

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆	Cycle Power <i>Ali Larick</i>	6:00-6:45 MS	Tabata Strength <i>Lulu Faria</i>	6:00-6:45 MS	Stacked! <i>Tommy Hart</i>	6:00-6:55 MS ◆	Rounds <i>Delida Torres</i>	6:00-6:50 TR ◆	Precision Run® <i>Scott Gervais</i>	8:30-9:15 MS	Athletic Conditioning <i>Kelsey Stalter</i>	9:00-9:45 MS ◆	EQX Barre Bum <i>Christopher Howard</i>
7:00-7:45 MS	Chisel'd <i>Michael Ringer</i>	7:00-7:45 MS	Adrenaline <i>Lulu Faria</i>	6:30-7:15 CS ◆	Cycle Power <i>Sara Hogrefe</i>	6:15-7:00 YS	Pilates Fusion <i>Melanie Kotcher</i>	6:30-7:15 CS ◆	Cycle Power <i>Marie Jasmin</i>	9:00-10:00 YS ◆	Power Yoga <i>Alyssa Arroyo</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Ruah Bhay</i>
8:30-9:15 CS ◆	Cycle Power <i>Selena Dorans</i>	7:15-8:05 TR ◆	Precision Run® <i>Miriam Wasmund</i>	7:00-7:45 MS	METCON3 <i>Tommy Hart</i>	7:05-7:55 MS	Athletic Conditioning <i>Chris Novell</i>	7:30-8:15 MS	Cross Fire <i>Michael Ringer</i>	9:20-9:50 MS ◆	Best Stretch Ever <i>Kelsey Stalter</i>	9:30-10:15 CS ◆	Cycle Beats <i>Nicole Ramos</i>
9:30-10:20 MS ◆	Band Bum <i>Matthew Liotine</i>	7:15-8:15 YS	Vinyasa Yoga <i>Erica Chen</i>	7:30-8:20 TR ◆	Precision Run® <i>Sara Hogrefe</i>	7:15-8:05 TR ◆	Precision Run® <i>Diane LaVon</i>	8:30-9:00 MS	Firestarter <i>Javier Ortega</i>	10:00-10:45 CS ◆	Cycle Power <i>Tim McMullan</i>	9:30-10:20 TR ◆	Precision Run® <i>Nicola Bam</i>
12:30-1:15 MS	EQX Barre Bum <i>Daigi-Ann Thompson</i>	8:15-9:00 MS	Athletic Conditioning <i>Breanna Cummings</i>	7:50-8:20 MS	Best Stretch Ever <i>Michael Ringer</i>	7:15-8:15 YS	Vinyasa Yoga <i>Emily Giovine</i>	9:00-9:20 MS	Ab Lab <i>Javier Ortega</i>	10:00-10:30 MS ◆	Firestarter <i>Laura Hayes</i>	10:00-10:45 MS	METCON3 <i>Lisa Bosalavage</i>
1:15-2:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	9:30-10:15 MS	METCON3 <i>Or Artzi</i>	9:30-10:30 MS	EQX Barre Bum <i>Mathew Makings</i>	9:30-10:15 MS	Best Butt Ever <i>Michael Ringer</i>	9:30-10:15 MS	Barefoot Body Conditioning <i>Or Artzi</i>	10:10-11:00 YS ◆	Authentic Mat Pilates <i>Nicola Bam</i>	10:15-11:15 YS ◆	Vinyasa Yoga <i>Ruah Bhay</i>
5:45-6:30 MS	METCON3 <i>Ron Christopher</i>	12:30-1:15 CS ◆	Cycle Power <i>Avery Washington</i>	10:30-10:45 YS	Meditation <i>Kevin Lamb</i>	12:30-1:15 CS ◆	Cycle Power <i>Bryanna Lashley</i>	12:15-1:00 YS	Authentic Mat Pilates <i>Claire Danese</i>	10:35-10:55 MS ◆	Core Conditioning <i>Laura Hayes</i>	11:00-11:45 MS ◆	Cycle Power <i>Grace Twesigye</i>
6:00-7:00 YS ◆	Vinyasa Yoga <i>Meaghan O'Herron</i>	1:15-2:15 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>	12:15-1:15 YS	Vinyasa Yoga <i>Alyssa Arroyo</i>	1:15-2:15 YS	Vinyasa Yoga <i>Tony Bordonaro</i>	12:30-1:15 MS	Atletica <i>Nora Bisharat</i>	11:00-11:45 MS ◆	THE CUT <i>Mary O</i>	11:30-12:15 YS ◆	Authentic Mat Pilates <i>Dara Adler</i>
6:35-7:20 MS	Adrenaline <i>Michael Ringer</i>	5:00-5:30 MS ◆	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	12:30-1:00 MS	Cardio Blast <i>Bryna Canacino</i>	5:45-6:30 MS	Sweat <i>Ilanthe Mellors</i>	1:15-2:15 YS	Vinyasa Yoga <i>Jena Maenius</i>	11:15-12:15 YS ◆	Vinyasa Yoga <i>Katey Lewis</i>	11:30-12:15 YS ◆	Authentic Mat Pilates <i>Dara Adler</i>
7:00-7:45 CS ◆	Cycle Power <i>Grace Twesigye</i>	5:45-6:30 MS ◆	TRX MAX <i>Jan Erk Navoa</i>	1:00-1:20 MS	Ab Lab <i>Bryna Canacino</i>	5:45-6:30 TR ◆	Precision Run® <i>Avery Washington</i>	5:45-6:30 MS	pureMUSCLE <i>Sam Rothemel</i>	11:30-12:20 TR ◆	Precision Run® <i>Miriam Wasmund</i>	12:00-12:45 MS	Kickboxing <i>Jermaine Bailey</i>
7:15-8:00 YS	Authentic Mat Pilates <i>Jennifer Tarentino</i>	5:45-6:30 TR ◆	Precision Run® <i>Marie Jasmin</i>	5:45-6:40 MS ◆	Rounds <i>Mary O</i>	6:00-6:45 YS	Authentic Mat Pilates <i>Nicola Bam</i>	6:00-6:45 YS	Vinyasa Yoga <i>Suzanne Taylor</i>	11:50-12:35 MS ◆	Best Butt Ever <i>Mary O</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Sarah Girard</i>
7:30-8:15 MS	Athletic Conditioning <i>Lulu Faria</i>	5:45-6:30 YS	Barre <i>Katherine Menna</i>	6:00-7:00 YS	Power Yoga <i>Tony Bordonaro</i>	6:00-6:45 YS	Authentic Mat Pilates <i>Nicola Bam</i>	6:00-7:00 YS	Vinyasa Yoga <i>Suzanne Taylor</i>	12:30-1:15 CS ◆	Cyclesanity® <i>Jillian Wright</i>	1:15-1:45 MS	Best Abs Ever <i>Chris Novell</i>
		6:35-7:20 MS	Boxing Boot Camp <i>Celine Perez</i>	6:45-7:30 MS	THE CUT <i>Mary O</i>	6:35-7:05 MS	Core Conditioning <i>Ilanthe Mellors</i>	6:35-7:05 MS	Core Conditioning <i>Ilanthe Mellors</i>	12:50-1:50 MS ◆	Ropes and Rowers <i>Miriam Wasmund</i>	2:00-2:45 MS	METCON3 <i>Chris Novell</i>
		6:45-7:30 CS ◆	Cycle Beats <i>Jan Erik Navoa</i>	7:00-7:30 CS ◆	Cycle Power <i>Meghan Cox</i>	6:45-7:30 CS ◆	Performance Cycling <i>Avery Washington</i>	6:45-7:30 CS ◆	Performance Cycling <i>Avery Washington</i>	1:00-2:00 YS ◆	EQX Barre Bum <i>Mathew Makings</i>	4:00-4:50 MS	EQX Barre Bum <i>Elgin McCargo</i>
		7:30-8:15 MS ◆	PURE STRENGTH <i>Erin Sanders</i>	7:30-8:15 MS	EQX Barre Bum <i>Genieve Gordon</i>	7:30-8:30 YS	Alignment Flow Yoga <i>Keely Garfield</i>	7:30-8:30 YS	Alignment Flow Yoga <i>Keely Garfield</i>	2:00-2:45 MS ◆	Band Bum <i>Kari McKillip</i>	5:00-6:15 YS	Ashtanga Yoga <i>Evan Pery</i>
		7:30-8:30 YS	Yoga Core <i>Kristin Condon</i>										

