

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:45-7:30 TR ◆	Precision Run@ Chelsea Amengual	6:30-7:15 MS ◆	METCON3 <i>Katie Thrasher</i>	6:15-7:00 MS ◆	Tabata Max <i>Carolann Valentino</i>	6:15-7:00 MS ◆	Athletic Conditioning Allison Rowland	6:15-7:00 MS ◆	Firestarter + Best Abs Ever <i>Robert Burke</i>	8:00-8:45 CS ◆	Cycle Beats <i>Shweky</i>	8:30-9:15 BA ◆	Pilates Fusion <i>Kathryn Anta</i>
7:00-8:00 BA ◆	FIGURE 4™ BARRE <i>Carolina Rivera</i>	7:00-7:45 CS ◆	Cycle Beats <i>Serena DiLiberto</i>	6:30-7:15 CS ◆	Cycle Beats <i>Mike Harris</i>	6:30-7:20 CS ◆	The Pursuit: Build <i>Warren Perry</i>	6:30-7:15 TR ◆	Precision Run@ <i>Taylor Speamak</i>	8:30-9:30 BA ◆	True Barre <i>Emily Naim</i>	9:00-9:45 MS ◆	Master of One <i>Alexander Charles</i>
7:30-8:15 MS ◆	METCON3 <i>Robert Burke</i>	7:15-8:00 BA ◆	Pilates Fusion <i>Kathryn Anta</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Lauren Harris</i>	7:15-8:00 BA ◆	Barre <i>Hannah Hustad (NY)</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Margaret Schwarz</i>	9:00-9:45 MS ◆	Stacked! <i>Abbey Hunt</i>	9:30-10:15 CS ◆	Cycle Power <i>D Gunnz</i>
7:45-8:45 YS ◆	Yoga Strong Cooper Chou	7:45-8:35 MS ◆	Dance It Out <i>Billy Blanks Jr.</i>	7:45-8:30 TR ◆	Precision Run@ <i>Mike Harris</i>	7:30-8:15 MS ◆	Whipped! <i>Patrick Tae</i>	7:30-8:15 MS ◆	Ropes and Rowers <i>Taylor Speamak</i>	10:00-11:00 YS ◆	Vinyasa Yoga <i>Esco Wilson</i>	10:15-11:00 BA ◆	Barre <i>Vivian Jonokuchi</i>
9:15-10:00 MS ◆	THE CUT <i>Eddie Carrington</i>	9:00-10:00 BA ◆	True Barre <i>Stephanie Yonkovich</i>	8:45-9:35 BA ◆	Barre <i>Elgin McCargo</i>	9:00-9:45 BA ◆	Pilates Fusion <i>Elgin McCargo</i>	9:15-10:00 MS ◆	METCON3 <i>Shane Blouin</i>	10:30-11:15 MS ◆	Athletic Conditioning <i>Allison Rowland</i>	10:30-11:15 MS ◆	Firestarter + Best Abs Ever <i>Luke Bemier</i>
9:30-10:15 CS ◆	Cycle Beats <i>Shane Blouin</i>	9:15-10:00 TR ◆	Precision Run@ <i>Gerard Thelemaque</i>	9:15-10:00 MS ◆	Whipped! <i>Gerard Thelemaque</i>	9:15-10:00 TR ◆	Precision Run@ <i>Lauren Anthony</i>	9:30-10:15 CS ◆	Cycle Beats <i>Mike Harris</i>	11:00-11:45 CS ◆	Cycle Beats <i>D Gunnz</i>	11:45-12:45 YS ◆	Vinyasa Yoga <i>Kiley Holliday</i>
10:15-11:00 TR ◆	Precision Run@ <i>Eddie Carrington</i>	9:30-10:15 MS ◆	Stacked! <i>Carolann Valentino</i>	9:30-10:15 CS ◆	Cycle Beats <i>Mario Martinez</i>	9:30-10:15 MS ◆	Athletic Conditioning <i>Eddie Carrington</i>	10:30-11:15 BA ◆	Barre <i>Emily Naim</i>	11:45-12:45 BA ◆	True Barre <i>James Ervin</i>	12:00-12:45 MS ◆	Zumba@ Mbnique Alhaddad
10:30-11:20 BA ◆	True Barre <i>Pamela Arkin</i>	10:00-10:45 CS ◆	Cycle Beats <i>Shweky</i>	10:00-11:00 BA ◆	Trilogy Barre <i>Elgin McCargo</i>	10:45-11:45 YS ◆	Vinyasa Yoga <i>Claudia Jasper</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Kiley Holliday</i>	12:00-12:45 MS ◆	Whipped! <i>Allison Rowland</i>	12:15-1:00 CS ◆	The Pursuit: Bum <i>Kyle OBrien</i>
12:00-1:00 YS ◆	Vinyasa Yoga <i>Claudia Jasper</i>	10:45-11:45 YS ◆	Vinyasa Yoga <i>Eliitza Ivanova</i>	10:15-11:00 TR ◆	Precision Run@ <i>Miriam Shestack</i>	1:45-2:45 YS ◆	Regeneration Yoga <i>Whitney Chapman</i>	5:15-6:00 TR ◆	Precision Run@ Shawn Kobetz	1:45-2:45 YS ◆	Vinyasa Yoga <i>Eddie Teboul</i>	12:30-1:15 BA ◆	Barre <i>Hannah Hustad (NY)</i>
4:45-5:30 TR ◆	Precision Run@ <i>Miriam Shestack</i>	1:45-2:45 YS ◆	Restorative Yoga <i>Mary Aranas</i>	12:00-1:00 YS ◆	Athletic Yoga (HEATED) <i>Esco Wilson</i>	5:15-6:00 MS ◆	METCON3 <i>Gerard Thelemaque</i>	5:30-6:15 BA ◆	Barre Richel Ruiz	4:00-5:00 YS ◆	Regeneration Yoga <i>Anubha Elaine Boudouris</i>	2:00-3:00 YS ◆	Athletic Yoga (HEATED) <i>Serena Tom</i>
