

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ ANthem™ Darbi Worley	6:15-7:00 CS◆ Studio Cycling JamaL	6:30-7:15 CS◆ Studio Cycling Kristin Kenney	6:30-7:15 CS◆ Studio Cycling Joanna Stahl	6:30-7:15 CS◆ Studio Cycling Emily Stubler	8:15-9:05 TR◆ Precision Running® Taylor Phillips	9:15-10:30 YS Iyengar Yoga Debby Green
6:30-7:15 MS METCON3 JamaL	6:30-7:15 MS Cardio Kick Akin Williams	6:30-7:15 MS Athletic Conditioning Patrick Tae	6:30-7:15 MS THE CUT Eddie Carrington	6:30-7:15 MS Athletic Conditioning Danny Byrd	8:45-9:35 MS◆ Definitions Iliaria Montagnani	9:30-10:15 CS◆ Studio Cycling T.B.D.
7:00-8:00 YS Vin-Hatha Yoga Diana Rilov	7:00-8:00 YS Vinyasa Yoga Michael Gervais	7:30-8:15 CS◆ Studio Cycling Patrick Tae	7:00-8:00 YS Vinyasa Yoga Angela Leigh	7:00-8:00 YS Vinyasa Yoga Ana Sussmann	9:00-10:15 YS Power Yoga Lindsay Carson	9:30-10:00 MS ABsession™ Violet Zaki
7:30-8:15 MS Cardio Sculpt Darbi Worley	7:30-8:30 MS Deep EXtreme Ryan Beck	7:30-8:15 MS Boot Camp Katie Thrasher	7:30-8:15 CS◆ Studio Cycling Joanna Stahl	7:30-8:30 MS Deep EXtreme Ryan Beck	9:15-10:00 CS◆ Studio Cycling Alfonso Alchaer	10:00-10:55 MS Zen Combat Violet Zaki
7:30-8:20 TR◆ Precision Running® JamaL	8:00-9:00 YS Iyengar Yoga Debby Green	7:30-8:15 MS Vinyasa Yoga Kristin Kenney	7:30-8:15 MS Stacked! Danielle Hopkins	9:15-10:00 CS◆ Studio Cycling Kristin Kenney	9:45-10:35 MS Powerstrike! Iliaria Montagnani	10:40-11:25 YS Pilates Nicola Yvette
9:00-9:45 YS◆ THE MUSE™ Dara Adler	9:00-9:45 CS◆ Studio Cycling Danielle Hopkins	7:30-8:30 YS Vinyasa Yoga Kristin Kenney	8:00-9:00 YS Iyengar Yoga Debby Green	10:00-11:00 MS EQX Barre Burn Aida Palau	10:30-11:15 CS◆ ANthem™ Lindsay Carson	11:05-11:50 MS Asset Management Violet Zaki
10:00-10:55 PD◆ Aqua Boot Camp Jenni Patterson	10:00-10:50 MS EQX Barre Burn Miri Greenberg	9:00-10:00 YS Pilates Bonnie Crellin	9:00-9:45 CS◆ Studio Cycling Rachel Vaziralli	10:00-11:00 MS Aqua Boot Camp Christopher Lacour	10:30-11:30 YS Pilates Fusion Taylor Phillips	11:15-12:00 CS◆ Studio Cycling Ryan Lingle
10:00-10:50 YS Pilates Fusion Dara Adler	11:00-11:30 MS Core Conditioning Jack McGowan	9:15-10:00 MS The Low Down Antonio Hudson	11:30-12:15 MS◆ Whipped! Danielle Hopkins	11:15-12:05 TR◆ Precision Running® John Cianca	10:45-11:45 MS◆ Atletica Iliaria Montagnani	11:30-12:45 YS Vin-Hatha Yoga (L2) Diana Rilov
11:00-11:45 MS Stacked! Luis Weber	11:30-12:15 MS Tabata (L2) Jack McGowan	10:00-10:45 MS Cardio Dance Club Antonio Hudson	12:30-1:15 CS◆ Studio Cycling LR Davidson	12:00-12:45 CS◆ Studio Cycling Nadia Zaki	11:45-12:30 CS◆ Studio Cycling Eniko Kiraly	12:00-12:50 MS◆ EQX Barre Burn Alicia Archer
11:15-12:05 TR◆ Precision Running® Jack McGowan	12:15-1:15 YS Vinyasa Yoga Jessica Stickler	10:00-11:00 PD◆ Aqua Boot Camp Lisa Raphael	12:30-1:30 YS Vinyasa Yoga Patricia Pinto	12:15-1:00 MS◆ PURE STRENGTH Alex Gallagher	11:45-1:00 YS Vinyasa Yoga Ariel Kiley	12:30-1:15 CS◆ ANthem™ Or Artzi
12:15-1:30 YS Vinyasa Yoga (L2) Mindy Frenkel	12:30-1:15 CS◆ Studio Cycling Reza Pazooki	11:00-12:00 MS INNER Strength Nadia Zaki	2:00-3:00 MS EQX Barre Burn Alicia Archer	1:00-2:00 YS INNER Power Flow Nadia Zaki	12:00-12:45 MS◆ Circuit Challenge Matt Ortel	1:00-2:00 MS Deep EXtreme Alicia Archer
