

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 30/60/90@ <i>Luke Carron</i>	7:30-8:20 TR ♦ Precision Running@ <i>Linette Guelen</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 Rock Solid: Pilates (L2) <i>Jewel Elizabeth</i>	9:00-9:45 CS ♦ Studio Cycling <i>Frank Louis</i>	10:00-10:30 MS 30/60/90@ Core <i>Kristi Molinaro</i>	10:30-11:15 MS 30/60/90@ <i>Kristi Molinaro</i>
9:15-10:00 CS ♦ Studio Cycling <i>Chayanne Joel</i>	7:30-8:15 MS METCON3 <i>Rachel Vaziralli</i>	7:30-8:15 MS METCON3 <i>Rachel Vaziralli</i>	8:15-8:45 MS Best Abs Ever <i>Rachel Vaziralli</i>	9:15-10:00 CS ♦ TERRAcycle! <i>Gregg Cook</i>	10:00-10:45 MS THE CUT <i>Mary O</i>	7:30-8:15 MS EQX Barre Burn <i>Cindya Davis</i>	8:15-8:30 MS Ab Lab <i>Cindya Davis</i>	9:15-10:00 CS ♦ Studio Cycling <i>Wil Ashley</i>	9:30-10:15 MS Cardio Sculpt <i>Kyle Brown</i>	10:15-11:15 YS Power Yoga <i>Mary Dana Abbott</i>	10:30-11:15 YS Vinyasa Yoga <i>JoAnna Ross</i>	10:30-11:45 YS Vinyasa Yoga <i>JoAnna Ross</i>	11:30-12:30 MS EQX Barre Burn <i>Matt Ross</i>
9:30-10:15 MS METCON3 <i>Matt Ortel</i>	9:15-10:00 MS Tabata <i>CeCe Marizu</i>	9:15-10:00 MS Tabata <i>CeCe Marizu</i>	9:30-11:00 YS Vinyasa Yoga (L2) <i>Benn Rasmussen</i>	10:15-11:15 YS Vinyasa Yoga <i>Mardi Sykes</i>	10:15-11:15 YS Vinyasa Yoga <i>Rika Henry</i>	9:15-10:00 MS METCON3 <i>John Cianca</i>	9:30-10:30 YS Vinyasa Yoga <i>Rika Henry</i>	9:30-10:15 MS Ab Lab <i>Kyle Brown</i>	10:15-10:30 MS Ab Lab <i>Kyle Brown</i>	10:30-11:15 MS ♦ Tabata <i>John Cianca</i>	10:45-11:30 CS ♦ Studio Cycling <i>Michael Keeney</i>	10:45-11:30 CS ♦ Studio Cycling <i>Michael Keeney</i>	6:00-7:00 YS Alignment Flow Yoga <i>Derek Cook</i>
10:15-11:15 YS Vinyasa Yoga <i>Lisa Bermudez</i>	10:05-10:55 TR ♦ Precision Running@ <i>Arthur Tang</i>	10:05-10:55 TR ♦ Precision Running@ <i>Arthur Tang</i>	12:30-1:15 MS Tabata <i>Carolann Valentino</i>	12:30-1:15 MS Tabata <i>Carolann Valentino</i>	1:15-2:15 YS Power Yoga (L3) <i>Robert Nguyen</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>	11:30-12:15 MS Zumba 7/1-7/31 <i>Antonio Hudson</i>	11:30-12:15 MS Zumba 7/1-7/31 <i>Antonio Hudson</i>	11:30-12:30 YS Alignment Flow Yoga <i>Mary Dana Abbott</i>	
12:30-1:00 MS ♦ Firestarter <i>Natasha Ross</i>	12:00-1:00 YS Pilates <i>Alissa Alter</i>	12:00-1:00 YS Pilates <i>Alissa Alter</i>	5:30-6:15 MS METCON3 <i>Ben Dampthey</i>	5:30-6:15 MS METCON3 <i>Ben Dampthey</i>	6:00-7:00 YS Vinyasa Yoga <i>Jill Green</i>	12:30-1:15 CS ♦ Studio Cycling <i>Nikki Bucks</i>	12:30-1:15 CS ♦ Studio Cycling <i>Nikki Bucks</i>	12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i>	5:45-6:30 MS THE CUT <i>Gina DiNapoli</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>		
