

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 MS	Whipped! <i>John Cianca</i>	6:00-6:45 MS	<b>Cross Fire</b> <b>Ron Christopher</b>	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>	10:00-11:15 YS◆	<b>Power Yoga</b> <b>Rika Henry</b>	11:15-12:00 MS◆	Master of One <i>Kari McKillip</i>
7:15-8:15 YS◆	<b>Athletic Yoga (L2)</b> <b>Serena Tom</b>	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>Felicia Csolak</i>	10:30-11:15 MS	Tabata <i>Erin Sanders</i>		
8:00-8:45 MS	METCON3 <i>Felicia Csolak</i>	7:00-7:45 CS◆	ANTHEM™ <i>Shane Blouin</i>	7:50-8:20 MS◆	Best Stretch Ever <i>Kevin VerEecke</i>	7:00-7:50 CS◆	The Pursuit: Build <i>Nikki Bucks</i>	8:00-8:50 TR◆	Elevate <i>Khaleah London</i>	11:30-12:00 MS◆	<b>Best Stretch Ever</b> <b>Rika Henry</b>		
12:00-12:50 MS◆	Atletica <i>Stephen Bel Davies</i>	7:15-8:00 MS	<b>Chisel'd</b> <b>Ron Christopher</b>	8:00-8:50 CS◆	The Pursuit: Burn <i>Melissa Morin</i>	7:15-8:00 MS	METCON3 <i>Matt Ortel</i>	12:00-12:45 MS◆	Master of One <i>Selena Dorans</i>				
12:00-1:00 YS	Vinyasa Yoga <i>Damien Alexander</i>	7:15-8:15 YS	Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-12:50 MS◆	Atletica <i>Iliaria Montagnani</i>	7:15-8:15 YS◆	<b>Power Yoga (L2)</b> <b>Serena Tom</b>	12:15-1:15 YS◆	Vinyasa Yoga <i>Mary Horne</i>				
12:30-1:15 CS◆	Studio Cycling <i>Avery Washington</i>	12:00-12:50 MS	METCON3 <i>Stephanie Levinson</i>	12:00-1:00 YS	Alignment Flow <i>Benn Rasmussen</i>	8:05-8:35 MS◆	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	12:30-1:15 CS◆	<b>ANTHEM™</b> <b>James Donegan</b>				
1:15-2:05 YS	Pilates Remix <i>Emma Rivera</i>	12:00-12:45 YS	EQX Barre Burn <i>Caroline Strong</i>	12:30-1:15 CS◆	Studio Cycling <i>Marie Jasmin</i>	12:00-12:15 MS	Ab Lab <i>Dawn Parker</i>	1:15-2:15 MS	Deep EXtreme <i>Becca Pace</i>				
5:30-6:20 MS◆	Body Conditioning <i>Jon Giswold</i>	12:30-1:20 CS◆	The Pursuit: Build <i>Selena Dorans</i>	1:00-1:45 MS	Atletica <i>Iliaria Montagnani</i>	12:00-12:45 YS	Pilates <i>Sarah Starkweather</i>	4:00-5:00 YS	Power Yoga <i>Lindsay Carson</i>				
5:30-6:15 YS	Pilates <i>Gabe Villanueva</i>	12:30-1:20 TR◆	Precision Run® <i>Jimmy Joseph</i>	1:15-2:00 YS	Pilates <i>Gabe Villanueva</i>	12:15-1:00 MS	Tabata <i>Dawn Parker</i>	5:30-6:15 MS	Cross Fire (L2) <i>Lulu Faria</i>				
6:00-6:45 CS◆	Studio Cycling <i>Alex Lepinsky</i>	1:00-2:00 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>	5:30-6:15 YS	EQX Barre Burn <i>Emma Rivera</i>	12:30-1:20 CS◆	The Pursuit: Burn <i>Nikki Bucks</i>	6:00-6:45 CS◆	<b>Studio Cycling</b> <b>Pam Nahal</b>				
6:15-7:05 TR◆	Precision Run® <i>Diane LaVon</i>	1:15-2:00 MS◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	6:00-6:45 CS◆	<b>Studio Cycling</b> <b>David Donofrio</b>	12:30-1:20 TR◆	Precision Run® <i>Kevin St-Fort</i>	6:00-7:00 YS	Vinyasa Yoga <i>Eli Walker</i>				
6:30-7:15 MS◆	METCON3 <i>Eddie Carrington</i>	5:30-6:15 MS◆	Master of One <i>Chloe Corpuz</i>	6:30-7:15 MS◆	METCON3 <i>John Cianca</i>	1:00-2:00 YS	Slow Flow Yoga <i>Laleh Nader</i>						
6:30-7:30 YS◆	Power Yoga <i>Daniela Vuckovic</i>	5:45-6:45 YS◆	Vinyasa Yoga <i>Mary Horne</i>	6:30-7:30 YS◆	Vinyasa Yoga <i>Leeann Walton</i>	5:15-6:00 MS◆	PURE STRENGTH <i>Alyssa Cerrachio</i>						
7:30-8:20 CS◆	The Pursuit: Burn <i>Brittany Ng</i>	6:30-7:15 CS◆	Cycle Beats <i>Javier Ortega</i>	7:15-8:05 CS◆	<b>The Pursuit: Build</b> <b>David Donofrio</b>	5:45-6:45 YS◆	Power Yoga <i>Kristina Erikson</i>						
7:30-8:00 MS◆	Best Stretch Ever <i>Diane LaVon</i>	6:30-7:15 MS	Tabata <i>Tim Flores</i>	7:15-8:05 TR◆	Precision Run® <i>John Cianca</i>	6:30-7:15 CS◆	<b>ANTHEM™</b> <b>Grace Twesigye</b>						
		7:00-7:45 YS	EQX Barre Burn <i>Pam Nahal</i>	7:15-8:05 TR◆	Precision Run® <i>John Cianca</i>	6:30-7:20 MS◆	Titan Method (L3) <i>Omar Sandoval</i>						
		7:30-8:15 MS	Best Butt Ever <i>Tracy Gordon</i>	7:30-8:20 MS◆	The Sculpt Society <i>Parker Krug</i>	6:45-7:35 TR◆	Precision Run® <i>Alfonso Alchaer</i>						
		7:30-8:20 TR◆	Precision Run® <i>Miriam Shestack</i>			7:00-7:50 YS	Pilates Remix <i>Emma Rivera</i>						
						7:30-8:30 MS	Powerstrike! (L3) <i>Omar Sandoval</i>						

**ROCKEFELLER CENTER**  
 45 ROCKEFELLER PLAZA  
 NEW YORK NY 10111  
 EQUINOX.COM  
 @EQUINOX

**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
TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio

### 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 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 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.

**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.

**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.

**TITAN METHOD** Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

**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

**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.

**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.

**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

**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 REMIX** Light up every muscle with this core-forward Pilates class that sets traditional moves to a heart-pumping soundtrack. Through the use of a single prop 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: 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.

## ACTIVE REGENERATION

**BEST STRETCH EVER** Better, faster, stronger. Unlock your muscles to unleash your potential with 30 minutes of posture-improving, stability-increasing, body-awareness-enhancing stretching. Using the Mobility Stick, turn stretching into training. You'll hang, twist, push, and pull to find your best stretch ever.