

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆	Studio Cycling <i>Darbi Worley</i>	6:15-7:00 CS◆	Studio Cycling <i>Jamal</i>	6:30-7:15 CS◆	Studio Cycling <i>Reza Pazooki</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>	9:30-10:15 CS◆	Studio Cycling <i>Wil Ashley</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	<b>Athletic Conditioning</b> <i>Tim Flores</i>	8:45-9:35 MS	Definitions <i>Ilaria Montagnani</i>	9:30-10:00 MS	ABsession™ <i>Violet Zaki</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◆	<b>Studio Cycling</b> <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	<b>Vinyasa Yoga</b> <i>Lindsay Carson</i>	9:30-11:00 YS	Iyengar Yoga <i>Debbly Green</i>
7:30-8:15 MS	<b>Cardio Sculpt</b> <i>Darbi Worley</i>	7:30-8:30 MS	Deep EXtreme <i>Ryan Beck</i>	7:30-8:15 MS	<b>Athletic Conditioning</b> <i>Patrick Tae</i>	7:30-8:15 CS◆	Studio Cycling <i>Joanna Stahl</i>	7:30-8:15 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>Violet Zaki</i>
7:30-8:20 TR◆	Precision Running® <i>Jamal</i>	8:00-9:00 YS	Iyengar Yoga <i>Debbly Green</i>	7:30-8:30 YS	Vinyasa Yoga <i>Lisa Tatham</i>	7:30-8:15 MS	Stacked! <i>Danielle Hopkins</i>	7:30-8:15 MS	Stacked! <i>Danielle Hopkins</i>	9:45-10:35 MS	Powerstrike! <i>Ilaria Montagnani</i>	11:00-11:45 CS◆	Studio Cycling <i>Shanda Woods</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>Debbly Green</i>	8:00-9:00 YS	Iyengar Yoga <i>Debbly Green</i>	10:00-11:00 MS	EQX Barre Burn <i>Aida Palau</i>	11:05-11:50 MS	Atonement <i>Violet Zaki</i>
10:00-11:00 PD	Aqua Boot Camp <i>Jenni Patterson</i>	10:00-10:50 MS	EQX Barre Burn <i>Miri Greenberg</i>	9:15-10:00 MS	Booty Blast <i>Antonio Hudson</i>	9:00-9:45 CS◆	<b>Studio Cycling</b> <i>Rachel Vaziralli</i>	9:00-9:45 CS◆	<b>Studio Cycling</b> <i>Rachel Vaziralli</i>	10:00-11:00 PD	Aqua Boot Camp <i>Christopher Lacour</i>	11:15-12:15 YS	Vin-Hatha Yoga (L2) <i>Diana Rilov</i>
10:00-10:50 YS	Pilates Fusion <i>Dara Adler</i>	11:00-11:30 MS	<b>Core Conditioning</b> <i>Jack McGowan</i>	10:00-10:45 MS	Zumba® <i>Antonio Hudson</i>	11:00-11:30 MS◆	<b>Firestarter</b> <i>Joshua Vela</i>	11:00-11:30 MS◆	<b>Firestarter</b> <i>Joshua Vela</i>	10:45-11:45 YS	Vinyasa Yoga <i>Sarra Morton</i>	12:00-12:50 MS	EQX Barre Burn <i>Alicia Archer</i>
11:00-11:45 MS	<b>Stacked!</b> <i>Luis Weber</i>	11:30-12:15 MS	<b>Tabata (L2)</b> <i>Jack McGowan</i>	10:00-11:00 PD	Aqua Boot Camp <i>Lisa Raphael</i>	11:30-12:15 MS	<b>Tabata (L2)</b> <i>Joshua Vela</i>	11:30-12:15 MS	<b>Tabata (L2)</b> <i>Joshua Vela</i>	11:45-12:30 CS◆	Precision Running® <i>John Cianca</i>	1:00-2:00 MS	Deep EXtreme <i>Alicia Archer</i>
12:15-1:30 YS	<b>Vinyasa Yoga (L2)</b> <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>	12:30-1:15 MS	Studio Cycling <i>Wil Ashley</i>	12:00-12:45 CS◆	Studio Cycling <i>Nadia Zaki</i>	6:00-7:00 YS	Vinyasa Yoga <i>Liz Wexler</i>
12:30-1:15 CS◆	Studio Cycling <i>Alle Giaime</i>	12:30-1:15 CS◆	Studio Cycling <i>Wil Ashley</i>	11:15-12:05 TR◆	Precision Running® <i>Shanda Woods</i>	12:30-1:15 MS	THE CUT <i>Mary O</i>	12:30-1:15 MS	THE CUT <i>Mary O</i>	12:15-1:00 MS	<b>METCON3</b> <i>Eric Cobb</i>	12:00-12:45 MS	<b>Circuit Challenge</b> <i>Jack McGowan</i>
12:30-1:30 MS	EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS◆	Firestarter <i>Or Artzi</i>	12:00-12:45 CS◆	Studio Cycling <i>Nadia Zaki</i>	12:30-1:30 YS	Vinyasa Yoga <i>Patricia Pinto</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>
