

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆ Athletic Conditioning <i>Ianthe Mellors</i>	6:45-7:30 CS ◆ Cycle Power <i>EvAutio</i>	6:45-7:30 MS ◆ Tabata Max <i>Celine Perez</i>	7:00-7:45 CS ◆ Cycle Power <i>Renee Pesante</i>	6:30-7:15 MS ◆ STRONG <i>Patrick Tae</i>	6:45-7:30 CS ◆ Cycle Power <i>Jack McGowan</i>	6:45-7:30 MS ◆ Whipped! <i>Yenny Barona</i>	7:15-8:00 YS ◆ Pilates Mat <i>Itsy Rachatasumrit</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Josh Mathew-Meier</i>	7:00-8:00 YS ◆ Pilates Fusion <i>Emily Snouffer</i>	8:30-9:15 YS ◆ Pilates Fusion <i>Emily Snouffer</i>	9:00-9:45 MS ◆ Tabata Max <i>Gerard Thelemaque</i>	9:00-9:45 CS ◆ Cardio Sculpt <i>Alexis Campbell</i>	9:00-9:45 MS ◆ Cycle Beats <i>Andres Quintero</i>
7:15-8:15 YS ◆ Vinyasa Yoga <i>Lisa Landphair</i>	7:15-8:00 YS ◆ EQX Barre Bum <i>Kyla Lloyd</i>	7:00-7:45 MS ◆ Cycle Power <i>Renee Pesante</i>	7:15-8:00 YS ◆ EQX Barre Bum <i>Kyla Lloyd</i>	7:00-8:15 YS ◆ Ashtanga Yoga <i>Evan Pery</i>	7:00-8:15 YS ◆ Ashtanga Yoga <i>Evan Pery</i>	7:30-8:15 TR ◆ Precision Run® <i>Jaimie Austin</i>	7:30-8:15 TR ◆ Precision Run® <i>Jaimie Austin</i>	8:00-8:45 CS ◆ Cycle Power <i>Jacqueline Kouri</i>	8:00-8:45 CS ◆ Cycle Power <i>Jacqueline Kouri</i>	9:30-10:15 CS ◆ Cycle Power <i>Javier Ortega</i>	9:30-10:15 CS ◆ Cycle Power <i>Javier Ortega</i>	9:45-10:30 YS ◆ EQX Barre Bum <i>Emily Naim</i>	9:45-10:30 YS ◆ EQX Barre Bum <i>Emily Naim</i>
7:45-8:30 MS ◆ Stacked! <i>Joshua Funderburg</i>	7:30-8:15 TR ◆ Precision Run® <i>Ally Raisian</i>	7:15-8:00 YS ◆ EQX Barre Bum <i>Kyla Lloyd</i>	7:30-8:15 TR ◆ Precision Run® <i>Ally Raisian</i>	7:45-8:30 MS ◆ Tabata Max <i>Jack McGowan</i>	7:45-8:30 MS ◆ Tabata Max <i>Jack McGowan</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Alexis Campbell</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Alexis Campbell</i>	8:45-9:30 YS ◆ Pilates Mat <i>Caroline Strong</i>	8:45-9:30 YS ◆ Pilates Mat <i>Caroline Strong</i>	9:30-10:15 CS ◆ Cycle Power <i>Renee Pesante</i>	9:30-10:15 CS ◆ Cycle Power <i>Renee Pesante</i>	10:15-11:00 MS ◆ METCON3 <i>Kate Edwards</i>	10:15-11:00 MS ◆ METCON3 <i>Kate Edwards</i>
8:00-8:45 CS ◆ ANTHEM™ <i>Amy Chiu</i>	8:00-8:45 MS ◆ Cardio Dance <i>Dara Adler</i>	8:00-8:45 MS ◆ Cardio Dance <i>Dara Adler</i>	8:00-8:45 MS ◆ Cardio Dance <i>Dara Adler</i>	8:30-9:15 TR ◆ Precision Run® <i>Andrew Slane</i>	8:30-9:15 TR ◆ Precision Run® <i>Andrew Slane</i>	8:15-9:00 CS ◆ Cycle Beats <i>Mario Martinez</i>	8:15-9:00 CS ◆ Cycle Beats <i>Mario Martinez</i>	9:30-10:15 CS ◆ Off The Barre <i>Johnny Anzalone</i>	9:30-10:15 CS ◆ Off The Barre <i>Johnny Anzalone</i>	10:30-11:15 MS ◆ Firestarter + Best Abs Ever <i>Javier Ortega</i>	10:30-11:15 MS ◆ Firestarter + Best Abs Ever <i>Javier Ortega</i>	10:45-11:45 YS ◆ Athletic Yoga <i>Todd Baran</i>	10:45-11:45 YS ◆ Athletic Yoga <i>Todd Baran</i>
8:45-9:30 YS ◆ Pilates Fusion <i>Cindya Davis</i>	8:45-9:30 YS ◆ Off The Barre <i>Johnny Anzalone</i>	8:45-9:30 YS ◆ Off The Barre <i>Johnny Anzalone</i>	8:45-9:30 YS ◆ Off The Barre <i>Johnny Anzalone</i>	8:45-9:45 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	8:45-9:45 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	9:30-10:15 MS ◆ METCON3 <i>Or Artzi</i>	9:30-10:15 MS ◆ METCON3 <i>Or Artzi</i>	10:30-11:15 YS ◆ Off The Barre <i>Johnny Anzalone</i>	10:30-11:15 YS ◆ Off The Barre <i>Johnny Anzalone</i>	11:00-11:45 CS ◆ Cycle Power <i>Kristin Kenney</i>	11:00-11:45 CS ◆ Cycle Power <i>Kristin Kenney</i>	11:00-11:45 CS ◆ Cycle Power <i>Frank Louis</i>	11:00-11:45 CS ◆ Cycle Power <i>Frank Louis</i>
