

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆ Studio Cycling <i>Darbi Worley</i>	6:30-7:15 MS METCON3 <i>Jamal</i>	6:15-7:00 CS◆ Studio Cycling <i>Jamal</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	6:30-7:15 CS◆ Studio Cycling <i>Reza Pazooki</i>	6:30-7:15 MS Stacked! <i>Muri Assunção</i>	6:30-7:15 CS◆ Studio Cycling <i>Joanna Stahl</i>	6:30-7:15 MS THE CUT <i>Eddie Carrington</i>	6:30-7:15 MS 30/60/90@ <i>Iggy Lentini</i>	6:30-7:15 MS 30/60/90@ <i>Iggy Lentini</i>	8:15-9:05 TR◆ Precision Running@ <i>Taylor Phillips</i>	9:30-10:15 CS◆ Studio Cycling <i>Wil Ashley</i>	9:30-10:00 MS ABsession™ <i>Violet Zaki</i>	9:30-10:15 MS Studio Cycling <i>Wil Ashley</i>
6:30-7:15 MS Vin-Hatha Yoga <i>Diana Rilov</i>	7:00-8:00 YS 30/60/90@ <i>Darbi Worley</i>	7:00-8:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	7:30-8:15 YS Deep EXtreme <i>Ryan Beck</i>	7:30-8:15 CS◆ Studio Cycling <i>Muri Assunção</i>	7:30-8:15 MS Pilates <i>Rachael Stein</i>	7:00-8:00 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	7:00-8:00 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	7:00-8:00 YS Vinyasa Yoga <i>Ana Sussmann</i>	7:00-8:00 YS Vinyasa Yoga <i>Ana Sussmann</i>	8:45-9:35 MS Definitions <i>Ilaria Montagnani</i>	9:30-11:00 YS Iyengar Yoga <i>Debbie Green</i>	10:00-10:55 MS Zen Combat <i>Violet Zaki</i>	9:30-11:00 YS Iyengar Yoga <i>Debbie Green</i>
7:30-8:15 MS 30/60/90@ <i>Darbi Worley</i>	7:30-8:30 MS EQX Barre Burn <i>Miri Greenberg</i>	7:30-8:30 MS Deep EXtreme <i>Ryan Beck</i>	9:00-9:45 MS EQX Barre Burn <i>Miri Greenberg</i>	7:30-8:15 MS 30/60/90@ <i>Joanna Stahl</i>	9:00-10:00 YS Pilates <i>Bonnie Crellin</i>	7:30-8:15 MS Studio Cycling <i>Joanna Stahl</i>	7:30-8:15 MS Stacked! <i>Danielle Hopkins</i>	7:30-8:15 MS EQX Barre Burn <i>Elgin McCargo</i>	7:30-8:15 MS EQX Barre Burn <i>Elgin McCargo</i>	9:15-10:00 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	10:00-10:55 MS Vinyasa Yoga <i>Elitza Ivanova</i>	11:00-11:45 CS◆ Studio Cycling <i>Shanda Woods</i>	10:00-10:55 MS Zen Combat <i>Violet Zaki</i>
7:30-8:20 TR◆ Precision Running@ <i>Jamal</i>	9:00-9:50 MS Zumba@ <i>Volha Parkhats</i>	8:00-9:00 YS Iyengar Yoga <i>Debbie Green</i>	10:00-10:50 MS EQX Barre Burn <i>Miri Greenberg</i>	7:30-8:30 YS Vinyasa Yoga <i>Lisa Tatham</i>	9:15-10:00 MS Booty Blast <i>Antonio Hudson</i>	7:30-8:15 MS Stacked! <i>Danielle Hopkins</i>	8:00-9:00 YS Iyengar Yoga <i>Debbie Green</i>	10:00-11:00 MS EQX Barre Burn <i>Aida Palau</i>	10:00-11:00 PD Water Workout <i>Christopher Lacour</i>	9:45-10:35 MS Powerstrike! <i>Ilaria Montagnani</i>	11:00-11:45 CS◆ Studio Cycling <i>Shanda Woods</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:00-11:45 MS Studio Cycling <i>Shanda Woods</i>
9:00-9:50 MS Zumba@ <i>Volha Parkhats</i>	10:00-11:00 PD Water Workout <i>Jenni Patterson</i>	9:00-9:45 MS EQX Barre Burn <i>Miri Greenberg</i>	11:00-11:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	9:15-10:00 MS Booty Blast <i>Antonio Hudson</i>	10:00-10:45 MS Zumba@ <i>Antonio Hudson</i>	8:00-9:00 YS Iyengar Yoga <i>Debbie Green</i>	9:15-10:00 MS Studio Cycling <i>Rachel Vaziralli</i>	10:00-11:00 PD Water Workout <i>Christopher Lacour</i>	10:00-11:00 PD Water Workout <i>Christopher Lacour</i>	10:45-11:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
10:00-10:50 YS Pilates Fusion <i>Dara Adler</i>	10:00-11:00 PD Water Workout <i>Jenni Patterson</i>	11:00-11:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	11:30-12:15 MS 30/60/90@ <i>Kristi Molinaro</i>	10:00-11:00 PD Water Workout <i>Lisa Raphael</i>	10:00-11:00 MS Zumba@ <i>Antonio Hudson</i>	11:00-11:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	11:00-11:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	10:45-11:45 YS Vinyasa Yoga <i>Sarra Morton</i>	10:45-11:45 YS Vinyasa Yoga <i>Sarra Morton</i>	10:45-11:45 MS Atletica <i>Ilaria Montagnani</i>	12:00-12:50 MS EQX Barre Burn <i>Alicia Archer</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
11:00-11:45 MS 30/60/90@ <i>Kristi Molinaro</i>	12:15-1:15 YS Vinyasa Yoga <i>Kevin Lamb</i>	11:30-12:15 MS 30/60/90@ <i>Kristi Molinaro</i>	12:00-12:45 MS EQX Barre Burn <i>Alicia Archer</i>	11:00-12:00 MS INNER Strength <i>Nadia Zaki</i>	10:00-11:00 PD Water Workout <i>Lisa Raphael</i>	11:30-12:15 MS 30/60/90@ <i>Kristi Molinaro</i>	11:30-12:15 MS 30/60/90@ <i>Kristi Molinaro</i>	11:05-11:55 YS INNER Power Flow <i>Nadia Zaki</i>	11:05-11:55 YS INNER Power Flow <i>Nadia Zaki</i>	11:45-1:00 YS Vinyasa Yoga <i>Rika Henry</i>	12:00-12:50 MS EQX Barre Burn <i>Alicia Archer</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
