

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY																																																																								
6:30-7:15 MS ◆ Tabata Max <i>Natasha Ross</i>	7:00-7:45 CS ◆ Cycle Power <i>Taylor Palmby</i>	7:30-8:15 TR ◆ Precision Run® <i>Alison Corcoran</i>	9:00-9:45 YS ◆ EQX Barre Bum <i>Kevin VerEecke</i>	12:30-1:15 MS ◆ Athletic Conditioning <i>Luis Weber</i>	12:45-1:45 YS ◆ Vinyasa Yoga <i>Kevin Bigger</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Mary Dana Abbott</i>	5:45-6:30 MS ◆ MET CON3 <i>Justin Goldman</i>	6:00-6:45 CS ◆ Cycle Power <i>Ney Melo</i>	6:30-7:15 TR ◆ Precision Run® <i>Sara Hogrefe</i>	6:45-7:30 MS ◆ Cardio Boxing <i>Angel Aulet</i>	7:00-8:00 YS ◆ Vinyasa Yoga + Meditation <i>Julie Dohman</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Robert Burke</i>	7:15-8:15 YS ◆ Yoga Strong <i>Donald Johnston</i>	8:00-8:45 MS ◆ Best Butt Ever + Best Abs Ever <i>Ianthe Mellors</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Jessica Metz</i>	12:15-1:00 YS ◆ Pilates Mat <i>Melanie Hervey</i>	12:30-1:15 MS ◆ MET CON3 <i>Miriam Shestack</i>	1:00-1:45 CS ◆ Cycle Beats <i>Christopher Infantino</i>	1:30-2:15 TR ◆ Precision Run® <i>Miriam Shestack</i>	5:15-6:00 MS ◆ Powerstrike! <i>Nora Bisharat</i>	5:30-6:15 YS ◆ Off The Barre <i>Jose Rivera Jr.</i>	5:45-6:30 CS ◆ Cycle Power <i>Alex Lyons</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Sean O'Donnell</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Brent LaFlam</i>	6:30-7:15 MS ◆ MET CON3 <i>Lisa Bosalavage</i>	7:00-7:45 CS ◆ Cycle Power <i>Ney Melo</i>	7:15-8:00 TR ◆ Precision Run® <i>Lauren Anthony</i>	8:00-8:45 MS ◆ Body Sculpt <i>Calvin Wiley</i>	9:00-9:45 YS ◆ Off The Barre <i>Caroline Strong</i>	10:00-10:45 YS ◆ Pilates Fusion <i>Will Taylor</i>	12:30-1:15 MS ◆ Atletica <i>Nora Bisharat</i>	12:45-1:45 YS ◆ Vinyasa Yoga <i>Jason Orrell</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Julie Dohman</i>	5:45-6:30 MS ◆ Firestarter + Best Butt Ever <i>John Peterson</i>	6:00-6:45 CS ◆ Cycle Power <i>Sarah Madaus</i>	6:15-7:00 TR ◆ Precision Run® <i>Jacob Reynolds</i>	6:45-7:30 MS ◆ MET CON3 <i>John Peterson</i>	7:15-8:00 YS ◆ Athletic Stretch <i>Jacob Reynolds</i>	7:45-8:30 MS ◆ STRONG <i>Peyton Royal</i>	6:30-7:15 MS ◆ Whipped! <i>Ianthe Mellors</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Terrence Monte</i>	8:00-8:55 MS ◆ AK! Rope <i>Luke Bemier</i>	8:30-9:15 CS ◆ Cycle Power <i>Nikki Bucks</i>	9:00-9:45 YS ◆ Pilates Fusion <i>Claire Danese</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Ruah Bhay</i>	12:15-1:00 TR ◆ Precision Run® <i>Bryce Wood</i>	12:30-1:15 MS ◆ MET CON3 <i>Justin Goldman</i>	1:00-1:45 CS ◆ Cycle Power <i>Ney Melo</i>	5:15-6:00 MS ◆ Tabata Max <i>Natasha Ross</i>	5:30-6:15 YS ◆ Pilates Fusion <i>Jennifer Benesch</i>	5:45-6:30 CS ◆ Cycle Power <i>Christopher Infantino</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Patrick Millard</i>	6:30-7:15 MS ◆ Firestarter + Best Abs Ever <i>Allie Lewis-Towbes</i>	7:00-7:45 CS ◆ Cycle Power <i>Marie Jasmin</i>	7:15-8:00 TR ◆ Precision Run® <i>Lauren Anthony</i>	8:00-8:45 MS ◆ Atletica <i>Marie Jasmin</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Jena Maenius</i>	12:15-1:00 YS ◆ EQX Barre Bum <i>Genieve Gordon</i>	12:30-1:15 CS ◆ Cycle Power <i>Alex Lyons</i>	1:15-2:15 YS ◆ Vinyasa Yoga <i>Stephanie Battle</i>	5:15-6:00 MS ◆ MET CON3 <i>Shaun Anthony</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Terrence Monte</i>	8:30-9:30 YS ◆ Vinyasa Yoga <i>Katey Lewis</i>	9:15-10:00 MS ◆ Cardio Sculpt <i>Marie Jasmin</i>	9:30-10:15 CS ◆ Cycle Beats <i>Michelle Koenigs knecht</i>	10:00-10:45 TR ◆ Precision Run® <i>Cooper Chou</i>	10:15-11:00 YS ◆ Pilates Remix <i>Sammie Denham</i>	11:00-11:45 CS ◆ Cycle Power <i>Michelle Koenigs knecht</i>	11:15-12:00 MS ◆ Best Butt Ever + Best Abs Ever <i>Mary O</i>	11:30-12:30 YS ◆ Yoga Strong <i>Cooper Chou</i>	12:30-1:15 MS ◆ THE CUT <i>Mary O</i>	1:00-2:00 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	2:00-2:45 MS ◆ MET CON3 <i>Sean O'Donnell</i>	9:00-9:45 CS ◆ Cycle Power <i>Lisa Bosalavage</i>	9:15-10:00 MS ◆ THE CUT <i>Delida Torres</i>	10:15-11:00 MS ◆ MET CON3 <i>Lisa Bosalavage</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Ruah Bhay</i>	11:15-12:00 CS ◆ Cycle Beats <i>Alex Kerber</i>	11:30-12:15 MS ◆ Firestarter + Best Abs Ever <i>Allie Lewis-Towbes</i>	11:45-12:30 YS ◆ Pilates Fusion <i>Caroline Strong</i>	12:45-1:45 YS ◆ Yoga Strong <i>Dee Holliday</i>	1:00-1:45 MS ◆ Atletica <i>Nora Bisharat</i>	2:15-3:15 YS ◆ Vinyasa Yoga <i>Mkee Richardson</i>	4:00-4:45 MS ◆ Cardio Dance <i>Anastasiia Gaviukhova</i>

EQUINOX

BROOKLYN HEIGHTS

194 JORALEMON STREET
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EQUINOX.COM
@EQUINOX

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

FRI: 5:30AM - 7:00PM

SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

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

GROUP FITNESS MANAGER

cooper.chou@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

MS	Main Studio
CS	Cycling 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.

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 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 + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

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

AK! ROPE Created by Broadway actress, dancer and celebrity Trainer Amanda Kloots. A 55-minute cardio and toning interval-based workout featuring the AK! Jump Rope. Jump and sculpt using the rope in ways you've never imagined.

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.

ATLETICA A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

FIRESTARTER + BEST BUTT EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Butt Ever fires up your glutes to build strength and definition.

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.

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

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

CARDIO BOXING Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

POWERSTRIKE! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

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.

STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.