

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 CS◆ Studio Cycling <i>Joanna Stahl</i>	6:30-7:15 MS THE CUT <i>Eddie Carrington</i>	6:30-7:15 MS 30/60/90® <i>Iggy Lentini</i>	6:30-7:15 MS 30/60/90® <i>Kristi Molinaro</i>	8:45-9:35 MS Definitions <i>Ilaria Montagnani</i>	9:00-10:30 YS Vinyasa Yoga <i>Elitza Ivanova</i>	9:00-9:45 MS 30/60/90® Core <i>Kristi Molinaro</i>	9:30-10:15 CS◆ Studio Cycling <i>Emma Marr (SUB)</i>	9:00-9:50 MS Zumba® <i>Volha Parkhats</i>	10:00-10:45 CS◆ Studio Cycling <i>Arthur Tang</i>	6:15-7:00 CS◆ Studio Cycling <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 Studio Cycling <i>Muri Assunção</i>
7:00-8:00 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	7:00-8:00 YS Iyengar Yoga <i>Debby Green</i>	7:00-8:00 YS Vinyasa Yoga <i>Ana Sussmann</i>	7:00-8:00 YS Vinyasa Yoga <i>Ana Sussmann</i>	9:15-10:00 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	9:45-10:35 MS Powerstrike! <i>Ilaria Montagnani</i>	9:30-11:00 YS Iyengar Yoga <i>Debby Green</i>	9:45-10:30 MS 30/60/90® <i>Kristi Molinaro</i>	10:00-10:45 MS 30/60/90® Core <i>Kristi Molinaro</i>	10:00-10:45 MS 30/60/90® Core <i>Kristi Molinaro</i>	7:00-8:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	7:30-8:30 MS Deep EXtreme <i>Ryan Beck</i>	7:30-8:15 MS 30/60/90® <i>Rachael Stein</i>	7:30-8:15 MS 30/60/90® <i>Rachael Stein</i>
7:30-8:15 CS◆ Studio Cycling <i>Maddie Pierce</i>	7:30-8:15 MS pureMUSCLE <i>Joanna Stahl</i>	7:30-8:30 MS Deep EXtreme <i>Ryan Beck</i>	7:30-8:30 MS Deep EXtreme <i>Ryan Beck</i>	10:30-11:30 YS Pilates Fusion <i>Jewel Elizabeth</i>	10:45-10:35 MS Powerstrike! <i>Ilaria Montagnani</i>	11:00-11:45 CS◆ Studio Cycling <i>Shanda Woods</i>	11:00-11:45 CS◆ Studio Cycling <i>Shanda Woods</i>	10:00-11:00 PD Water Workout <i>Jenni Patterson</i>	10:00-10:50 YS Pilates Fusion <i>Gina Ianni (SUB)</i>	8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	7:30-8:30 YS Vinyasa Yoga <i>Lisa Tatham</i>	7:30-8:30 YS Vinyasa Yoga <i>Lisa Tatham</i>
8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	8:00-9:00 YS Iyengar Yoga <i>Debby Green</i>	9:15-10:00 CS◆ Studio Cycling <i>Alfonso Alchaer (SUB)</i>	9:15-10:00 CS◆ Studio Cycling <i>Alfonso Alchaer (SUB)</i>	10:45-11:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	10:45-11:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	11:00-12:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	11:00-12:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	10:45-11:30 MS 30/60/90® <i>Kristi Molinaro</i>	10:45-11:30 MS 30/60/90® <i>Kristi Molinaro</i>	9:00-9:45 CS◆ Studio Cycling <i>Miri Greenberg</i>	9:00-9:45 CS◆ Studio Cycling <i>Miri Greenberg</i>	9:00-10:00 YS Pilates <i>Bonnie Crellin</i>	9:00-10:00 YS Pilates <i>Bonnie Crellin</i>
9:15-10:00 CS◆ Studio Cycling <i>Rachel Vaziralli</i>	9:15-10:00 MS EQX Barre Burn <i>Aida Palau</i>	10:00-11:00 PD Water Workout <i>Christopher Lacour</i>	10:00-11:00 PD Water Workout <i>Christopher Lacour</i>	10:45-11:45 MS Atletica <i>Ilaria Montagnani</i>	10:45-11:45 MS Atletica <i>Ilaria Montagnani</i>	12:00-12:50 MS EQX Barre Burn <i>Alicia Archer</i>	12:00-12:45 MS EQX Barre Burn <i>Alicia Archer</i>	12:00-12:45 MS EQX Barre Burn <i>Brian Robinson</i>	12:00-12:45 MS EQX Barre Burn <i>Brian Robinson</i>	10:00-10:50 MS EQX Barre Burn <i>Miri Greenberg</i>	10:00-10:50 MS EQX Barre Burn <i>Miri Greenberg</i>	9:15-10:00 MS Booty Blast <i>Antonio Hudson</i>	9:15-10:00 MS Booty Blast <i>Antonio Hudson</i>
