

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 Studio Cycling CS◆ <i>Faris</i>	6:30-7:30 <b>Beast n Feast Ride</b> CS◆ <b>Sandy Wasserbach</b>	6:30-7:15 Athletic Conditioning MS <i>Luke Carron</i>	9:30-10:15 <b>Thanks and Planks</b> MS <b>John Cianca</b>	6:30-7:15 Studio Cycling CS◆ <i>Monika Janeczek</i>	9:30-10:15 METCON3 MS◆ <i>John Cianca</i>	9:00-9:45 Studio Cycling CS◆ <i>Frank Louis</i>
6:30-7:15 Tabata MS <i>Lulu Faria</i>	7:00-8:00 Vinyasa Yoga YS <i>Annette Vetere (SUB)</i>	7:15-7:30 Ab Lab MS <i>Luke Carron</i>	9:30-10:30 <b>Pilates</b> YS <b>Krysta Parker</b>	9:15-10:00 Studio Cycling CS◆ <i>Wil Ashley</i>	9:45-10:30 Studio Cycling CS◆ <i>LR Davidson</i>	9:00-9:45 Pilates YS <i>Kaitlyn Schuetze</i>
9:15-10:00 Studio Cycling CS◆ <i>Chayanne Joel</i>	7:30-8:15 METCON3 MS <i>Rachel Vaziralli</i>	7:30-8:20 Precision Running@ TR◆ <i>Linette Guelen</i>	10:30-11:15 <b>Tabata</b> MS <b>John Cianca</b>	9:30-10:15 <b>Athletic Conditioning</b> MS <b>Tim Flores</b>	10:30-11:15 Tabata MS◆ <i>John Cianca</i>	10:00-11:00 Vinyasa Yoga YS <i>Eli Walker</i>
9:30-10:15 METCON3 MS <i>Boyd Melson (SUB)</i>	8:15-8:45 Best Abs Ever MS <i>Rachel Vaziralli</i>	9:15-10:00 TERRAcycle! CS◆ <i>Gregg Cook</i>	11:30-12:25 <b>Precision Running@</b> TR◆ <b>John Cianca</b>	10:15-11:15 Power Yoga YS <i>Rika Henry</i>	10:30-11:30 <b>Power Yoga</b> YS <b>Rika Henry</b>	10:30-11:15 Athletic Conditioning MS <i>Luke Carron</i>
10:15-10:30 Ab Lab MS <i>Boyd Melson (SUB)</i>	9:15-10:00 Tabata MS <i>Monique Alhaddad (SUB)</i>	9:30-10:15 THE CUT MS <i>Abbey Hunt (SUB)</i>		12:30-1:30 Vinyasa Yoga YS <i>Lara Benusis</i>	10:45-11:30 Studio Cycling CS◆ <i>LR Davidson</i>	11:15-11:30 Ab Lab MS <i>Luke Carron</i>
10:15-11:15 Vinyasa Yoga YS <i>Lisa Bermudez</i>	9:30-11:00 Vinyasa Yoga (L2) YS <i>Benn Rasmussen</i>	10:15-11:15 Vinyasa Yoga YS <i>Dee Holliday (SUB)</i>			12:30-1:20 Precision Running@ TR◆ <i>Jimmy Joseph</i>	5:00-6:00 EQX Barre Burn MS <i>Katherine Menna</i>
12:30-1:00 Firestarter MS◆ <i>Natasha Ross</i>	10:05-10:55 Precision Running@ TR◆ <i>Arthur Tang</i>	12:30-1:15 Tabata MS <i>Carolann Valentino</i>				
12:30-1:30 Power Yoga YS <i>Rika Henry</i>	12:15-1:15 Pilates YS <i>Kaitlyn Schuetze (SUB)</i>	5:30-6:15 METCON3 MS <i>Ben Hey!</i>				
1:00-1:15 Ab Lab MS <i>Natasha Ross</i>	1:15-2:00 Whipped! MS <i>John Cianca</i>	6:00-7:00 Vinyasa Yoga YS <i>Jill Green</i>				
5:30-6:15 Ropes and Rowers MS <i>Amanda Young (SUB)</i>	5:45-6:30 Boot Camp MS <i>Lulu Faria</i>	6:15-7:00 Studio Cycling CS◆ <i>Faris</i>				
6:00-7:00 Vinyasa Yoga YS <i>Jena Maenius</i>	6:00-7:00 Pilates YS <i>Jose Ruiz (SUB)</i>	6:30-7:15 Athletic Conditioning MS <i>Ben Hey! (SUB)</i>				
6:15-7:00 Studio Cycling CS◆ <i>T.B.D. (SUB)</i>	6:15-7:00 Studio Cycling CS◆ <i>Jordan Bantista</i>	7:15-7:45 Ab Lab MS <i>Ben Hey! (SUB)</i>				
6:30-7:15 Tabata MS◆ <i>Amanda Young</i>	6:45-7:30 Cardio Kick MS <i>Akin Williams</i>					
7:15-7:45 Ab Lab MS <i>Amanda Young</i>	7:15-8:15 Power Yoga YS <i>Rika Henry</i>					
7:15-8:00 Rock Solid: Pilates (L2) YS <i>Jewel Elizabeth</i>	7:30-8:15 EQX Barre Burn MS <i>Katherine Menna (SUB)</i>					

# EQUINOX

## TRIBECA

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## THANKSGIVING MODIFIED HOURS

**NOVEMBER 23:** 07:00 AM - 02:00 PM

## GROUP FITNESS MANAGER JEWEL ELIZABETH

jewel.elizabeth@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

### WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

## STUDIO CYCLING

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

**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.

**TERRACYCLE!** Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

## 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

**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

**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.

**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.

**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!

**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!

**THANKS AND PLANKS** Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

**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.

## CONDITIONING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**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.

## 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.

**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.

## 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.