

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS ◆ ANTHEM <i>Darbi Worley</i>	6:15-7:00 CS ◆ Studio Cycling <i>Jamal</i>	6:30-7:15 CS ◆ Cycle Beats <i>Patrick Tae</i>	6:30-7:15 CS ◆ Studio Cycling <i>Joanna Stahl</i>	6:30-7:15 CS ◆ Studio Cycling <i>Shanda Woods</i>	8:15-9:05 TR ◆ Precision Running® <i>Taylor Phillips</i>	9:15-10:30 YS Iyengar Yoga <i>Debby Green</i>
6:30-7:15 MS METCON3 <i>Jamal</i>	6:30-7:15 MS Cardio Kick <i>Akin Williams</i>	6:30-7:15 MS Stacked! <i>Muri Assunção</i>	6:30-7:15 MS THE CUT <i>Eddie Carrington</i>	6:30-7:15 MS Tabata <i>Antonio Hudson</i>	8:45-9:35 MS Definitions <i>Ilaria Montagnani</i>	9:30-10:15 CS ◆ Studio Cycling <i>Wil Ashley</i>
7:00-8:00 YS Vin-Hatha Yoga <i>Diana Rilov</i>	7:00-8:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	7:30-8:15 CS ◆ Studio Cycling <i>Wil Ashley</i>	7:00-8:00 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	7:00-8:00 YS Vinyasa Yoga <i>Ana Sussmann</i>	9:00-10:15 YS Power Yoga <i>Lindsay Carson</i>	9:30-10:00 MS ABsession™ <i>Violet Zaki</i>
7:30-8:15 MS Cardio Sculpt <i>Darbi Worley</i>	7:30-8:30 MS Deep EXtreme <i>Ryan Beck</i>	7:30-8:15 MS Athletic Conditioning <i>Patrick Tae</i>	7:30-8:15 CS ◆ Studio Cycling <i>Joanna Stahl</i>	7:30-8:30 MS Deep EXtreme <i>Ryan Beck</i>	9:15-10:00 CS ◆ Studio Cycling <i>Alfonso Alchaer</i>	10:00-10:55 MS Zen Combat <i>Wil Ashley</i>
7:30-8:20 TR ◆ Precision Running® <i>Jamal</i>	8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	7:30-8:30 YS Vinyasa Yoga <i>Lisa Tatham</i>	7:30-8:15 MS Stacked! <i>Danielle Hopkins</i>	9:15-10:00 CS ◆ Studio Cycling <i>LR Davidson</i>	9:45-10:35 MS Powerstrike! <i>Ilaria Montagnani</i>	10:40-11:25 YS Pilates <i>Nicola Yvette</i>
9:00-9:50 MS Zumba® <i>Volha Parkhats</i>	9:00-9:45 CS ◆ Studio Cycling <i>Danielle Hopkins</i>	9:00-10:00 YS Pilates <i>Bonnie Crellin</i>	8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	10:00-11:00 MS EQX Barre Burn <i>Aida Palau</i>	10:30-11:15 CS ◆ ANTHEM <i>Lindsay Carson</i>	11:00-11:45 CS ◆ Studio Cycling <i>Shanda Woods</i>
10:00-11:00 PD ◆ Aqua Boot Camp <i>Jenni Patterson</i>	10:00-10:50 MS EQX Barre Burn <i>Bonnie Crellin</i>	9:15-10:00 MS Booty Blast <i>Antonio Hudson</i>	9:00-9:45 CS ◆ Studio Cycling <i>Rachel Vaziralli</i>	10:00-11:00 PD ◆ Aqua Boot Camp <i>Christopher Lacour</i>	10:30-11:30 YS Pilates Fusion <i>Taylor Phillips</i>	11:05-11:50 MS Asset Management <i>Violet Zaki</i>
10:00-10:50 YS Pilates Fusion <i>Dara Adler</i>	11:00-11:30 MS Core Conditioning <i>Jack McGowan</i>	10:00-10:45 MS Zumba® <i>Antonio Hudson</i>	11:00-11:30 MS ◆ Firestarter <i>Joshua Vela</i>	10:45-11:45 YS Vinyasa Yoga <i>Sarra Morton</i>	10:45-11:45 MS Atletica <i>Ilaria Montagnani</i>	11:30-12:45 YS Vin-Hatha Yoga (L2) <i>Diana Rilov</i>