12:15-1:15 YS Vinyasa Yoga <i>Kevin Lamb</i>	12:30-1:15 CS◆ Studio Cycling <i>Alie Giaime</i>	12:15-1:15 YS Vinyasa Yoga <i>Arnold Patricio</i>	12:00-12:45 MS EQX Barre Burn <i>Alicia Archer</i>	11:15-12:05 TR◆ Precision Running@ <i>Shanda Woods</i>	11:00-12:00 MS INNER Strength <i>Nadia Zaki</i>	12:30-1:15 MS 30/60/90@ <i>Kristi Molinaro</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	11:15-12:05 TR◆ Precision Running@ <i>John Cianca</i>	11:15-12:05 TR◆ Precision Running@ <i>John Cianca</i>	12:00-12:45 MS Studio Cycling <i>Eniko Kiraly</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
12:30-1:15 CS◆ Studio Cycling <i>Alie Giaime</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 YS Studio Cycling <i>Arnold Patricio</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:00-12:45 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:00-12:45 MS Studio Cycling <i>Nadia Zaki</i>	12:00-12:45 MS Studio Cycling <i>Nadia Zaki</i>	12:45-1:45 PD Water Workout <i>Lisa Raphael</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:30-1:30 YS Vinyasa Yoga <i>Patricia Pinto</i>	12:45-1:30 MS 30/60/90@ <i>Kristi Molinaro</i>	12:45-1:30 MS 30/60/90@ <i>Kristi Molinaro</i>	3:00-4:00 YS Power Yoga (L3) <i>Melinda Abbott</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
2:00-3:00 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:30-1:30 YS Vinyasa Yoga <i>Patricia Pinto</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	4:00-5:00 YS Vinyasa Yoga <i>Elaine O'Brien</i>	4:00-5:00 YS Vinyasa Yoga <i>Elaine O'Brien</i>	4:30-5:00 MS◆ Firestarter <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
5:15-5:45 MS Core Conditioning <i>Christopher Vo</i>	5:30-6:15 CS◆ Studio Cycling <i>Chayanne Joel</i>	1:00-1:30 MS Core Conditioning <i>Amanda Baker</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	5:30-6:30 YS Pilates Fusion <i>Jewel Elizabeth</i>	5:30-6:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:30-6:15 MS 30/60/90@ <i>Kristi Molinaro</i>	4:30-5:00 MS◆ Firestarter <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
5:30-6:15 CS◆ Studio Cycling <i>Reza Pazooki</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	1:00-1:30 MS Core Conditioning <i>Amanda Baker</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	5:30-6:30 YS Pilates Fusion <i>Jewel Elizabeth</i>	5:45-6:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	5:30-6:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:30-6:15 MS 30/60/90@ <i>Kristi Molinaro</i>	4:30-5:30 YS Rock Solid: Pilates <i>Jewel Elizabeth</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
5:30-6:30 YS Vinyasa Yoga <i>Elaine O'Brien</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	5:45-6:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:00-7:00 YS Vinyasa Yoga <i>Jackie Prete</i>	6:00-7:00 YS Vinyasa Yoga <i>Jackie Prete</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
5:45-6:15 MS◆ Firestarter <i>Christopher Vo</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:45-7:30 CS◆ Studio Cycling <i>Reza Pazooki</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
6:25-7:25 MS Dance! <i>Tootsie Olan</i>	5:30-6:30 YS Pilates Fusion <i>Lilly Ballarin</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-7:30 CS◆ Studio Cycling <i>Reza Pazooki</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	6:30-7:15 YS Studio Cycling <i>Nadia Zaki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	6:30-7:45 YS Vinyasa Yoga <i>Ana Sussmann</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
6:30-7:30 PD Aqua Boot Camp <i>Peyton Bryant</i>	6:40-7:25 MS METCON3 <i>John Cianca</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
6:30-7:30 YS Pilates Fusion <i>Alissa Alter</i>	7:40-8:30 MS METCON3 <i>Tracy Gordon</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
7:30-8:00 MS ABsession™ <i>Violet Zaki</i>	7:45-8:30 CS◆ Studio Cycling <i>Reza Pazooki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
7:40-8:40 YS Vinyasa Yoga <i>Jessica Stickler</i>	7:45-8:45 YS INNER Power Flow <i>Nadia Zaki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
7:45-8:30 CS◆ Studio Cycling <i>Wil Ashley</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Ellis Peters</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>
8:00-8:45 MS Power Trip <i>Violet Zaki</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Ellis Peters</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Or Artzi</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90@ <i>Kristi Molinaro</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>	11:00-12:30 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>	11:05-11:50 MS Atonement <i>Violet Zaki</i>

