

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS◆	Studio Cycling <i>Jewlz VerHage</i>	6:00-6:45 MS	Tabata Strength <i>Lulu Faria</i>	6:15-7:00 YS	EQX Barre Burn <i>Dexter Carter</i>	6:00-6:50 MS◆	True Athlete <i>Justine Ayala</i>	6:15-7:00 CS◆	Studio Cycling <i>Sandy Wasserbach</i>	9:00-9:50 MS	Athletic Conditioning <i>Kelsey Stalter</i>	9:00-9:45 MS	EQX Barre Burn <i>Daigi-Ann Thompson</i>
7:00-7:45 MS	Athletic Conditioning <i>Molly Day</i>	7:00-7:45 MS	Adrenaline <i>Lulu Faria</i>	6:30-7:15 CS◆	Studio Cycling <i>Sara Hogrefe</i>	7:00-7:45 MS◆	THE MUSE™ <i>Justine Ayala</i>	7:30-8:15 MS◆	<b>MetCon(M)</b> <i>Marie Jasmin</i>	9:00-10:00 YS	Power Yoga <i>Rika Henry</i>	9:00-10:00 YS◆	Vinyasa Yoga <i>Ruah Bhay</i>
8:30-9:15 MS	METCON3 <i>Selena Dorans</i>	7:00-8:00 TR◆	<b>Precision Running®</b> <i>Miriam Wasmund</i>	7:00-7:45 MS	METCON3 <i>Alexander Charles</i>	7:15-8:05 TR◆	Precision Running® <i>Arthur Tang</i>	9:30-10:15 MS◆	THE MUSE™ <i>Or Artzi</i>	10:00-10:45 CS◆	Studio Cycling <i>Tim McMullan</i>	9:30-10:15 CS◆	Studio Cycling <i>Nicole Murray</i>
9:30-10:15 MS◆	True Athlete <i>Alexander Charles</i>	7:15-8:15 YS	Vinyasa Yoga <i>Charlene Lite</i>	7:30-8:20 TR◆	Precision Running® <i>Sara Hogrefe</i>	7:15-8:15 YS	<b>Vinyasa Yoga Damien Alexander</b>	9:30-10:30 YS	Vinyasa Yoga <i>Elitza Ivanova</i>	10:00-10:30 MS◆	Firestarter <i>Laura Hayes</i>	9:30-10:20 TR◆	Precision Running® <i>Sandy Wasserbach</i>
12:30-1:15 MS	EQX Barre Burn <i>Becca Pace</i>	9:30-10:15 CS◆	ANTHEM™ <i>Or Artzi</i>	8:00-8:30 MS	Best Butt Ever <i>Alexander Charles</i>	9:30-10:15 MS	Best Butt Ever <i>Molly Day</i>	12:15-1:00 YS	Pilates <i>Claire Danese</i>	10:10-11:00 YS	Pilates <i>Nicola Bam</i>	10:15-11:15 YS◆	Vinyasa Yoga <i>Ruah Bhay</i>
1:15-2:15 YS	Vinyasa Yoga <i>Emily Giovine</i>	12:30-1:15 CS◆	Studio Cycling <i>Avery Washington</i>	8:30-9:15 CS◆	Studio Cycling <i>Selena Dorans</i>	12:30-1:15 CS◆	Studio Cycling <i>Lewis McNairy</i>	12:30-1:15 MS	Athletic Conditioning (L2) <i>Dawn Parker</i>	10:30-10:50 MS	Ab Lab <i>Laura Hayes</i>	10:25-11:10 MS◆	Tabata <i>Sandy Wasserbach</i>
5:45-6:30 MS◆	<b>MetCon(M)</b> <i>Chris Norvell</i>	1:15-2:15 YS	Vinyasa Yoga <i>Sarah Girard</i>	9:30-10:30 YS	Vinyasa Yoga <i>Kevin Lamb</i>	1:15-2:15 YS	Vinyasa Yoga <i>Lisa Bermudez</i>	1:15-2:15 YS	Vinyasa Yoga <i>Jena Maenius</i>	11:00-11:45 MS◆	THE CUT <i>Mary O</i>	11:20-12:05 MS	Diezel Warriors <i>Jermaine Bailey</i>
6:00-7:00 YS◆	Power Yoga <i>Kevin Lamb</i>	5:45-6:30 MS	Tabata <i>Jan Erik Navoa</i>	12:15-1:15 YS	Vinyasa Yoga <i>Danielle Dugan</i>	5:45-6:30 MS	Fit, Fierce & Fabulous (L2) <i>Dawn Parker</i>	6:00-7:00 YS	Vinyasa Yoga <i>Kristina Erikson</i>	11:15-12:15 YS◆	Vinyasa Yoga <i>Leo Rising</i>	11:30-12:15 CS◆	Studio Cycling <i>Sandy Wasserbach</i>
6:35-7:20 MS	<b>THE CUT</b> <i>Mary O</i>	5:45-6:30 TR◆	<b>Precision Running®</b> <i>Justine Ayala</i>	12:30-1:15 MS	THE CUT <i>Eddie Carrington</i>	5:45-6:30 TR◆	Precision Running® <i>Avery Washington</i>	5:45-6:30 TR◆	Precision Running® <i>Avery Washington</i>	11:30-12:20 TR◆	Precision Running® <i>Miriam Wasmund</i>	11:30-12:15 YS	Pilates <i>Dara Adler</i>
7:15-8:00 CS◆	Studio Cycling <i>Lindsay B. Davis</i>	6:30-7:25 MS	<b>Deep EXtreme</b> <i>Becca Pace</i>	5:45-6:30 MS◆	PURE STRENGTH <i>Mary O</i>	6:00-6:45 YS	Pilates <i>Dara Spitalny</i>	6:00-6:45 YS	Pilates <i>Dara Spitalny</i>	11:45-12:30 MS	Best Butt Ever <i>Mary O</i>	12:25-1:10 MS	BoxCamp <i>Jermaine Bailey</i>
7:15-8:00 YS	Pilates <i>Jennifer Tarentino</i>	6:35-7:20 CS◆	Cycle Beats <i>Jan Erik Navoa</i>	6:00-7:10 YS◆	Vinyasa Yoga <i>Kristin Condon</i>	6:35-7:05 MS	Core Conditioning <i>Dawn Parker</i>	6:35-7:05 MS	Core Conditioning <i>Dawn Parker</i>	12:30-1:15 CS◆	Cyclesanity® <i>Jillian Wright</i>	12:30-1:30 YS◆	Vinyasa Yoga <i>Sarah Girard</i>
7:30-8:15 MS	Athletic Conditioning <i>Lulu Faria</i>	7:30-8:30 YS	Vinyasa Yoga <i>Rika Henry</i>	6:45-7:30 MS	Cardio Hip Hop Funk <i>Lashawn Jones</i>	6:45-7:30 CS◆	Performance Cycling <i>Avery Washington</i>	6:45-7:30 CS◆	Performance Cycling <i>Avery Washington</i>	12:45-1:45 MS◆	ROPES and ROWERS <i>Miriam Wasmund</i>	5:00-6:15 YS	<b>Vinyasa Yoga</b> <i>Evan Perry</i>
		7:45-8:30 MS◆	PURE STRENGTH <i>Erin Sanders</i>	7:15-8:00 CS◆	Studio Cycling <i>Nicole Murray</i>	7:30-8:15 MS◆	THE MUSE™ <i>Genieve Gordon</i>	7:30-8:30 YS	<b>Vinyasa Yoga</b> <i>Charlene Lite</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

