-10:45 MS ◆ Precision Run® <i>Or Artzi</i>	10:30-11:15 YS ◆ Pilates Mat <i>Genieve Gordon</i>	9:30-10:15 TR ◆ Precision Run® <i>Andrew Slane</i>	9:30-10:15 TR ◆ Precision Run® <i>Andrew Slane</i>	9:30-10:15 MS ◆ Stacked! <i>Sarah Cucuzzella</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Kevin VerEecke</i>	11:15-12:00 MS ◆ Best Butt Ever <i>Bransen Gates</i>	11:00-11:45 MS ◆ Athletic Conditioning <b>Abby Goldenberg</b>	11:00-11:45 MS ◆ Athletic Conditioning <b>Abby Goldenberg</b>
10:45-11:30 MS ◆ Powerstrike! <b>Erika Heam</b>	12:30-1:15 MS ◆ Best Butt Ever <i>Miriam Shestack</i>	12:15-1:15 YS ◆ Iyengar Yoga <i>Cheryl Walter</i>	10:15-11:00 MS ◆ EQX Barre Bum <i>Kevin VerEecke</i>	11:00-11:45 MS ◆ Best Butt Ever <i>Andrew Slane</i>	10:30-11:15 YS ◆ Pilates Mat <i>Genieve Gordon</i>	10:00-10:45 CS ◆ Best Butt Ever <i>Andrew Slane</i>	10:00-10:45 CS ◆ ANTHEM™ <i>LR Davidson</i>	9:30-10:15 MS ◆ Stacked! <i>Sarah Cucuzzella</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	11:15-12:00 MS ◆ Best Butt Ever <i>Bransen Gates</i>	12:30-1:30 YS ◆ Vinyasa Yoga <i>Emma Poole</i>	12:00-12:45 MS ◆ THE CUT <b>Delida Torres</b>	12:00-12:45 MS ◆ THE CUT <b>Delida Torres</b>
4:15-5:15 YS ◆ Vinyasa Yoga + Meditation <i>Katey Lewis</i>	4:30-5:15 MS ◆ Whipped! <i>James Donegan</i>	4:30-5:15 MS ◆ Whipped! <i>James Donegan</i>	11:15-12:00 MS ◆ Zumba® <b>Yenny Barona</b>	12:15-1:15 YS ◆ Iyengar Yoga <i>Cheryl Walter</i>	4:00-5:00 YS ◆ Hatha Yoga <i>Keely Garfield</i>	11:00-11:45 MS ◆ Best Butt Ever <i>Andrew Slane</i>	12:15-1:15 YS ◆ Regeneration Yoga <i>Anubha Elaine Boudouris</i>	12:15-1:00 MS ◆ EQX Barre Bum <i>Kyla Lloyd</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Jackie Prete</i>	12:30-1:30 YS ◆ Vinyasa Yoga <i>Emma Poole</i>	1:00-1:45 MS ◆ Atletica <i>Ilaria Montagnani</i>	12:15-1:00 YS ◆ Pilates Mat <i>Robin Powell</i>	12:15-1:00 YS ◆ Pilates Mat <i>Robin Powell</i>
5:00-5:45 TR ◆ Precision Run® <i>Gerard Thelemaque</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Emma Poole</i>	5:45-6:30 MS ◆ Atletica <i>Erika Heam</i>	12:15-1:15 YS ◆ Iyengar Yoga <i>Cheryl Walter</i>	4:00-5:00 YS ◆ Hatha Yoga <i>Keely Garfield</i>	5:00-5:45 MS ◆ THE CUT <i>Andrew Slane</i>	12:15-1:00 MS ◆ EQX Barre Bum <i>Kyla Lloyd</i>	5:00-5:45 MS ◆ EQX Barre Bum <i>Genieve Gordon</i>	5:15-6:15 YS ◆ Vinyasa Yoga + Meditation <i>Katey Lewis</i>	12:15-1:00 MS ◆ EQX Barre Bum <i>Kyla Lloyd</i>	1:00-1:45 MS ◆ Atletica <i>Ilaria Montagnani</i>	2:00-3:00 YS ◆ Yoga Strong <b>Kumiko Buckman</b>	1:05-1:50 MS ◆ Zumba® <b>Antonio Thomas</b>	1:05-1:50 MS ◆ Zumba® <b>Antonio Thomas</b>
5:15-6:00 MS ◆ EQX Barre Bum <i>Priscilla Curtis</i>	5:45-6:30 MS ◆ Atletica <i>Erika Heam</i>	6:00-6:45 CS ◆ ANTHEM™ <i>James Donegan</i>	5:00-5:45 MS ◆ THE CUT <i>Andrew Slane</i>	5:00-5:45 MS ◆ THE CUT <i>Andrew Slane</i>	5:30-6:15 YS ◆ Pilates Fusion <b>Richel Ruiz</b>	5:15-6:15 YS ◆ Vinyasa Yoga + Meditation <i>Katey Lewis</i>	5:15-6:00 CS ◆ Cycle Beats <i>Mario Martinez</i>	5:30-6:15 MS ◆ Firestarter + Best Abs Ever <i>Marina Colonna</i>	1:00-1:45 MS ◆ Atletica <i>Ilaria Montagnani</i>	2:00-3:00 YS ◆ Yoga Strong <b>Kumiko Buckman</b>	2:15-3:00 MS ◆ Impact! <b>Ilaria Montagnani</b>	1:10-2:00 TR ◆ Precision Run® <b>Sarah Cucuzzella</b>	1:10-2:00 TR ◆ Precision Run® <b>Sarah Cucuzzella</b>
6:00-6:45 YS ◆ Athletic Stretch <i>Anubha Elaine Boudouris</i>	6:00-6:45 CS ◆ ANTHEM™ <i>James Donegan</i>	6:45-7:30 MS ◆ Powerstrike! <i>Erika Heam</i>	5:30-6:15 YS ◆ Pilates Fusion <b>Richel Ruiz</b>	5:30-6:15 YS ◆ Pilates Fusion <b>Richel Ruiz</b>	6:00-6:45 MS ◆ Stacked! <i>Andrew Slane</i>	5:30-6:15 MS ◆ Firestarter + Best Abs Ever <i>Marina Colonna</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Andrea Borrero</i>	5:45-6:30 TR ◆ Precision Run® <i>Jason Strong</i>	2:00-3:00 MS ◆ Impact! <b>Ilaria Montagnani</b>	2:15-3:00 MS ◆ Impact! <b>Ilaria Montagnani</b>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Kiley Holliday</i>	2:00-3:00 MS ◆ Off The Barre <i>Sarah Marchetti Gleim</i>	2:00-3:00 MS ◆ Off The Barre <i>Sarah Marchetti Gleim</i>
6:15-7:00 MS ◆ METCON3 <i>Gerard Thelemaque</i>	6:45-7:30 MS ◆ Powerstrike! <i>Erika Heam</i>	7:00-8:00 YS ◆ Pilates Mat <i>Will Taylor</i>	6:00-6:45 MS ◆ Stacked! <i>Andrew Slane</i>	6:00-6:45 MS ◆ Stacked! <i>Andrew Slane</i>	6:45-7:30 CS ◆ Cycle Beats <i>Bryan Davis</i>	5:45-6:30 TR ◆ Precision Run® <i>Jason Strong</i>	6:00-6:45 MS ◆ Tabata Max <i>Tracy Gordon</i>	6:20-7:15 MS ◆ Studio Dance <b>Johnnie P</b>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Kiley Holliday</i>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Kiley Holliday</i>	4:00-4:45 CS ◆ Cycle Power <b>Jason Strong</b>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Kiley Holliday</i>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Kiley Holliday</i>
6:45-7:30 CS ◆ Cycle Power <b>Keny Aissa</b>	7:00-8:00 YS ◆ Pilates Mat <i>Will Taylor</i>		6:45-7:30 CS ◆ Cycle Beats <i>Bryan Davis</i>	6:45-7:30 CS ◆ Cycle Beats <i>Bryan Davis</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jeesoo Park</i>	6:20-7:15 MS ◆ Studio Dance <b>Johnnie P</b>	6:00-6:45 MS ◆ Tabata Max <i>Tracy Gordon</i>	6:30-7:30 YS ◆ Restorative Yoga <i>Katey Lewis</i>	4:00-4:45 CS ◆ Cycle Power <b>Jason Strong</b>	4:00-4:45 CS ◆ Cycle Power <b>Jason Strong</b>	5:00-6:00 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>	4:00-4:45 CS ◆ Cycle Power <b>Jason Strong</b>	4:00-4:45 CS ◆ Cycle Power <b>Jason Strong</b>
7:00-8:00 YS ◆ Vinyasa Yoga <i>Karla Beltchenko</i>			7:00-8:00 YS ◆ Vinyasa Yoga <i>Jeesoo Park</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jeesoo Park</i>	7:15-8:00 MS ◆ Whipped! <i>Steve Mitchell</i>	7:00-8:00 MS ◆ AK! Rope <i>Christie Vozniak</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Serena Tom</i>		5:00-6:00 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>	5:00-6:00 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>		5:00-6:00 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>	5:00-6:00 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>
7:15-8:15 MS ◆ Studio Dance <i>Abby Goldenberg</i>			7:15-8:00 MS ◆ Whipped! <i>Steve Mitchell</i>	7:15-8:00 MS ◆ Whipped! <i>Steve Mitchell</i>		7:15-8:15 YS ◆ Athletic Yoga <i>Serena Tom</i>							

