

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:30-7:15 MS ◆	METCON3 <i>Kate Edwards</i>	6:45-7:30 MS ◆	Whipped! Tim Flores	7:00-7:45 MS ◆	Atletica <i>Erika Heam</i>	7:15-8:00 MS ◆	Cardio Sculpt <i>Diane LaVon</i>	7:00-7:45 CS ◆	Cycle Power <i>Christopher Infantino</i>
7:00-8:00 YS ◆	Athletic Yoga <i>Kristina Erikson</i>	7:00-7:45 YS ◆	Pilates Remix <i>Ilsy Rachatasumrit</i>	7:15-8:00 YS ◆	Vinyasa Yoga Alison O'Connor	7:30-8:30 YS ◆	Yoga Strong Kristina Erikson	7:15-8:00 MS ◆	Stacked! <i>Miriam Shestack</i>
12:15-1:00 YS ◆	EQX Barre Bum <i>Emma Rivera</i>	7:15-8:00 CS ◆	Cycle Beats <i>Tim Healy</i>	12:15-1:00 YS ◆	EQX Barre Bum <i>Adam Bokunewicz</i>	12:00-12:50 TR ◆	Precision Run® <i>Amanda Katz</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>
12:30-1:15 MS ◆	Stacked! <i>Peyton Royal</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Mary Home</i>	12:30-1:15 MS ◆	STRONG <i>Carolann Valentino</i>	12:15-1:00 MS ◆	Whipped! Ron Christopher	12:30-1:15 MS ◆	Atletica <i>Stephen Bel Davies</i>
5:15-6:00 MS ◆	Whipped! TomJohn Mershon	12:15-1:00 MS ◆	Tabata Max <i>Gerard Thelemaque</i>	5:15-6:00 MS ◆	Stacked! Eddie Carington	1:00-1:50 CS ◆	The Pursuit: Bum Amanda Katz	5:30-6:30 YS ◆	Vinyasa Yoga <i>Jamison Goodnight</i>
5:30-6:30 YS ◆	Vinyasa Yoga <i>Elitza Ivanova</i>	12:30-1:15 CS ◆	Cycle Beats <i>Candace Peterson</i>	5:30-6:30 YS ◆	Vinyasa Yoga Felicia Csolak	5:30-6:15 YS ◆	EQX Barre Bum <i>Emma Rivera</i>	5:45-6:30 MS ◆	METCON3 Sam Wolf
6:00-6:45 TR ◆	Precision Run® Loi Jordan	5:30-6:15 YS ◆	Pilates Fusion <i>Caroline Strong</i>	6:00-6:50 CS ◆	The Pursuit: Build Corinne Teklitz	5:45-6:30 MS ◆	Athletic Conditioning Ron Christopher		
6:15-7:00 CS ◆	Cycle Beats TomJohn Mershon	5:45-6:30 MS ◆	Body Sculpt <i>Calvin Wiley</i>	6:15-7:00 TR ◆	Precision Run® Eddie Carington				
6:30-7:15 MS ◆	METCON3 Matt Ortel	6:15-7:00 CS ◆	Cycle Beats Kris Wilkins	6:30-7:15 MS ◆	Rounds Sam Wolf				
6:45-7:30 YS ◆	Off The Barre Jose Rivera Jr.	6:30-7:30 YS ◆	Yoga Strong Jason Bayus	6:45-7:30 YS ◆	EQX Barre Bum <i>Felicia Csolak</i>				
		7:00-7:45 MS ◆	PURE STRENGTH Matthew Johnson						

EQUINOX

ROCKEFELLER CENTER

45 ROCKEFELLER PLAZA
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MON - THU: 5:30AM - 9:00PM

FRI: 5:30AM - 7:00PM

GENERAL MANAGER

ELIZABETH LIRIANO

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

TR	Treadmill Area
MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

RUNNING

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

ATLETICA A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

BOXING AND KICKBOXING

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.