

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | | SUNDAY | |
|---|---|---|---|--|---|--|--|--|--|--|--|--|--|
| 6:30-7:15 CS◆ Studio Cycling <i>Faris</i> | 6:30-7:15 MS Tabata <i>Lulu Faria</i> | 6:30-7:15 CS◆ Studio Cycling <i>Sandy Wasserbach</i> | 7:00-8:00 YS Vinyasa Yoga <i>Mardi Sykes</i> | 6:30-7:15 MS Athletic Conditioning <i>Luke Carron</i> | 7:15-7:30 MS Ab Lab <i>Luke Carron</i> | 6:30-7:15 CS◆ Studio Cycling <i>Mike Harris</i> | 7:00-8:00 YS Vinyasa Yoga <i>Mikee Richardson</i> | 6:30-7:15 CS◆ Studio Cycling <i>Monika Janeczek</i> | 7:00-7:45 MS METCON3 <i>Matt Ortel</i> | 9:15-10:00 YS Pilates <i>Mathew Makings</i> | 9:00-9:45 CS◆ Studio Cycling <i>Frank Louis</i> | 9:00-9:45 MS METCON3 <i>Parker Krug</i> | 9:00-9:45 MS METCON3 <i>Parker Krug</i> |
| 9:30-10:15 CS◆ ANTHEM™ <i>Liz Wexler</i> | 7:30-8:15 MS METCON3 <i>Rachel Vaziralli</i> | 7:30-8:15 MS METCON3 <i>Rachel Vaziralli</i> | 8:15-8:30 MS Best Abs Ever <i>Rachel Vaziralli</i> | 7:30-8:20 TR◆ Precision Running@ <i>Linette Guelen</i> | 7:30-8:20 TR◆ Precision Running@ <i>Linette Guelen</i> | 7:30-8:15 MS EQX Barre Burn <i>Cindya Davis</i> | 9:15-10:00 MS METCON3 <i>John Cianca</i> | 9:30-10:15 MS Cardio Sculpt <i>Kyle Brown</i> | 10:15-11:15 YS Power Yoga <i>Rika Henry</i> | 10:00-12:00 FF Personal Training Workshops <i>Equinox Trainers</i> | 9:30-10:15 MS◆ METCON3 <i>John Cianca</i> | 10:00-11:00 YS Vinyasa Yoga <i>Ariel Kiley</i> | 10:00-11:00 YS Vinyasa Yoga <i>Ariel Kiley</i> |
| 9:30-10:15 MS Stacked! <i>Matt Ortel</i> | 8:15-8:30 MS Best Abs Ever <i>Rachel Vaziralli</i> | 8:15-8:30 MS Best Abs Ever <i>Rachel Vaziralli</i> | 9:15-10:00 MS Ropes and Rowers <i>CeCe Marizu</i> | 9:30-10:15 CS◆ Studio Cycling <i>Gregg Cook</i> | 9:30-10:15 MS THE CUT <i>Eddie Carrington</i> | 9:15-10:00 MS METCON3 <i>John Cianca</i> | 10:00-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 10:15-11:15 YS Power Yoga <i>Rika Henry</i> | 12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i> | 10:15-11:15 YS Power Yoga <i>Mary Dana Abbott</i> | 10:30-11:15 MS◆ Tabata <i>John Cianca</i> | 12:00-12:50 MS Ropes and Rowers <i>Parker Krug</i> | 12:00-12:50 MS Ropes and Rowers <i>Parker Krug</i> |
| 10:15-10:30 MS Ab Lab <i>Matt Ortel</i> | 9:30-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 9:30-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 9:30-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 9:30-10:15 MS THE CUT <i>Eddie Carrington</i> | 10:15-11:15 YS Vinyasa Yoga <i>Mardi Sykes</i> | 10:05-10:55 TR◆ Precision Running@ <i>John Cianca</i> | 10:05-10:55 TR◆ Precision Running@ <i>John Cianca</i> | 12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i> | 12:30-1:30 YS Vinyasa Yoga <i>Lara Benusis</i> | 10:30-11:15 MS◆ Tabata <i>John Cianca</i> | 10:45-11:30 CS◆ ANTHEM™ <i>LR Davidson</i> | 5:00-6:00 MS EQX Barre Burn <i>Mathew Makings</i> | 5:00-6:00 MS EQX Barre Burn <i>Mathew Makings</i> |
| 10:15-11:15 YS Vinyasa Yoga <i>Lisa Bermudez</i> | 9:30-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 9:30-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 9:30-11:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i> | 10:15-11:15 YS Vinyasa Yoga <i>Mardi Sykes</i> | 10:30-11:15 MS Restorative Conditioning <i>Gregg Cook</i> | 1:00-2:00 YS Pilates <i>Amanda Blauer</i> | 1:00-2:00 YS Pilates <i>Amanda Blauer</i> | 5:30-6:15 MS Tabata <i>Monique Alhaddad</i> | 6:15-7:15 YS Alignment Flow Yoga <i>Lauren Blandin</i> | 11:30-12:30 YS Alignment Flow Yoga <i>Mary Dana Abbott</i> | 11:30-12:30 YS Alignment Flow Yoga <i>Mary Dana Abbott</i> | 6:00-7:00 YS Alignment Flow Yoga <i>Derek Cook</i> | 6:00-7:00 YS Alignment Flow Yoga <i>Derek Cook</i> |
| 12:30-1:00 MS◆ Firestarter <i>Natasha Ross</i> | 12:15-1:15 YS Pilates <i>Alissa Alter</i> | 12:15-1:15 YS Pilates <i>Alissa Alter</i> | 1:15-2:00 MS Whipped! <i>John Cianca</i> | 12:00-12:30 MS◆ THE MUSE™ <i>Carolann Valentino</i> | 12:30-1:15 MS Tabata <i>Carolann Valentino</i> | 5:45-6:30 MS◆ Whipped! <i>John Cianca</i> | 6:00-7:00 YS Pilates <i>Gabe Villanueva</i> | 6:15-7:15 YS Alignment Flow Yoga <i>Lauren Blandin</i> | 6:30-7:15 MS◆ THE MUSE™ <i>Monique Alhaddad</i> | 12:30-1:20 TR◆ Precision Running@ <i>Jimmy Joseph</i> | 12:30-1:20 TR◆ Precision Running@ <i>Jimmy Joseph</i> | | |