5:15-6:15 YS ◆	Athletic Yoga (HEATED) <i>Serena Tom</i>	5:15-6:00 MS ◆	Tabata Max <i>Patrick Tae</i>	5:30-6:15 BA ◆	Barre <i>Stephanie Yonkovich</i>	5:30-6:00 YS ◆	Vinyasa Yoga <i>Jennifer Carlin</i>	5:45-6:30 MS ◆	Firestarter + Best Abs Ever <i>Allie Lewis- Towbes</i>	4:15-5:00 CS ◆	Cycle Beats <i>D Gunnz</i>	4:00-5:00 YS ◆	Gentle Yoga + Meditation <i>Patrick Millard</i>
5:30-6:15 BA ◆	Barre <i>James Ervin</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Colleen Murphy</i>	5:45-6:30 MS ◆	Best Butt Ever <i>Bransen Gates</i>	5:45-6:35 BA ◆	Trilogy Barre <i>Kevin VerEecke</i>	6:00-7:00 YS ◆	Vinyasa Yoga <i>Kumiko Buckman</i>				
5:45-6:30 MS ◆	Stacked! <i>Miriam Shestack</i>	5:45-6:30 BA ◆	Pilates Fusion <i>Erin Ginn</i>	6:00-6:45 CS ◆	Cycle Power <i>Alex Joy Pucci</i>	6:45-7:45 MS ◆	DANCEology <i>James Ervin</i>						
6:00-6:45 CS ◆	Cycle Beats <i>D Gunnz</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>Patrick Tae</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Andrea Borrero</i>	7:00-8:00 BA ◆	True Barre <i>Kevin VerEecke</i>						
7:00-8:00 YS ◆	Vinyasa Yoga <i>Eddie Teboul</i>	7:00-7:45 BA ◆	True Barre <i>James Ervin</i>	7:00-8:00 YS ◆	Stacked! <i>Chris Yeoh</i>	7:15-8:00 CS ◆	Cycle Beats <i>Mario Martinez</i>						
7:15-8:00 MS ◆	PURE STRENGTH <i>Patrick Tae</i>	7:15-8:00 CS ◆	Cycle Beats Andres Quintero	7:30-8:15 BA ◆	Barre <i>Brian Slaman</i>	7:30-8:30 YS ◆	Yin Yoga <i>Tara Dhyani Purswani</i>						
7:30-8:15 BA ◆	Barre <i>Marina Colonna</i>	7:30-8:30 YS ◆	Vinyasa Yoga (HEATED) <i>Suki Clements</i>										

EQUINOX

EAST 92ND STREET

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EQUINOX.COM
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MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

SAT - SUN: 7:00AM - 7:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 2:00PM

GROUP FITNESS MANAGER

james.ervin@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

BA	Barre Studio
YS	Yoga Studio
CS	Cycling Studio
MS	Main Studio
TR	Treadmill Area

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

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.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

FIGURE 4™ BARRE Created by a NYC ballet dancer and exclusively at Pure, Figure 4 is the most challenging barre experience out there, enhancing precision dance techniques with strength training. With high-energy choreography and interval cardio, Figure 4 keeps your pulse pounding while forging a lean physique.

TRIOLOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

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.

DANCE

DANCE IT OUT A high energy, total body dance-based workout, developed by fitness expert Billy Blanks Jr. Maximize your stamina and sculpt your body with a variety of dance styles.

DANCEOLOGY An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

ZUMBA® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

BOXING AND KICKBOXING

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.

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.

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.

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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

TABATA MAX Max out your training in this science based HIIT class.