12:30-1:15 CS◆ Studio Cycling Kristin Kenney	2:00-3:00 MS EQX Barre Burn Alicia Archer	11:15-12:05 TR◆ Precision Running® Arthur Tang	4:00-5:00 YS Vinyasa Yoga Benn Rasmussen	4:00-5:15 YS Vinyasa Yoga (L2) Domenic Savino	12:45-1:45 PD◆ Aqua Boot Camp Lisa Raphael	1:00-1:50 TR◆ Precision Running® Alfonso Alchaer
12:30-1:30 MS EQX Barre Burn Alicia Archer	5:30-6:15 CS◆ Studio Cycling Courtney Sergeant	12:05-12:50 CS◆ Studio Cycling Nadia Zaki	5:30-6:00 MS◆ THE CUT: Jump Rope Jan Erik Navoa	5:00-5:25 MS Core Conditioning Luis Weber	1:00-1:45 CS◆ Studio Cycling Eniko Kiraly	5:00-5:45 MS◆ Tabata (L2) Amy Amato
2:00-3:00 YS Vinyasa Yoga Patricia Pinto	5:30-6:30 MS INNER Warrior Nadia Zaki	12:15-1:00 MS Best Butt Ever Andrew Slane	5:30-6:20 TR◆ Precision Running® Alex Gallagher	5:15-6:15 PD◆ EQX H2O: Speed Gaby Yosca	12:00-12:45 MS◆ Meditation Ariel Kiley	5:00-5:45 YS◆ THE MUSE™ Justine Ayala
4:00-4:45 YS◆ THE MUSE™ Johanna Chase- Weinrich	5:30-6:30 YS Pilates Fusion Lilly Ballarin	12:30-1:30 YS Vinyasa Yoga Kat Ruiz	5:45-6:30 YS◆ THE MUSE™ Yury Rockit	5:30-6:15 MS◆ METCON3 Luis Weber	3:00-4:10 YS Power Yoga (L3) Melinda Abbott	5:30-6:30 PD◆ EQX H2O: Power Gaby Yosca
5:00-5:30 MS Best Butt Ever Abbey Hunt	6:30-7:40 YS Vinyasa Yoga Cooper Chou	1:05-1:35 MS◆ THE CUT: Jump Rope Andrew Slane	6:00-6:30 MS Core Conditioning Jan Erik Navoa	6:15-7:00 CS◆ Studio Cycling James Donegan	1:00-1:45 CS◆ Studio Cycling Eniko Kiraly	6:00-7:15 YS◆ Vinyasa Yoga Liz Wexler
5:30-6:15 CS◆ Studio Cycling Alfonso Alchaer	6:35-7:20 CS◆ Studio Cycling Nadia Zaki	4:00-4:50 MS EQX Barre Burn Alicia Archer	6:45-7:30 CS◆ Studio Cycling Leah Platt	6:15-7:15 YS Alignment Flow Yoga Jackie Prete	1:00-1:20 YS Meditation Ariel Kiley	
5:30-6:15 MS Tabata Abbey Hunt	6:40-7:25 MS◆ METCON3 John Cianca	5:15-6:00 MS◆ PURE STRENGTH Matt Ortel	6:45-7:30 MS◆ Circuit Challenge Jan Erik Navoa	6:30-7:15 MS◆ Whipped! Luis Weber	3:00-4:10 YS Power Yoga (L3) Melinda Abbott	
5:30-6:30 YS Vinyasa Yoga Elaine O'Brien	7:35-8:35 MS DANCEology (L2) James Ervin	5:30-6:15 CS◆ Studio Cycling Danielle Hopkins	6:45-8:00 YS Vinyasa Yoga Lara Benusis		4:30-5:00 MS◆ Firestarter Andrew Slane	
6:25-7:25 MS Dance! Tootsie Olan	7:45-8:30 CS◆ Studio Cycling T.B.D.	5:30-6:30 YS Vinyasa Yoga Michael Gervais	8:30-9:30 PD◆ Swim Team (L2) Ellis Peters		4:30-5:15 YS Pilates Cameron Norsworthy	
6:30-7:15 CS◆ Studio Cycling Alfonso Alchaer	7:45-8:45 YS Vinyasa Yoga Mariah Betts	6:05-6:35 MS Cardio Blast Matt Ortel			5:00-5:30 MS Core Conditioning Andrew Slane	
6:30-7:30 PD◆ Aqua Boot Camp Peyton Bryant	8:30-9:30 PD◆ Swim Team (L2) Ellis Peters	6:40-7:25 MS Barre Mathew Makings			5:30-6:45 YS Vinyasa Yoga Mikee Richardson	
6:30-7:30 YS Pilates Gina Ianni		6:45-7:30 MS Studio Cycling Ryan Lingle				
7:30-8:00 MS ABsession™ Violet Zaki		6:45-8:00 YS Vinyasa Yoga Felipe Gonzalez				
7:40-8:40 YS Vinyasa Yoga Jessica Stickler		7:35-8:35 MS NYC Dance Project Abby Goldenberg				
7:45-8:30 CS◆ Studio Cycling Reza Pazooki						
8:00-8:45 MS Asset Management Violet Zaki						