| 12:30-1:30 YS Power Yoga <i>Rika Henry</i> | 1:15-2:00 MS Whipped! <i>John Cianca</i> | 1:15-2:00 MS Whipped! <i>John Cianca</i> | 5:45-6:30 MS Boot Camp <i>Lulu Faria</i> | 12:30-1:15 MS Tabata <i>Carolann Valentino</i> | 12:30-1:30 YS Vinyasa Yoga <i>Emily Giovine</i> | 6:00-7:00 YS Pilates <i>Gabe Villanueva</i> | 7:00-7:45 MS EQX Barre Burn <i>Jenna Muller</i> | 6:30-7:15 MS◆ THE MUSE™ <i>Monique Alhaddad</i> | | 5:00-5:45 MS EQX Barre Burn <i>Dexter Carter</i> | | | |
| 1:00-1:20 MS Ab Lab <i>Natasha Ross</i> | 5:45-6:30 MS Boot Camp <i>Lulu Faria</i> | 5:45-6:30 MS Boot Camp <i>Lulu Faria</i> | 6:00-7:00 YS Pilates <i>Bianca Reid</i> | 12:30-1:30 YS Vinyasa Yoga <i>Emily Giovine</i> | 5:30-6:15 MS METCON3 <i>Ben Hey!</i> | 7:00-7:45 MS EQX Barre Burn <i>Jenna Muller</i> | 7:15-8:15 YS Power Yoga <i>Rika Henry</i> | | | | | | |
| 5:30-6:15 MS Ropes and Rowers <i>Matt Ortel</i> | 6:00-7:00 YS Pilates <i>Bianca Reid</i> | 6:00-7:00 YS Pilates <i>Bianca Reid</i> | 6:15-7:00 CS◆ Studio Cycling <i>Faris</i> | 5:30-6:15 MS METCON3 <i>Ben Hey!</i> | 6:00-7:00 YS Vinyasa Yoga <i>Jill Green</i> | 6:15-7:00 MS EQX Barre Burn <i>Jenna Muller</i> | | | | | | | |
| 6:00-7:00 YS Vinyasa Yoga <i>Jena Maenius</i> | 6:15-7:00 CS◆ Studio Cycling <i>Faris</i> | 6:15-7:00 CS◆ Studio Cycling <i>Faris</i> | 6:45-7:30 MS Cardio Kick <i>Akin Williams</i> | 6:15-7:00 CS◆ Studio Cycling <i>James Donegan</i> | 6:15-7:00 CS◆ Studio Cycling <i>James Donegan</i> | 6:30-7:15 MS Athletic Conditioning <i>Katie Thrasher</i> | | | | | | | |
| 6:15-7:00 CS◆ Studio Cycling <i>Jerome Isakov</i> | 6:45-7:30 MS Cardio Kick <i>Akin Williams</i> | 6:45-7:30 MS Cardio Kick <i>Akin Williams</i> | 7:15-8:15 YS Vinyasa Yoga <i>Danielle Dugan</i> | 6:30-7:15 MS Athletic Conditioning <i>Katie Thrasher</i> | 6:30-7:15 MS Athletic Conditioning <i>Katie Thrasher</i> | 7:15-7:45 MS Ab Lab <i>Katie Thrasher</i> | | | | | | | |
| 6:30-7:15 MS◆ Tabata <i>Ben Hey!</i> | 7:15-8:15 YS Vinyasa Yoga <i>Danielle Dugan</i> | 7:15-8:15 YS Vinyasa Yoga <i>Danielle Dugan</i> | 7:30-8:15 MS EQX Barre Burn <i>Bianca Reid</i> | 7:15-7:45 MS Ab Lab <i>Katie Thrasher</i> | 7:15-7:45 MS Ab Lab <i>Katie Thrasher</i> | | | | | | | | |
| 7:15-7:45 MS Ab Lab <i>Ben Hey!</i> | 7:30-8:15 MS EQX Barre Burn <i>Bianca Reid</i> | 7:30-8:15 MS EQX Barre Burn <i>Bianca Reid</i> | | | | | | | | | | | |
| 7:15-8:00 YS Pilates Power <i>Kaitlyn Schuetze</i> | | | | | | | | | | | | | |

TRIBECA

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@EQUINOX

MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT - SUN: 8:00AM - 8:00PM

GROUP FITNESS MANAGER
DANIELLE DUGAN
danielle.dugan@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 |
| FF | FITNESS FLOOR |

WHAT'S NEW THIS MONTH

Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

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.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

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

ALIGNMENT FLOW YOGA This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

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.

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

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

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.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

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.

PERSONAL TRAINING WORKSHOPS There's no substitute for expertise. Discover what you've always wanted to know about high-performance living, straight from our unparalleled personal trainers. Check with your club for this month's topic and be sure to add to your weekly calendar.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

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

LONG + LEAN

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

RESTORATIVE CONDITIONING Perfect for those interested in active ageing and maximizing their potential at every stage in life. Stay fit and energized in a conditioning class featuring strength building, restorative stretching, and routines designed to improve freedom of motion.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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 POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

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.

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.