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**MON - THU:** 5:30AM - 11:00PM  
**FRI:** 5:30AM - 10:00PM  
**SAT & SUN:** 8:00AM - 9:00PM

**GROUP FITNESS MANAGER**  
JACK MCGOWAN  
Jack.McGowan@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

#### 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 locations.

#### 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.

#### 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.

#### YOGA

**INNER POWER FLOW** Using elements from various Yoga traditions, this class will challenge you and will focus on core flexibility and breath. Each movement is linked with breath to work your entire body, refresh your mind, and soothe your soul. Created by Nadia Zaki.

**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.

#### 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.

**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.

**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.

#### BARRE

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

#### 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.

**ABSESSION™** Violet's signature class, is a highly efficient and concentrated workout which combines core strengthening and stabilizing exercises that not only give you leaner abs and a stronger back, but will help improve posture and balance. It's not all about crunches!

**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.

**BOOTY BLAST** Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

**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.

**DEEP EXTREME** The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

**DEFINITIONS** An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

**INNER STRENGTH** Created by Nadia Zaki to help you strengthen and stretch, this dance-based conditioning class includes exercises that target balance, focus, posture and alignment.

**POWER TRIP** Going on a "Power Trip" with Violet will maximize both your time and effort by combining strength and cardio into one calorie-burning workout. You can't get more efficient than this.

#### 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 FUSION** Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

**ROCK SOLID: PILATES** Heighten your Pilates experience with Jewel Elizabeth's signature non-stop mat class. Her 3-dimensional format flows from one exercise to the next, giving you a deeper integration of muscles, incredible physical awareness, and higher caloric output. Excellent for dancers and athletes alike.

#### DANCE

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

**NYC DANCE PROJECT** Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun & flashy. Dare yourself to be truthful & expressive, & dare yourself to really dance!

**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.

#### BOXING & MARTIAL ARTS

**CARDIO KICK** An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

**INNER WARRIOR** Find the Warrior within through strength in knowledge of body and mind. Inner Warrior is a practice that requires a commitment from your mind and body. It is a fusion of styles inspired from multiple martial art forms and yoga practices, all of which are brought to you in a pure fitness format.

**POWERSTRIKE!** Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements to energizing music.

**THE CUT** A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

**ZEN COMBAT** Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.

#### POOL

**AQUA BOOT CAMP** Get out of the studio and into the pool. Dive into a complete cardio & conditioning class using water resistance and equipment for a total body workout. You'll build strength, raise your heart rate, and get an invigorating swim even while you're hard at work.

**SWIM TEAM** Challenge your skills in an intermediate/advanced swim class synonymous with high caliber training sessions. Train like a pro with focus on drills, technique, stamina, strength and form. Participants must be able to swim 100 yards freestyle for the hour. During Swim Team, pool is reserved for class.

**WATER WORKOUT** A combination of cardiovascular and muscle conditioning drills using water resistance. Pool is reserved for class participants only