

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 MS	Whipped! <i>John Cianca</i>	6:00-6:45 MS	Cross Fire <i>Ron Christopher</i>	7:00-7:45 MS	Tabata <i>Jack McGowan</i>	6:00-6:45 MS	Tabata Strength <i>Matt Ortel</i>	7:00-7:50 MS ◆	The Sculpt Society <i>Khaleah London</i>	10:15-11:05 TR ◆	Precision Run® <i>Kristina Tatarenko</i>	11:15-12:00 MS ◆	Master of One <i>Kari McKillip</i>
7:15-8:15 YS ◆	Athletic Yoga (L2) <i>Serena Tom</i>	6:45-7:35 TR ◆	Precision Run® <i>Kara Shull</i>	7:00-7:45 YS	EQX Barre Burn <i>Kevin VerEecke</i>	6:45-7:35 TR ◆	Precision Run® <i>Jan Erik Navoa</i>	7:15-8:00 YS	EQX Barre Burn <i>Mathew Makings</i>	10:30-11:15 MS	Tabata <i>Tim Flores</i>		
7:45-8:30 CS ◆	Cycle Beats <i>Tracey G</i>	7:00-7:45 CS ◆	ANTHEM™ <i>Shane Blouin</i>	8:00-8:50 CS ◆	The Pursuit: Burn <i>Melissa Morin</i>	7:00-7:50 CS ◆	The Pursuit: Build <i>Nikki Bucks</i>	8:00-8:50 TR ◆	Precision Run® <i>Khaleah London</i>	11:15-12:30 YS ◆	Athletic Yoga (L2) <i>Serena Tom</i>		
8:00-8:45 MS	METCON3 <i>Felicia Csolak</i>	7:15-8:00 MS	Chisel'd <i>Ron Christopher</i>	12:00-12:50 MS ◆	Atletica <i>Ilaria Montagnani</i>	7:15-8:00 MS	METCON3 <i>Matt Ortel</i>	12:00-12:45 MS	Whipped! <i>Selena Dorans</i>				
8:00-8:50 TR ◆	Precision Run® <i>John Cianca</i>	7:15-8:15 YS	Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-1:00 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>	7:15-8:15 YS ◆	Power Yoga (L2) <i>Serena Tom</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Mary Horne</i>	12:30-1:15 CS ◆	ANTHEM™ <i>Kyle O'Brien</i>		
12:00-12:50 MS	Atletica <i>Stephen Bel Davies</i>	12:00-12:50 MS	METCON3 <i>Stephanie Levinson</i>	12:15-1:05 TR ◆	Precision Run® <i>Alison O'Connor</i>	8:05-8:35 MS ◆	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	1:00-1:50 MS	Band Burn <i>Kyle Brown</i>				
12:00-1:00 YS	Slow Flow Yoga <i>Yuliana Kim Grant</i>	12:00-12:45 YS	EQX Barre Burn <i>Caroline Strong</i>	12:30-1:15 CS ◆	Studio Cycling <i>Marie Jasmin</i>	12:00-12:45 MS	Athletic Conditioning <i>Ron Christopher</i>	5:30-6:15 MS	Cross Fire (L2) <i>Lulu Faria</i>				
12:30-1:15 CS ◆	Studio Cycling <i>Avery Washington</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Selena Dorans</i>	1:00-1:45 MS	Atletica <i>Ilaria Montagnani</i>	12:00-12:45 YS	Pilates Fusion <i>Bianca Reid</i>	5:30-6:30 YS	Vinyasa Yoga <i>Kaf Suda</i>				
1:15-2:00 YS	EQX Barre Burn <i>Emma Rivera</i>	12:30-1:20 TR ◆	Precision Run® <i>Jimmy Joseph</i>	1:15-2:00 YS	Authentic Mat Pilates <i>Gabe Villanueva</i>	12:30-1:20 CS ◆	The Pursuit: Burn <i>Nikki Bucks</i>	6:00-6:50 CS ◆	The Pursuit: Burn <i>Candace Peterson</i>				
5:30-6:20 MS ◆	Body Conditioning <i>Jon Giswold</i>	1:00-2:00 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>	4:30-5:15 MS	Boot Camp <i>Ron Christopher</i>	12:30-1:20 TR ◆	Precision Run® <i>Kevin St-Fort</i>						
5:30-6:15 YS	Authentic Mat Pilates <i>Gabe Villanueva</i>	1:15-2:00 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	5:30-6:20 MS	Body Conditioning <i>Jon Giswold</i>	12:45-1:00 MS	Ab Lab <i>Ron Christopher</i>						
6:00-6:45 CS ◆	Cycle Beats <i>Shweky</i>	4:30-5:15 MS	THE CUT <i>Eddie Carrington</i>	5:30-6:15 YS	EQX Barre Burn <i>Emma Rivera</i>	1:00-2:00 YS	Slow Flow Yoga <i>Laleh Nader</i>						
6:15-7:05 TR ◆	Precision Run® <i>Diane LaVon</i>	5:30-6:15 MS ◆	Master of One <i>Chloe Corpuz</i>	6:00-6:45 CS ◆	Studio Cycling <i>Sarah Carr</i>	5:15-6:00 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	5:15-6:00 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>				
6:30-7:15 MS ◆	METCON3 <i>Eddie Carrington</i>	5:45-6:45 YS ◆	Vinyasa Yoga <i>Mary Horne</i>	6:30-7:15 MS ◆	METCON3 <i>John Cianca</i>	5:30-6:15 CS ◆	Studio Cycling <i>Erica Villalba</i>	5:30-6:15 CS ◆	Studio Cycling <i>Erica Villalba</i>				
6:30-7:30 YS ◆	Power Yoga <i>Daniela Vuckovic</i>	6:30-7:15 CS ◆	ANTHEM™ <i>Javier Ortega</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Damien Alexander</i>	5:45-6:45 YS	Power Yoga <i>Kristina Erikson</i>	5:45-6:45 YS	Power Yoga <i>Kristina Erikson</i>				
7:30-8:20 MS ◆	Band Burn <i>Kelsey Stalter</i>	6:30-7:15 MS	Tabata <i>Tim Flores</i>	7:15-8:05 TR ◆	Precision Run® <i>John Cianca</i>	6:30-7:20 MS	Athletic Conditioning <i>Kristina Tatarenko</i>	6:30-7:20 MS	Athletic Conditioning <i>Kristina Tatarenko</i>				
		7:00-7:45 YS	EQX Barre Burn <i>Pam Nahal</i>	7:30-8:20 MS ◆	The Sculpt Society <i>Meri Bobber</i>	6:45-7:35 TR ◆	Precision Run® <i>Breanna Cummings</i>	6:45-7:35 TR ◆	Precision Run® <i>Breanna Cummings</i>				
		7:30-8:20 TR ◆	Best Butt Ever <i>Tracy Gordon</i>			7:00-7:50 YS	Pilates Remix <i>Emma Rivera</i>	7:00-7:50 YS	Pilates Remix <i>Emma Rivera</i>				
			Precision Run® <i>Miriam Shestack</i>			7:30-8:30 MS	Powerstrike! <i>Erika Hearn</i>	7:30-8:30 MS	Powerstrike! <i>Erika Hearn</i>				