9:00-9:45 MS ◆ Firestarter + Best Abs Ever <i>John Peterson</i>	9:30-10:15 MS ◆ Stacked! <i>Christopher Vo</i>	9:30-10:15 MS ◆ Stacked! <i>Christopher Vo</i>	9:30-10:15 MS ◆ Stacked! <i>Christopher Vo</i>	9:15-10:00 CS ◆ Cycle Beats <i>Jaimie Austin</i>	9:15-10:00 CS ◆ Cycle Beats <i>Jaimie Austin</i>	10:45-11:45 MS ◆ Vinyasa Yoga <i>Elitza Ivanova</i>	10:45-11:45 MS ◆ Vinyasa Yoga <i>Elitza Ivanova</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	11:30-12:15 TR ◆ Precision Run® <i>Javier Ortega</i>	11:30-12:15 TR ◆ Precision Run® <i>Javier Ortega</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Dara Adler</i>	12:00-12:45 YS ◆ Pilates Fusion <i>Dara Adler</i>
10:30-11:15 YS ◆ EQX Barre Bum <i>Bianca Reid</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Karla Beltchenko</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Karla Beltchenko</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Karla Beltchenko</i>	9:30-10:15 MS ◆ THE CUT <i>Andrew Slane</i>	9:30-10:15 MS ◆ THE CUT <i>Andrew Slane</i>	12:30-1:15 YS ◆ EQX Barre Bum <i>Daigi-Ann Thompson</i>	12:30-1:15 YS ◆ EQX Barre Bum <i>Daigi-Ann Thompson</i>	2:00-2:45 YS ◆ Off The Barre <i>Sarah Marchetti Gleim</i>	2:00-2:45 YS ◆ Off The Barre <i>Sarah Marchetti Gleim</i>	12:00-12:45 YS ◆ Off The Barre <i>Zach Eisenberg</i>	12:00-12:45 YS ◆ Off The Barre <i>Zach Eisenberg</i>	12:45-1:30 MS ◆ Athletic Conditioning <i>Angel Aulet</i>	12:45-1:30 MS ◆ Athletic Conditioning <i>Angel Aulet</i>
12:15-1:15 YS ◆ Vinyasa Yoga <i>Jaimie Austin</i>	12:30-1:15 YS ◆ Pilates Mat <i>Genieve Gordon</i>	12:30-1:15 YS ◆ Pilates Mat <i>Genieve Gordon</i>	12:30-1:15 YS ◆ Pilates Mat <i>Genieve Gordon</i>	10:30-11:15 YS ◆ Pilates Mat <i>Ron Tal</i>	10:30-11:15 YS ◆ Pilates Mat <i>Ron Tal</i>	5:45-6:45 YS ◆ Athletic Yoga <i>Colleen Murphy</i>	5:45-6:45 YS ◆ Athletic Yoga <i>Colleen Murphy</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Johan Montijano</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Johan Montijano</i>	12:15-1:00 MS ◆ Whipped! <i>Patrick Tae</i>	12:15-1:00 MS ◆ Whipped! <i>Patrick Tae</i>	2:00-3:00 YS ◆ Restorative Yoga <i>Mindy Bacharach</i>	2:00-3:00 YS ◆ Restorative Yoga <i>Mindy Bacharach</i>
5:15-6:00 YS ◆ EQX Barre Bum <i>Laetia Emmanuel</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Erin Stemstein</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Jessica Stickler</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Jessica Stickler</i>	6:45-7:30 MS ◆ Stacked! <i>Justin Goldman</i>	6:45-7:30 MS ◆ Stacked! <i>Justin Goldman</i>	5:45-6:30 CS ◆ Cycle Beats <i>EvAutio</i>	5:45-6:30 CS ◆ Cycle Beats <i>EvAutio</i>	12:30-1:15 CS ◆ Cycle Beats <i>Jaimie Austin</i>	12:30-1:15 CS ◆ Cycle Beats <i>Jaimie Austin</i>	1:30-2:30 YS ◆ Yoga Strong <i>Jason Bayus</i>	1:30-2:30 YS ◆ Yoga Strong <i>Jason Bayus</i>
5:30-6:15 TR ◆ Precision Run® <i>Jaimie Austin</i>	5:45-6:30 CS ◆ Cycle Power <i>Jaimie Austin</i>	5:45-6:30 CS ◆ Cycle Power <i>Jaimie Austin</i>	5:45-6:30 CS ◆ Cycle Power <i>Jaimie Austin</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Kimmel Yeager</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Kimmel Yeager</i>	7:00-8:00 YS ◆ Yin Yoga <i>Colleen Murphy</i>	7:00-8:00 YS ◆ Yin Yoga <i>Colleen Murphy</i>	6:00-6:45 MS ◆ Rounds <i>Celine Perez</i>	6:00-6:45 MS ◆ Rounds <i>Celine Perez</i>	1:30-2:30 YS ◆ Yoga Strong <i>Jason Bayus</i>	1:30-2:30 YS ◆ Yoga Strong <i>Jason Bayus</i>	2:15-3:00 MS ◆ METCON3 <i>John Peterson</i>	2:15-3:00 MS ◆ METCON3 <i>John Peterson</i>