11:00-11:45 MS Stacked! <i>Luis Weber</i>	11:30-12:15 MS Tabata (L2) <i>Jack McGowan</i>	10:00-11:00 PD ◆ Aqua Boot Camp <i>Lisa Raphael</i>	11:30-12:15 MS Tabata (L2) <i>Joshua Vela</i>	11:15-12:05 TR ◆ Precision Running® <i>John Cianca</i>	11:45-12:30 CS ◆ Studio Cycling <i>Eniko Kiraly</i>	
12:15-1:30 YS Vinyasa Yoga (L2) <i>Mindy Frenkel</i>	12:15-1:15 YS Vinyasa Yoga <i>Jessica Stickler</i>	11:00-12:00 MS INNER Strength <i>Nadia Zaki</i>	12:30-1:15 CS ◆ Studio Cycling <i>Wil Ashley</i>	12:00-12:45 CS ◆ Studio Cycling <i>Nadia Zaki</i>	11:45-1:15 MS Vinyasa Yoga (L2) <i>Domenic Savino</i>	12:00-12:50 MS ◆ EQX Barre Burn <i>Alicia Archer</i>
12:30-1:15 CS ◆ Studio Cycling <i>Mike Harris</i>	12:30-1:15 CS ◆ Studio Cycling <i>Wil Ashley</i>	11:15-12:05 TR ◆ Precision Running® <i>Arthur Tang</i>	12:30-1:15 MS THE CUT <i>Mara Gabrielle</i>	12:15-1:00 MS ◆ PURE STRENGTH <i>Eric Cobb</i>	12:00-12:45 MS ◆ Circuit Challenge <i>Matt Ortel</i>	12:30-1:15 CS ◆ ANTHEM <i>Or Artzi</i>
12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>		12:30-1:30 YS Vinyasa Yoga <i>Patricia Pinto</i>	1:00-2:00 YS INNER Power Flow <i>Nadia Zaki</i>	12:45-1:45 PD ◆ Aqua Boot Camp <i>Lisa Raphael</i>	1:00-2:00 MS Deep EXtreme <i>Alicia Archer</i>
2:00-3:00 YS Vinyasa Yoga <i>Patricia Pinto</i>	5:30-6:15 CS ◆ Studio Cycling <i>Chayanne Joel</i>	12:00-12:45 CS ◆ Studio Cycling <i>Nadia Zaki</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>	1:00-1:45 CS ◆ Studio Cycling <i>Eniko Kiraly</i>	5:00-5:45 MS Tabata (L2) <i>Amy Amato</i>
5:00-5:30 MS Best Butt Ever <i>Abbey Hunt</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	12:15-1:00 MS Best Butt Ever <i>Andrew Slane</i>	5:30-6:00 MS ◆ THE CUT: Jump Rope <i>Jan Erik Navoa</i>	5:00-5:25 MS Core Conditioning <i>Luis Weber</i>	3:00-4:00 YS Power Yoga (L3) <i>Melinda Abbott</i>	6:00-7:00 YS Vinyasa Yoga <i>Liz Wexler</i>
5:30-6:15 CS ◆ Studio Cycling <i>Alfonso Alchaer</i>	5:30-6:30 YS Pilates Fusion <i>Lilly Ballarin</i>	12:30-1:30 YS Vinyasa Yoga <i>Jess Taras</i>	5:30-6:30 YS Rock Solid: Pilates (L2) <i>Jewel Elizabeth</i>	5:30-6:15 MS METCON3 <i>Luis Weber</i>	4:15-5:15 YS Rock Solid: Pilates (L2) <i>Jewel Elizabeth</i>	
5:30-6:15 MS Tabata <i>Abbey Hunt</i>	6:30-7:15 CS ◆ Studio Cycling <i>Nadia Zaki</i>	1:05-1:35 MS ◆ THE CUT: Jump Rope <i>Andrew Slane</i>	6:00-6:25 MS Core Conditioning <i>Jan Erik Navoa</i>	6:15-7:00 CS ◆ Studio Cycling <i>Lindsay B. Davis</i>	4:30-5:00 MS ◆ Firestarter <i>Andrew Slane</i>	
5:30-6:30 YS Vinyasa Yoga <i>Elaine O'Brien</i>	6:30-7:45 YS Vinyasa Yoga <i>Ana Sussmann</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	6:35-7:20 MS ◆ Circuit Challenge <i>Jan Erik Navoa</i>	6:15-7:15 YS Alignment Flow Yoga <i>Jackie Prete</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	