# EQUINOX

## WEST 76TH STREET

344 AMSTERDAM AVENUE  
NEW YORK NY 10024  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 10:00PM

**FRI:** 5:30AM - 8:00PM

**SAT - SUN:** 7:00AM - 7:00PM

KID'S CLUB HOURS

**MON - SUN:** 9:00AM - 2:00PM

## GROUP FITNESS MANAGER

jessica.davis@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

YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio
TR	Treadmill Area

## WHAT'S NEW THIS MONTH

### CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

### RUNNING

**PRECISION RUN®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

### YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**HATHA YOGA** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**IYENGAR YOGA** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

**REGENERATION YOGA** A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

**RESTORATIVE YOGA** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**VINYASA YOGA + MEDITATION** A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### ATHLETIC TRAINING

**AK! ROPE** Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**ATLETICA** A weight training workout using traditional power moves created by global fitness expert, Iliaria Montagnani. Build and sculpt muscle and solidify a strong core.

**BEST ABS EVER** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**BEST BUTT EVER** Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

**FIRESTARTER** A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping. An Equinox Exclusive.

**FIRESTARTER + BEST ABS EVER** A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**METCONS** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**WHIPPED!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

### BARRE

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### PILATES

**PILATES FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

### DANCE

**STUDIO DANCE** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

**ZUMBA®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

### BOXING AND KICKBOXING

**IMPACT!** Gloves on in this intense freestanding bag class created by global fitness expert, Iliaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

**POWERSTRIKE!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Iliaria Montagnani. Punch and kick to improve speed, balance and coordination.

**THE CUT** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

### STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

### SCULPT

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

**TAI SCULPT** A flowing barefoot workout that blends sculpting, Pilates and barre with elements of tai chi created by NYC fitness expert, James Ervin. Strengthen your body from the ground up, and challenge your mind in deep focused movement.