12:30-1:30 YS Power Yoga <i>Damien Alexander</i>	1:15-2:00 MS Whipped! <i>John Cianca</i>	1:15-2:00 MS Whipped! <i>John Cianca</i>	6:00-7:00 YS Vinyasa Yoga <i>Jill Green</i>	6:00-7:00 YS Vinyasa Yoga <i>Jill Green</i>	6:15-7:00 CS ♦ Studio Cycling <i>Faris</i>	1:00-2:00 YS Pilates <i>Amanda Blauer</i>	1:00-2:00 YS Pilates <i>Amanda Blauer</i>	12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i>	6:15-7:15 YS Alignment Flow Yoga <i>Lauren Blandin</i>	12:30-1:20 TR ♦ Precision Running@ <i>Jimmy Joseph</i>			
1:00-1:15 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>	6:15-7:00 CS ♦ Studio Cycling <i>Faris</i>	6:15-7:00 CS ♦ Studio Cycling <i>Faris</i>	6:30-7:15 MS Athletic Conditioning <i>Patrick Rossiter</i>	5:45-6:30 MS ♦ Whipped! <i>John Cianca</i>	5:45-6:30 MS ♦ Whipped! <i>John Cianca</i>	5:45-6:30 MS THE CUT <i>Gina DiNapoli</i>					
5:30-6:15 MS Ropes and Rowers <i>Matt Ortel</i>	6:00-7:00 YS Pilates <i>Zach Bergfelt</i>	6:00-7:00 YS Pilates <i>Zach Bergfelt</i>	6:30-7:15 MS Athletic Conditioning <i>Patrick Rossiter</i>	6:30-7:15 MS Athletic Conditioning <i>Patrick Rossiter</i>	7:15-7:45 MS Ab Lab <i>Patrick Rossiter</i>	6:00-7:00 YS Pilates <i>Elgin McCargo</i>	6:00-7:00 YS Pilates <i>Elgin McCargo</i>	6:15-7:15 YS Alignment Flow Yoga <i>Lauren Blandin</i>					
6:00-7:00 YS Vinyasa Yoga <i>Jena Maenius</i>	6:15-7:00 CS ♦ Studio Cycling <i>Jordan Bantista</i>	6:15-7:00 CS ♦ Studio Cycling <i>Jordan Bantista</i>	7:15-7:45 MS Ab Lab <i>Patrick Rossiter</i>	7:15-7:45 MS Ab Lab <i>Patrick Rossiter</i>	7:15-8:15 YS Pilates <i>Bianca Reid</i>	7:00-7:45 MS EQX Barre Burn <i>Elgin McCargo</i>	7:00-7:45 MS EQX Barre Burn <i>Elgin McCargo</i>						
6:15-7:00 CS ♦ Studio Cycling <i>Frank Louis</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 Pilates <i>Bianca Reid</i>	7:15-8:15 YS Pilates <i>Bianca Reid</i>		7:15-8:15 YS Vinyasa Yoga <i>Leo Rising</i>	7:15-8:15 YS Vinyasa Yoga <i>Leo Rising</i>						
6:30-7:15 MS ♦ Tabata <i>Amanda Young</i>	7:15-8:15 YS Power Yoga <i>Rika Henry</i>	7:15-8:15 YS Power Yoga <i>Rika Henry</i>				8:15-8:30 YS Meditation <i>Leo Rising</i>	8:15-8:30 YS Meditation <i>Leo Rising</i>						
7:15-7:45 MS Ab Lab <i>Amanda Young</i>	7:45-8:30 MS Barre <i>Sam Rothermel</i>	7:45-8:30 MS Barre <i>Sam Rothermel</i>											
7:15-8:00 YS Rock Solid: Pilates (L2) <i>Jewel Elizabeth</i>													

EQUINOX

TRIBECA

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

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

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

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

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

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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.

CONDITIONING

30/60/90® CORE Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

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.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

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.

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.

ZUMBA 7/1-7/31 Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.