

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
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>	9:00-9:45 MS◆ Circuit Challenge <i>Jan Erik Navoa</i>	8:30-9:30 YS Vinyasa Yoga <i>Ana Sussmann</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>	9:00-10:15 YS Vinyasa Yoga <i>Damien Alexander</i>	9:15-10:00 CS◆ Studio Cycling <i>LR Davidson</i>	8:45-9:35 MS Definitions <i>Iliaria 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>	9:15-10:00 CS◆ Beast n Feast Ride <i>Warren Perry</i>	10:00-10:55 MS Atletica <i>Iliaria Montagnani</i>	9:00-10:00 YS Power Yoga <i>Melinda Abbott</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>	10:00-10:30 MS Half Time Hustle <i>Jan Erik Navoa</i>	10:00-11:00 PD◆ Aqua Boot Camp <i>Christopher Lacour</i>	9:15-10:00 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	10:00-10:55 MS Zen Combat <i>Zen Zaki</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>Lara Benusis</i>	10:00-10:30 MS Studio Cycling <i>Warren Perry</i>	11:00-12:00 MS Bodystrikes! <i>Iliaria Montagnani</i>	9:45-10:35 MS Powerstrike! <i>Iliaria Montagnani</i>	10:40-11:25 YS Pilates <i>Mathew Makings</i>
9:00-9:50 MS Zumba® <i>Volha Parkhats</i>	9:00-9:45 CS◆ Studio Cycling <i>Sandy Wasserbach</i>	9:00-10:00 YS Pilates <i>Bonnie Crellin</i>	10:15-11:00 CS◆ Studio Cycling <i>Warren Perry</i>	11:00-12:00 YS Rock Solid: Pilates (L2) <i>Jewel Elizabeth</i>	10:30-11:30 YS Pilates Fusion <i>Taylor Phillips</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>Miri Greenberg</i>	9:15-10:00 MS Best Butt Ever <i>Adam Bokunewicz</i>	10:15-10:35 YS Meditation <i>Damien Alexander</i>	11:15-12:05 TR◆ Precision Running® <i>John Cianca</i>	10:45-11:30 CS◆ Studio Cycling <i>Eniko Kiraly</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>Yenny Barona</i>	10:35-10:55 MS Core Conditioning <i>Jan Erik Navoa</i>		10:45-11:45 MS Atletica <i>Iliaria 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>	11:00-11:45 MS METCON3 <i>Jan Erik Navoa</i>	12:15-1:00 CS◆ Studio Cycling <i>Jack McGowan</i>	11:45-1:00 MS Vinyasa Yoga <i>Ariel Kiley</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 Deep EXtreme <i>Alicia Archer</i>		12:15-1:00 MS◆ PURE STRENGTH <i>Eric Cobb</i>	12:00-12:45 CS◆ Studio Cycling <i>Eniko Kiraly</i>	12:00-12:50 MS EQX Barre Burn <i>Lynze Schiller</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>		1:00-2:15 YS Vinyasa Yoga <i>Shanda Woods</i>	12:00-12:45 MS METCON3 <i>Shane Blouin</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>	12:00-12:45 CS◆ Studio Cycling <i>Lynze Schiller (SUB)</i>		1:15-1:45 MS◆ Firestarter <i>Eric Cobb</i>	12:45-1:45 PD◆ Aqua Boot Camp <i>Lisa Raphael</i>	1:00-1:30 MS◆ Firestarter <i>Lynze Schiller</i>
2:00-3:00 YS Vinyasa Yoga <i>Patricia Pinto</i>	5:30-6:15 CS◆ Studio Cycling <i>Chayanne Joel</i>	12:15-1:00 MS Best Butt Ever <i>Andrew Slane</i>		1:45-2:15 MS Core Conditioning <i>Eric Cobb</i>	4:15-5:15 YS Rock Solid: Pilates (L2) <i>Jewel Elizabeth</i>	1:30-1:50 MS Core Conditioning <i>Lynze Schiller</i>
5:00-5:30 MS Best Butt Ever <i>Abbey Hunt</i>	5:30-6:30 MS INNER Warrior <i>Nadia Zaki</i>	12:30-1:30 YS Vinyasa Yoga <i>Jess Taras</i>		5:15-6:30 YS Restorative Flow Yoga <i>Whitney Chapman</i>	4:30-5:00 MS◆ Firestarter <i>Andrew Slane</i>	5:00-5:45 MS Tabata (L2) <i>Amy Amato</i>
5:30-6:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	5:30-6:30 YS Pilates Fusion <i>Lilly Ballarin</i>	1:05-1:35 MS◆ THE CUT: Jump Rope <i>Andrew Slane</i>		5:30-6:15 MS Athletic Conditioning <i>Danny Byrd</i>	5:00-5:30 MS Core Conditioning <i>Andrew Slane</i>	6:00-7:15 YS Vinyasa Yoga <i>Liz Wexler</i>
5:30-6:15 MS Tabata <i>Abbey Hunt</i>	6:30-7:15 CS◆ Studio Cycling <i>Nadia Zaki</i>	4:00-4:50 MS EQX Barre Burn <i>Alicia Archer</i>		6:20-6:45 MS Core Conditioning <i>Danny Byrd</i>	5:30-6:30 YS Vinyasa Yoga <i>Felipe Gonzalez</i>	7:15-7:35 YS Meditation <i>Liz Wexler</i>
5:30-6:30 YS Vinyasa Yoga <i>Elaine O'Brien</i>	6:30-7:45 YS Vinyasa Yoga <i>Ana Sussmann</i>	5:15-6:00 MS◆ PURE STRENGTH <i>Matt Ortel</i>		6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>		
6:25-7:25 MS Dance! <i>Tootsie Olan</i>	6:40-7:25 MS METCON3 <i>John Cianca</i>	5:30-6:15 CS◆ Studio Cycling <i>Wil Ashley</i>				
6:30-7:15 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	7:40-8:40 MS Dance! <i>Nikki Baksh</i>	5:30-6:45 YS Vinyasa Yoga <i>Liz Wexler</i>				
6:30-7:30 PD◆ Aqua Boot Camp <i>Peyton Bryant</i>	7:45-8:30 CS◆ Studio Cycling <i>David Donofrio</i>	6:05-6:35 MS Cardio Blast <i>Matt Ortel</i>				
6:30-7:30 YS Pilates <i>Kaitlyn Schuetze</i>	7:45-8:45 YS INNER Power Flow <i>Nadia Zaki</i>	6:45-7:30 CS◆ Studio Cycling <i>Wil Ashley</i>				
7:30-8:00 MS ABsession™ <i>Violet Zaki</i>	8:30-9:30 PD◆ Swim Team (L2) <i>Benjamin Green</i>	6:45-7:30 MS Barre <i>Mathew Makings</i>				
7:40-8:40 YS Vinyasa Yoga <i>Jessica Stickler</i>						
7:45-8:30 CS◆ Studio Cycling <i>Wil Ashley</i>						
8:00-8:45 MS Zen Combat <i>Violet Zaki</i>						

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THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 PM

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.

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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

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.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

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.

BODYSTRIKES! Ilaria's newest fitness concept is a total cardio workout designed to shape lean and muscular legs. The routines, based on martial art, ballet and high intensity lower body moves, will improve your flexibility and core strength while burning hundreds of calories.

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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

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.

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.

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.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.