

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY																																																													
6:30-7:15 MS ◆ METCON3 <i>Katie Thrasher</i>	7:00-7:45 CS ◆ Cycle Power <i>Alex Joy Pucci</i>	8:00-8:50 TR ◆ Elevate <i>Khaleah London</i>	9:00-9:45 YS ◆ True Barre <i>Khaleah London</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Bransen Gates</i>	12:15-1:00 YS ◆ True Barre <i>Kevin VerEecke</i>	12:30-1:15 MS ◆ Tabata Max <i>John Cianca</i>	5:15-6:00 MS ◆ Ropes and Rowers <i>Luis Weber</i>	5:30-6:30 YS ◆ Athletic Yoga (HEATED) <i>Jill Green</i>	6:15-7:05 CS ◆ The Pursuit: Bum <i>Alex Kerber</i>	6:45-7:30 MS ◆ METCON3 <i>John Cianca</i>	7:00-7:45 YS ◆ Pilates Remix <i>Sammie Denham</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Genieve Gordon</i>	6:45-7:30 TR ◆ Precision Run® <i>John Cianca</i>	7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Rika Henry</i>	7:45-8:30 MS ◆ Tabata Max <i>John Cianca</i>	8:00-8:45 CS ◆ Cycle Beats <i>Meghan Cox</i>	9:30-10:15 MS ◆ Stacked! <i>Meghan Cox</i>	12:00-1:00 YS ◆ Athletic Yoga (HEATED) <i>Jamison Goodnight</i>	12:15-1:00 MS ◆ METCON3 <i>Or Artzi</i>	1:00-1:45 TR ◆ Precision Run® <i>Alison Corcoran</i>	5:15-6:00 MS ◆ Tabata Max <i>Amy Amato</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>	6:00-6:45 CS ◆ Cycle Beats <i>Meghan Cox</i>	6:30-7:15 MS ◆ Whipped! <i>Amy Amato</i>	6:45-7:30 TR ◆ Precision Run® <i>Ney Melo</i>	7:00-7:45 YS ◆ Barre <i>Jose Rivera Jr.</i>	7:00-7:45 CS ◆ Cycle Beats <i>LR Davidson</i>	7:15-8:00 YS ◆ True Barre <i>Kyla Lloyd</i>	8:00-8:45 TR ◆ Precision Run® <i>Alison Corcoran</i>	9:30-10:15 MS ◆ STRONG <i>Alison Corcoran</i>	12:15-1:00 YS ◆ Barre <i>Bianca Reid</i>	12:30-1:15 MS ◆ THE CUT <i>Mara Gabrielle</i>	1:00-1:45 CS ◆ Cycle Beats <i>Ney Melo</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	5:45-6:15 MS ◆ ABsession™ <i>Violet Zaki</i>	6:00-6:45 TR ◆ Elevate <i>Amy Amato</i>	6:30-7:30 MS ◆ Zen Combat <i>Violet Zaki</i>	7:00-7:45 YS ◆ Barre <i>Alison Corcoran</i>	6:45-7:30 TR ◆ Precision Run® <i>Matt Stevenson</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Jena Maenius</i>	7:30-8:15 BR ◆ Boxing <i>Delida Torres</i>	7:45-8:30 MS ◆ METCON3 <i>Luis Weber</i>	8:00-8:45 CS ◆ Cycle Beats <i>Matt Stevenson</i>	9:30-10:15 MS ◆ Tabata Max <i>Matt Ortel</i>	12:00-1:00 YS ◆ Athletic Yoga (HEATED) <i>Rika Henry</i>	12:30-1:15 MS ◆ STRONG <i>John Cianca</i>	4:00-5:00 YS ◆ Yoga Strong <i>Donald Johnston</i>	5:15-6:00 MS ◆ METCON3 <i>Lauren Anthony</i>	5:30-6:15 YS ◆ True Barre <i>Kevin VerEecke</i>	9:00-9:45 MS ◆ Firestarter + Best Abs Ever <i>Luke Bemier</i>	7:00-7:50 CS ◆ The Pursuit: Build <i>Nikki Bucks</i>	7:15-8:00 YS ◆ Pilates Fusion <i>Caroline Strong</i>	9:00-9:45 YS ◆ Barre <i>Diane LaVon</i>	12:00-1:00 YS ◆ Athletic Yoga (HEATED) <i>Rika Henry</i>	12:30-1:15 MS ◆ STRONG <i>John Cianca</i>	4:00-5:00 YS ◆ Yoga Strong <i>Donald Johnston</i>	5:15-6:00 MS ◆ METCON3 <i>Lauren Anthony</i>	5:30-6:15 YS ◆ True Barre <i>Kevin VerEecke</i>	9:00-9:45 MS ◆ Athletic Conditioning <i>Katie Thrasher</i>	9:15-10:00 TR ◆ Precision Run® <i>Khaleah London</i>	9:30-10:15 CS ◆ Cycle Power <i>Meghan Cox</i>	10:15-11:00 YS ◆ True Barre <i>Khaleah London</i>	10:30-11:15 MS ◆ Tabata Max <i>Amy Amato</i>	11:30-12:15 TR ◆ Elevate <i>Amy Amato</i>	12:00-12:45 MS ◆ Best Butt Ever + Best Abs Ever <i>Cindy Davis</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Jamison Goodnight</i>	4:00-5:00 YS ◆ Vinyasa Yoga (HEATED) <i>Stephanie Battle</i>	9:30-10:15 MS ◆ Stacked! <i>Marcus Jackson</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Sarah Randall</i>	11:00-11:45 CS ◆ Cycle Beats <i>Taylor Palmbly</i>	11:15-12:00 MS ◆ METCON3 <i>Ginny King</i>	12:30-1:15 YS ◆ Barre <i>Kyla Lloyd</i>	4:00-5:00 YS ◆ Athletic Yoga (HEATED) (L2) <i>Rika Henry</i>

BROOKFIELD PLACE

225 LIBERTY STREET
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EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 9:00PM

FRI: 5:30AM - 7:00PM

SAT - SUN: 8:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 12:00AM

SAT: 8:00AM - 2:00PM

GROUP FITNESS MANAGER

alison.corcoran@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

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

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

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 (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.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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. Bum 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.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

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 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.

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.

DANCE

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

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 bum, Zaki-Style.

SCULPT

ABSESSION™ A highly efficient core workout developed by celebrity fitness trainer, Violet Zaki where crunches are just the beginning. Develop leaner abs, a stronger back, and better posture and balance through stabilizing exercises.