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
 Graceful. Intense.
 Extraordinary. Pack a day's
 worth of cardio into a burst
 of fierce, dance-inspired
 athleticism, with our newest
 signature class, **THE MUSE**.

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.

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.

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. 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.

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.

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!

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.

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.

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.

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.

LONG + LEAN

ABSESSION™ Violet Zaki's signature workout combines cardio, strengthening and stabilizing moves for a stronger core. Creative moves are incorporated to target the entire core from various angles.

ASSET MANAGEMENT Make the most of your assets. Get ready for an intense workout from Violet Zaki that will challenge your muscles with weighted moves and get your heart racing. Walk out feeling the burn and enjoying the sculpted results.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength,

and flexibility with a workout that makes you stand straighter, walk taller, and move better.

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.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

INNER STRENGTH Power through Nadia Zaki's challenging dance-based conditioning course. Reform your balance and alignment and hone your focus as you strengthen and stretch your whole body.

THE LOW DOWN Get a better rearview in a class devoted to intense shaping and sculpting. Challenge your abs and strengthen your glutes, thighs, and hamstrings for a total lower body workout that will enhance your finest assets.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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.

DANCE

CARDIO DANCE CLUB Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

DANCEOLOGY From hip hop to jazz to funk to lyrical and modern James's dance class gives you everything. This diverse class will challenge your inhibitions, make you move and groove and allow your spirit to soar.

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!

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.