11:00-11:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	11:00-11:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	10:45-11:45 YS Vinyasa Yoga <i>Sarra Morton</i>	10:45-11:45 YS Vinyasa Yoga <i>Sarra Morton</i>	11:30-1:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	11:30-1:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	12:15-1:15 YS Vinyasa Yoga <i>Shanda Woods</i>	12:15-1:15 YS Vinyasa Yoga <i>Shanda Woods</i>	12:15-1:15 YS Vinyasa Yoga <i>Mikee Richardson</i>	12:15-1:15 YS Vinyasa Yoga <i>Mikee Richardson</i>	11:00-11:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	11:00-11:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	10:00-10:45 MS Zumba® <i>Antonio Hudson</i>	10:00-10:45 MS Zumba® <i>Antonio Hudson</i>
11:30-12:15 MS 30/60/90® <i>Kristi Molinaro</i>	11:30-12:15 MS 30/60/90® <i>Kristi Molinaro</i>	11:15-12:05 TR◆ Precision Running® <i>John Cianca</i>	11:15-12:05 TR◆ Precision Running® <i>John Cianca</i>	12:00-12:45 CS◆ Studio Cycling <i>Eniko Kiraly</i>	12:00-12:45 MS 30/60/90® <i>Anthony Cunanan</i>	1:00-2:00 MS Deep EXtreme <i>Alicia Archer</i>	1:00-2:00 MS Deep EXtreme <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	11:30-12:15 MS 30/60/90® <i>Kristi Molinaro</i>	11:30-12:15 MS 30/60/90® <i>Kristi Molinaro</i>	10:00-11:00 PD Water Workout <i>Lisa Raphael</i>	10:00-11:00 PD Water Workout <i>Lisa Raphael</i>
12:30-1:15 CS◆ Studio Cycling <i>Wil Ashley</i>	12:30-1:15 MS THE CUT <i>Mary O</i>	12:00-12:45 CS◆ Studio Cycling <i>Nadia Zaki</i>	12:00-12:45 CS◆ Studio Cycling <i>Nadia Zaki</i>	12:45-1:45 PD Water Workout <i>Lisa Raphael</i>	12:45-1:45 PD Water Workout <i>Lisa Raphael</i>	12:15-1:15 YS Vinyasa Yoga <i>Kat Ruiz (SUB)</i>	12:15-1:15 YS Vinyasa Yoga <i>Kat Ruiz (SUB)</i>	12:30-1:30 MS Firestarter <i>Or Artzi</i>	12:30-1:30 MS Firestarter <i>Or Artzi</i>	12:15-1:15 YS Vinyasa Yoga <i>Kat Ruiz (SUB)</i>	12:15-1:15 YS Vinyasa Yoga <i>Kat Ruiz (SUB)</i>	11:00-12:00 MS INNER Strength <i>Nadia Zaki</i>	11:00-12:00 MS INNER Strength <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>	12:45-1:30 MS 30/60/90® <i>Kristi Molinaro</i>	12:45-1:30 MS 30/60/90® <i>Kristi Molinaro</i>			1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	12:30-1:15 CS◆ Studio Cycling <i>Wil Ashley</i>	12:30-1:15 CS◆ Studio Cycling <i>Wil Ashley</i>	11:15-12:05 TR◆ Precision Running® <i>Shanda Woods</i>	11:15-12:05 TR◆ Precision Running® <i>Shanda Woods</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>	1:00-2:00 YS INNER Power Flow <i>Nadia Zaki</i>	1:00-2:00 YS INNER Power Flow <i>Nadia Zaki</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>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	2:00-3:00 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:00 MS Firestarter <i>Or Artzi</i>	12:30-1:00 MS Firestarter <i>Or Artzi</i>	12:00-12:45 CS◆ Studio Cycling <i>Nadia Zaki</i>	12:00-12:45 CS◆ Studio Cycling <i>Nadia Zaki</i>
5:30-6:30 YS Pilates Fusion <i>Jewel Elizabeth</i>	5:30-6:30 YS Pilates Fusion <i>Jewel Elizabeth</i>	4:00-5:00 YS Vinyasa Yoga <i>Elaine O'Brien</i>	4:00-5:00 YS Vinyasa Yoga <i>Elaine O'Brien</i>			12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	1:00-1:30 MS Core Conditioning <i>Or Artzi</i>	12:30-1:30 MS EQX Barre Burn <i>Cindy Davis</i>	12:30-1:30 MS EQX Barre Burn <i>Cindy Davis</i>