BROOKLYN HEIGHTS

194 JORALEMON STREET
BROOKLYN NY 11201
EQUINOX.COM
@EQUINOX

MON - WED: 5:30AM - 11:00PM

THU: 5:30AM - 10:00PM

FRI: 5:30AM - 9:00PM

SAT - SUN: 7:00AM - 8:00PM

KID'S CLUB HOURS

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

GROUP FITNESS MANAGER

maryonyang.oodhiambaulet@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

🚲 CYCLING

CYCLE BEATS Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

CYCLE POWER Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

CYCLESANITY® Technique tumt up. Created by Jillian Wright, this class incorporates tempo drills, intervals, anaerobic attacks, time trials, sprints, and hills for a results-driven ride.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

🏃 RUNNING

PRECISION RUN® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Run 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.

ASHTANGA YOGA Developed by K. Pattabhi Jois, a vigorous style of specific asanas (postures) is sequenced to emphasize breath, strength, flexibility & endurance.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones and strengthens 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.

YOGA CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

🏋️ 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.

ADRENALINE Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One workout. One way to change your body.

ATHLETIC CONDITIONING Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

ATLETICA Sculpt and train your body like an athlete. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

CARDIO BLAST Looking for an incredible, addictive, energetic workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

DIEZEL WARRIORS If you want to look like a warrior - this is your class! Intense interval training with calisthenics, weight training and cardio drills. Non-stop compound movements that will burn major calories and leave you feeling DIEZEL!

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.

METCONS 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.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

ROPES AND ROWERS Get a full body circuit with the Ropes and Rowers class from Equinox. Propel your athletic performance during this battle ropes and rowing class.

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.

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

🩰 BARRE

BARRE Realize the dream of the dancer's body.

Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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

🏊 LONG + LEAN

BAND BURN Warm up then launch into two blocks of time-under-tension sequences and chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

CHISEL A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

🧘 PILATES

AUTHENTIC MAT PILATES Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

PILATES FUSION Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

🥊 BOXING + MARTIAL ARTS

BOXING BOOT CAMP Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

KICKBOXING An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

ROUNDS Three stations—zero breaks. Train like a pro through six rounds of skill-based intervals, testing your speed, strength, and grit. Leave the studio tapped out and amped up for more.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.