6:25-7:25 MS Dance! <i>Tootsie Olan</i>	6:40-7:25 MS METCON3 <i>John Cianca</i>	5:15-6:00 MS ◆ PURE STRENGTH <i>Matt Ortel</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusus</i>	6:30-7:15 MS ◆ Whipped! <i>Luis Weber</i>	5:30-6:30 YS Vinyasa Yoga <i>Felipe Gonzalez</i>	
6:30-7:15 CS ◆ Studio Cycling <i>Alfonso Alchaer</i>	7:40-8:40 MS Dance! <i>Nikki Baksh</i>	5:30-6:15 CS ◆ Studio Cycling <i>Wil Ashley</i>	7:00-7:45 CS ◆ Studio Cycling <i>Warren Perry</i>			
6:30-7:30 PD ◆ Aqua Boot Camp <i>Peyton Bryant</i>	7:45-8:30 CS ◆ Studio Cycling <i>David Donofrio</i>	5:30-6:30 YS Vinyasa Yoga <i>Liz Wexler</i>	8:30-9:30 PD ◆ Swim Team (L2) <i>Benjamin Green</i>			
6:30-7:30 YS Pilates <i>Gina Ianni</i>	7:45-8:45 YS INNER Power Flow <i>Nadia Zaki</i>	6:05-6:35 MS Cardio Blast <i>Matt Ortel</i>				
7:30-8:00 MS ABsession™ <i>Violet Zaki</i>	8:30-9:30 PD ◆ Swim Team (L2) <i>Ellis Peters</i>	6:45-7:30 CS ◆ Studio Cycling <i>Wil Ashley</i>				
7:40-8:40 YS Vinyasa Yoga <i>Jessica Stickler</i>		6:45-7:25 MS Barre <i>Mathew Makings</i>				
7:45-8:30 CS ◆ Studio Cycling <i>Wil Ashley</i>		6:45-8:00 YS Vinyasa Yoga <i>Damien Alexander</i>				
8:00-8:45 MS Zen Combat <i>Violet Zaki</i>		7:30-8:30 MS NYC Dance Project <i>Abby Goldenberg</i>				

GREENWICH AVENUE
 97 GREENWICH AVENUE
 NEW YORK NEWYORK 10014
 212.620.0103
 EQUINOX.COM
 @EQUINOX

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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO 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 Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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

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.

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

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

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 ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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!

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

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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

CONDITIONING

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!

ASSET MANAGEMENT Violet Zaki's popular class isolates and firms all muscle groups and burns calories, leading to a more balanced body. Get a cardio workout and strengthen your muscles with the weighted exercises yielding tremendous body sculpting results in a very short period of time. One workout fits all.

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!

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.

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

CARDIO BLAST Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

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.

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.

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 choreographed to energizing music.