5:45-6:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	5:45-6:30 MS 30/60/90® Core <i>Kristi Molinaro</i>	5:30-6:15 MS 30/60/90® <i>Kristi Molinaro</i>	5:30-6:15 MS 30/60/90® <i>Kristi Molinaro</i>			12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	2:00-3:00 MS Vinyasa Yoga <i>Arnold Patricio</i>	2:00-3:00 MS Vinyasa Yoga <i>Arnold Patricio</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>
6:30-7:15 MS 30/60/90® <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90® <i>Kristi Molinaro</i>	6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>			12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	5:30-6:15 CS◆ Studio Cycling <i>Chayanne Joel</i>	5:30-6:15 CS◆ Studio Cycling <i>Chayanne Joel</i>	5:00-5:50 MS Deep EXtreme <i>Alicia Archer</i>	5:00-5:50 MS Deep EXtreme <i>Alicia Archer</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 30/60/90® <i>Kristi Molinaro</i>	6:30-7:15 MS 30/60/90® <i>Kristi Molinaro</i>			12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	5:30-6:15 CS◆ Studio Cycling <i>Wil Ashley</i>	5:30-6:15 CS◆ Studio Cycling <i>Wil Ashley</i>
6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>	6:45-8:00 YS Vinyasa Yoga <i>Lara Benusis</i>					12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	5:30-6:30 YS Pilates Fusion <i>Lilly Ballarin</i>	5:30-6:30 YS Pilates Fusion <i>Lilly Ballarin</i>	5:30-6:30 YS Vinyasa Yoga <i>Liz Wexler</i>	5:30-6:30 YS Vinyasa Yoga <i>Liz Wexler</i>
8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>					12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	12:30-1:30 MS EQX Barre Burn <i>Alicia Archer</i>	6:30-7:15 CS◆ Studio Cycling <i>Nadia Zaki</i>	6:30-7:15 CS◆ Studio Cycling <i>Nadia Zaki</i>	6:00-7:00 MS Zen Combat <i>Violet Zaki</i>	6:00-7:00 MS Zen Combat <i>Violet Zaki</i>

GREENWICH AVENUE

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 PM

GROUP FITNESS MANAGER

ARNOLD PATRICIO
arnold.patricio@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

TR	Treadmill Area
PD	Pool Deck
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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.

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

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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

BARRE

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

CONDITIONING

30/60/90® CORE Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

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!

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

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.

PUREMUSCLE A muscular workout that tightens and tones for a lean body.

This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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

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!

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.

POOL

SWIM TEAM An intermediate/advanced class synonymous with high caliber training sessions. Participants must be able to swim 100 yards freestyle for the hour. Times-BEG:

2:15/INT: 1:55/ADV: 1:30. Pool is reserved for class participants only. Class size limited. Sign-up at front desk 30-minutes prior to class.

WATER WORKOUT A combination of cardiovascular and muscle conditioning drills using water resistance. Pool is reserved for class participants only