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MON - FRI: 5:00AM - 10:00PM
SAT - SUN: 9:00AM - 6:00PM

GROUP FITNESS MANAGER
 damien.alexander@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
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

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.

CYCLE BEATS Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

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 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. Precisely timed high-intensity interval games will be sure to help you level up.

RUNNING

PRECISION RUN® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Run 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.

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.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

ATHLETIC CONDITIONING Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

ATLETICA Sculpt and train your body like an athlete. 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!

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.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

MASTER OF ONE One weight is all it takes. Zero in on results with a next-generation HIIT weight training class that strips your training to the core. Use a single weight for a total body workout.

Rise to the challenge with fierce focus, killer cardio training, and supercharged strength, all in one.

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.

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.

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

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

BAND BURN Warm up then launch into two blocks of time-under-tension sequences and chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

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.

THE SCULPT SOCIETY Sculpt your own work of art to today's most heart-pumping music in Megan Roup's signature class. Challenge yourself with a full-body workout that merges dance cardio, sliders, & light weights to create a long, lean physique. Put everything into overdrive & reap the results of a nonstop calorie burn.

PILATES

AUTHENTIC MAT PILATES Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

PILATES FUSION Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

PILATES REMIX Light up every muscle with this core-forward Pilates class that sets traditional moves to a heart-pumping soundtrack. Through the use of props and continuous choreography, you'll electrify your burn, strength, and flexibility.

BOXING + MARTIAL ARTS

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

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.