### GROUP FITNESS MANAGER

mary.onyangoodhiambo-  
aulet@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

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

#### WHAT'S NEW THIS MONTH

Our newest class True Athlete is athletic training redefined. Boost your performance by pairing cutting-edge equipment with your inner drive. This is how champions are made. Try it today, at select Equinox locations.

#### 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.

**CYCLE BEATS** Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

**CYCLESANITY®** Technique turned 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.

**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

**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.

**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** 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 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.

**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.

**METCON(M)** One of our most popular Group Fitness classes reimagined to not only train your body, but your brain for long-term health. This high-intensity metabolic conditioning workout takes body and brain through three rounds of ten exercises tailored to challenge you physically and mentally.

**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.

**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.

**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!

**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.

**TRUE ATHLETE** This is athletic training, redefined. Boost your performance by pairing cutting-edge equipment used by the pros with your inner drive.

#### 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

**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.

**DEEP EXTREME** Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

**FIT, FIERCE & FABULOUS** Get ready for your close-up. Dawn Parker's signature program features a core-defining combination of strength training, endurance, plyometrics, and functional moves for a fabulous burn.

**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.

#### DANCE

**CARDIO HIP HOP FUNK** This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

#### BOXING + MARTIAL ARTS

**BOXCAMP** Get in shape with the "sweet science." Basic punching combinations of boxing on the heavy bag and with focus mitts. Well chosen bootcamp drills will push you to your ultimate fitness level. Handwraps/gelwraps, boxing gloves, jumpropes are mandatory. Mouthpiece optional.

**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.