

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
6:45-7:30 MS ◆	Tabata Max <i>KaRa Dizon</i>	6:30-7:15 MS ◆	Cardio Sculpt <i>Alisha Wickering</i>	6:30-7:15 MS ◆	<b>METCON3</b> <i>Sarah Cucuzzella</i>	6:30-7:15 MS ◆	Best Butt Ever <i>Daigi-Ann Thompson</i>	6:45-7:30 MS ◆	Athletic Conditioning <i>Cole Hickman</i>
7:15-8:15 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	7:00-8:00 YS ◆	Vinyasa Yoga (HEATED) <i>Jessica Chin</i>	7:00-7:45 CS ◆	ANTHEM™ <i>Amy Chiu</i>	7:00-8:00 YS ◆	Athletic Yoga (HEATED) (L2) <i>Lindsay Carson</i>	7:00-7:45 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>
8:00-8:45 MS ◆	<b>Athletic Conditioning</b> <i>KaRa Dizon</i>	7:15-8:00 TR ◆	Precision Run@ <i>Matt Stevenson</i>	7:15-8:15 YS ◆	<b>Pilates Mat (HEATED)</b> <i>Khaleah London</i>	7:15-8:00 TR ◆	<b>Precision Run@</b> <i>Lauren Anthony</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>
12:15-1:15 YS ◆	Vinyasa Yoga <i>Stephanie Schwartz</i>	7:45-8:30 MS ◆	Ropes and Rowers <i>Parker Krug</i>	7:30-8:15 TR ◆	Precision Run@ <i>Sarah Cucuzzella</i>	7:45-8:30 MS ◆	METCON3 <i>Daigi-Ann Thompson</i>	8:00-8:45 MS ◆	<b>STRONG</b> <i>Luis Weber</i>
12:45-1:30 MS ◆	Master of One <i>Alexander Charles</i>	8:00-8:45 CS ◆	Cycle Beats <i>Steven Goldsmith</i>	8:00-8:45 MS ◆	Tabata Max <i>Gerren Liles</i>	8:00-8:45 CS ◆	Cycle Power <i>Amanda Katz</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Sarah Randall</i>
1:00-1:45 CS ◆	Cycle Beats <i>Colleen Wright</i>	12:15-1:00 YS ◆	Athletic Yoga (HEATED) <i>Lindsay Carson</i>	12:15-1:15 YS ◆	<b>Vinyasa Yoga (HEATED)</b> <i>Felicia Csolak</i>	12:15-1:15 YS ◆	Vinyasa Yoga (HEATED) <i>Mary Home</i>	12:45-1:30 MS ◆	Tabata Max <i>Bransen Gates</i>
4:00-5:00 YS ◆	<b>Yoga Strong</b> <i>Felicia Csolak</i>	12:30-1:15 MS ◆	METCON3 <i>Clinton Foster</i>	12:30-1:15 MS ◆	The Low Down <i>Antonio Hudson</i>	12:30-1:15 MS ◆	Stacked! <i>Kevin Scott</i>	1:00-1:45 CS ◆	Cycle Power <i>Shawn Kobetz</i>
5:15-6:00 MS ◆	Stacked! <i>Matt Ortel</i>	4:00-5:00 YS ◆	Vinyasa Yoga <i>Ali Cramer</i>	1:00-1:45 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>	4:00-5:00 YS ◆	Athletic Yoga (HEATED) (L2) <i>Lindsay Carson</i>	4:00-5:00 YS ◆	<b>Yoga Strong</b> <i>Jennifer Carlin</i>
5:30-6:30 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	5:30-6:15 YS ◆	Pilates Mat <i>Will Taylor</i>	5:15-6:00 MS ◆	<b>Cardio Sculpt</b> <i>Adam Bokunewicz</i>	5:30-6:15 YS ◆	EQX Barre Bum <i>Lynze Schiller</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Tracy Gordon</i>
6:00-6:45 TR ◆	Precision Run@ <i>Kevin Scott</i>	5:45-6:30 MS ◆	Ropes and Rowers <i>Molly Day</i>	5:30-6:30 YS ◆	Athletic Yoga (HEATED) <i>Colleen Murphy</i>	5:30-6:15 YS ◆	6:15-7:00 MS ◆	6:15-7:00 MS ◆	Pilates Mat <i>Khaleah London</i>
6:15-7:00 CS ◆	Cycle Beats <i>James Donegan</i>	6:00-6:45 CS ◆	Cycle Beats <i>Christopher Infantino</i>	6:00-6:45 TR ◆	Precision Run@ <i>Kevin Scott</i>	6:15-7:00 MS ◆	Tabata Max <i>Michael Taylor</i>	6:45-7:45 YS ◆	
6:30-7:15 MS ◆	Whipped! <i>Gerren Liles</i>	6:45-7:30 YS ◆	Athletic Yoga <i>Karla Beltchenko</i>	6:15-7:00 CS ◆	Cycle Power <i>Colleen Wright</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Doñan Shorts</i>		
7:00-7:45 YS ◆	Off The Barre <i>Maureen Duke</i>	7:00-7:45 MS ◆	Cardio Sculpt <i>Molly Day</i>	6:30-7:15 MS ◆	Best Butt Ever <i>Tracy Gordon</i>				
				7:00-7:45 YS ◆	Pilates Fusion (HEATED) <i>Mia Wenger</i>				

## BRYANT PARK

129 WEST 41ST STREET  
NEW YORK NY 10036  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 9:00PM  
**FRI:** 5:30AM - 7:00PM

**GENERAL MANAGER**  
RAFEENA KHAN  
rafeena.khan@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
TR	Treadmill Area
MS	Main Studio
YS	Yoga Studio

### WHAT'S NEW THIS MONTH

### CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**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.

### RUNNING

**PRECISION RUN®** 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.

**ATHLETIC YOGA (HEATED)** 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.

**VINYASA YOGA (HEATED)** 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.

**BEST BUTT EVER** Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**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.

**ROPES AND ROWERS** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. 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.

### PILATES

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

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

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### SCULPT

**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.

**THE LOW DOWN** A lower body sculpt workout created by NYC fitness expert, Antonio Hudson. Strengthen, shape and define with exercises targeting legs, hips, glutes and core.

 **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.