5:45-6:30 MS ◆ Tabata Max (L2) <i>Amy Amato</i>	6:00-6:45 MS ◆ Best Butt Ever <i>Bransen Gates</i>	6:00-6:45 MS ◆ Best Butt Ever <i>Bransen Gates</i>	6:00-6:45 MS ◆ Best Butt Ever <i>Bransen Gates</i>	5:30-6:15 TR ◆ Precision Run® <i>Ally Raisian</i>	5:30-6:15 TR ◆ Precision Run® <i>Ally Raisian</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Gerard Thelemaque</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Gerard Thelemaque</i>	6:00-6:45 MS ◆ Rounds <i>Celine Perez</i>	6:00-6:45 MS ◆ Rounds <i>Celine Perez</i>	2:15-3:00 MS ◆ METCON3 <i>John Peterson</i>	2:15-3:00 MS ◆ METCON3 <i>John Peterson</i>	3:15-4:00 YS ◆ Athletic Stretch <i>Jason Bayus</i>	3:15-4:00 YS ◆ Athletic Stretch <i>Jason Bayus</i>
6:00-6:45 CS ◆ Cycle Beats <i>Sage Parker</i>	7:00-7:45 YS ◆ EQX Barre Bum <i>Stephanie Yonkovich</i>	7:00-7:45 YS ◆ EQX Barre Bum <i>Stephanie Yonkovich</i>	7:00-7:45 YS ◆ EQX Barre Bum <i>Stephanie Yonkovich</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Gerard Thelemaque</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Gerard Thelemaque</i>	6:15-7:00 YS ◆ Off The Barre <i>Jose Rivera Jr.</i>	6:15-7:00 YS ◆ Off The Barre <i>Jose Rivera Jr.</i>	6:00-6:45 MS ◆ Rounds <i>Celine Perez</i>	6:00-6:45 MS ◆ Rounds <i>Celine Perez</i>	3:15-4:00 YS ◆ Athletic Stretch <i>Jason Bayus</i>	3:15-4:00 YS ◆ Athletic Stretch <i>Jason Bayus</i>		
6:15-7:15 YS ◆ Vinyasa Yoga <i>Ali Cramer</i>	7:15-8:00 MS ◆ METCON3 <i>Ianthe Mellors</i>	7:15-8:00 MS ◆ METCON3 <i>Ianthe Mellors</i>	7:15-8:00 MS ◆ METCON3 <i>Ianthe Mellors</i>	6:15-7:00 YS ◆ Off The Barre <i>Jose Rivera Jr.</i>	6:15-7:00 YS ◆ Off The Barre <i>Jose Rivera Jr.</i>	6:45-7:30 CS ◆ Cycle Beats <i>Frank Louis</i>	6:45-7:30 CS ◆ Cycle Beats <i>Frank Louis</i>						
7:00-7:45 MS ◆ Cardio Sculpt <i>Molly Day</i>	7:30-8:15 CS ◆ Cycle Beats <i>Christopher Infantino</i>	7:30-8:15 CS ◆ Cycle Beats <i>Christopher Infantino</i>	7:30-8:15 CS ◆ Cycle Beats <i>Christopher Infantino</i>	6:45-7:30 CS ◆ Cycle Beats <i>Frank Louis</i>	6:45-7:30 CS ◆ Cycle Beats <i>Frank Louis</i>	7:00-7:45 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	7:00-7:45 MS ◆ Ropes and Rowers <i>Patrick Tae</i>						
7:15-8:00 CS ◆ Cycle Power <i>Frank Louis</i>	8:00-9:00 YS ◆ Regeneration Yoga <i>Lisa Landphair</i>	8:00-9:00 YS ◆ Regeneration Yoga <i>Lisa Landphair</i>	8:00-9:00 YS ◆ Regeneration Yoga <i>Lisa Landphair</i>	7:00-7:45 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	7:00-7:45 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>						
7:30-8:30 YS ◆ Yin Yoga <i>Ali Cramer</i>				7:15-8:15 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>								

PRINTING HOUSE

421 HUDSON ST.
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MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

SAT - SUN: 8:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 10:00AM - 2:00PM

GROUP FITNESS MANAGER

jenna.muller@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

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

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

ASHTANGA YOGA Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

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.

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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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

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.

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 + 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.

METCON3 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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. 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.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

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

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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

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.



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.