2:00-3:00 YS	Vinyasa Yoga <i>Patricia Pinto</i>	1:00-1:30 MS	Core Conditioning <i>Or Artzi</i>	12:15-1:00 MS	<b>Best Butt Ever</b> <i>Andrew Slane</i>	2:00-3:00 MS	EQX Barre Burn <i>Alicia Archer</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◆	<b>Studio Cycling</b> <i>Eniko Kiraly</i>
5:15-5:40 MS	Core Conditioning <i>Christopher Vo</i>	2:00-3:00 MS	EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 YS	<b>Vinyasa Yoga</b> <i>Jess Taras</i>	5:30-6:30 MS	<b>Rock Solid: Pilates (L2)</b> <i>Jewel Elizabeth</i>	5:30-6:30 MS	<b>Rock Solid: Pilates (L2)</b> <i>Jewel Elizabeth</i>	5:30-6:15 MS	<b>METCON3</b> <i>Luis Weber</i>	3:00-4:00 YS	Power Yoga (L3) <i>Melinda Abbott</i>
5:30-6:15 CS◆	Studio Cycling <i>Reza Pazooki</i>	5:30-6:15 CS◆	Studio Cycling <i>Chayanne Joel</i>	4:00-4:50 MS	EQX Barre Burn <i>Alicia Archer</i>	5:45-6:15 MS	<b>Core Conditioning</b> <i>Jan Erik Navoa</i>	5:45-6:15 MS	<b>Core Conditioning</b> <i>Jan Erik Navoa</i>	6:00-7:00 YS	Vinyasa Yoga <i>Jackie Prete</i>	4:15-5:15 YS	<b>Rock Solid: Pilates (L2)</b> <i>Jewel Elizabeth</i>
5:30-6:30 YS	Vinyasa Yoga <i>Elaine O'Brien</i>	5:30-6:30 MS	INNER Warrior <i>Nadia Zaki</i>	5:00-5:50 MS	Deep EXtreme <i>Alicia Archer</i>	6:30-7:15 MS	<b>Circuit Challenge</b> <i>Jan Erik Navoa</i>	6:30-7:15 MS	<b>Circuit Challenge</b> <i>Jan Erik Navoa</i>	6:30-7:15 MS	<b>Tabata (L2)</b> <i>Luis Weber</i>	4:30-5:00 MS◆	Firestarter <i>Andrew Slane</i>
5:45-6:15 MS◆	Firestarter <i>Christopher Vo</i>	5:30-6:20 YS	Pilates Fusion <i>Lilly Ballarin</i>	5:30-6:15 CS◆	Studio Cycling <i>Wil Ashley</i>	6:30-7:15 MS	Studio Cycling <i>Reza Pazooki</i>	6:30-7:15 MS	Studio Cycling <i>Reza Pazooki</i>	6:30-7:15 MS	<b>Tabata (L2)</b> <i>Luis Weber</i>	5:00-5:30 MS	Core Conditioning <i>Andrew Slane</i>
6:25-7:25 MS	Dance! <i>Tootsie Olan</i>	6:30-7:15 CS◆	Studio Cycling <i>Nadia Zaki</i>	5:30-6:30 YS	Vinyasa Yoga <i>Liz Wexler</i>	6:45-7:30 CS◆	Studio Cycling <i>Reza Pazooki</i>	6:45-7:30 CS◆	Studio Cycling <i>Reza Pazooki</i>	6:30-7:15 MS	<b>Tabata (L2)</b> <i>Luis Weber</i>		
6:30-7:15 CS◆	Studio Cycling <i>Alfonso Alchaer</i>	6:30-7:45 YS	Vinyasa Yoga <i>Ana Sussmann</i>	6:00-6:55 MS	<b>Ultimate Workout</b> <i>Jack McGowan</i>	6:45-8:00 YS	Vinyasa Yoga <i>Lara Benusis</i>	6:45-8:00 YS	Vinyasa Yoga <i>Lara Benusis</i>				
6:30-7:30 PD	Aqua Boot Camp <i>Peyton Bryant</i>	6:40-7:25 MS	METCON3 <i>John Cianca</i>	6:45-7:30 CS◆	Studio Cycling <i>Wil Ashley</i>	7:00-7:25 MS	Swim Team (L2) <i>Benjamin Green</i>	7:00-7:25 MS	Swim Team (L2) <i>Benjamin Green</i>				
6:30-7:30 YS	Pilates Fusion <i>Alissa Alter</i>	7:40-8:40 MS	<b>Dance!</b> <i>Nikki Baksh</i>	6:45-8:00 YS	Vinyasa Yoga <i>Francesca Bove</i>								
7:30-8:00 MS	ABsession™ <i>Violet Zaki</i>	7:45-8:30 CS◆	Studio Cycling <i>Reza Pazooki</i>										
7:40-8:40 YS	Vinyasa Yoga <i>Jessica Stickler</i>	7:45-8:45 YS	INNER Power Flow <i>Nadia 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>										
8:00-8:45 MS	Power Trip <i>Violet Zaki</i>												

# EQUINOX

**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

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

**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!

#### BARRE

**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!

**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.

**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 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.

**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.

**ULTIMATE WORKOUT** The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

#### 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.