

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:30-7:15 CS ♦	Studio Cycling <i>Mike Harris</i>	6:30-7:15 CS ♦	Studio Cycling <i>Monika Janeczek</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>	9:15-10:00 CS ♦	Studio Cycling <i>Chayanne Joel</i>	6:30-7:15 CS ♦	Studio Cycling <i>Sandy Wasserbach</i>	6:30-7:15 MS	30/60/90@ <i>Luke Carron</i>
7:00-8:00 YS	Vinyasa Yoga <i>Mikee Richardson</i>	7:00-7:45 MS	METCON3 <i>Matt Ortel</i>	9:30-10:15 CS ♦	Studio Cycling <i>Michael Keeney</i>	10:30-11:45 YS	Vinyasa Yoga <i>Mariko Hirakawa</i>	10:30-11:15 MS	Summer Slam <i>Amy Amato</i>	7:00-8:00 YS	Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:20 TR ♦	Precision Running@ <i>Linette Guelen</i>
7:30-8:15 MS	EQX Barre Burn <i>Cindya Davis</i>	9:15-10:00 CS ♦	Studio Cycling <i>Wil Ashley</i>	10:30-11:15 MS ♦	METCON3 <i>Michael Keeney</i>					7:30-8:15 MS	METCON3 <i>Rachel Vaziralli</i>	9:15-10:00 CS ♦	TERRAcycle! <i>Gregg Cook</i>
9:15-10:00 MS	METCON3 <i>John Cianca</i>	9:30-10:15 MS	Cardio Sculpt <i>Robbie Darby</i>							8:15-8:45 MS	Best Abs Ever <i>Rachel Vaziralli</i>	10:00-10:45 MS	THE CUT <i>Mary O</i>
9:30-10:30 YS	Vinyasa Yoga <i>Rika Henry</i>	10:15-11:15 YS	Vinyasa Yoga <i>Benn Rasmussen</i>							9:15-10:00 MS	Tabata <i>CeCe Marizu</i>	10:15-11:15 YS	Vinyasa Yoga <i>Mardi Sykes</i>
10:05-10:55 TR ♦	Precision Running@ <i>John Cianca</i>	12:30-1:30 MS	EQX Barre Burn <i>Cindya Davis</i>							9:30-11:00 YS	Vinyasa Yoga (L2) <i>Benn Rasmussen</i>	12:30-1:15 MS	Tabata <i>Carolann Valentino</i>
12:30-1:15 CS ♦	Studio Cycling <i>Nikki Bucks</i>	12:30-1:30 YS	Vinyasa Yoga <i>Lara Benusis</i>							10:05-10:55 TR ♦	Precision Running@ <i>Arthur Tang</i>	1:15-2:15 YS	Power Yoga (L3) <i>Robert Nguyen</i>
1:00-2:00 YS	Pilates <i>Amanda Blauer</i>	6:15-7:15 YS	Alignment Flow Yoga <i>Lauren Blandin</i>									12:00-1:00 YS	Pilates <i>Alissa Alter</i>
5:45-6:30 MS ♦	Whipped! <i>John Cianca</i>											1:15-2:00 MS	Whipped! <i>John Cianca</i>
6:00-7:00 YS	Pilates <i>Elgin McCargo</i>											5:45-6:30 MS	Boot Camp <i>Lulu Faria</i>
7:00-7:45 MS	EQX Barre Burn <i>Elgin McCargo</i>											6:00-7:00 YS	Pilates <i>Zach Bergfelt</i>
7:15-8:15 YS	Vinyasa Yoga <i>Rika Henry (SUB)</i>											6:15-7:00 CS ♦	Studio Cycling <i>Paris</i>
8:15-8:30 YS	Meditation <i>Rika Henry (SUB)</i>											6:30-7:15 MS	Tabata <i>Lee Jimenez</i>
												7:15-7:45 MS	Ab Lab <i>Lee Jimenez</i>
												7:15-8:15 YS	Pilates <i>Bianca Reid</i>
												7:45-8:30 MS	Barre <i>Sara Rothermel</i>

EQUINOX

TRIBECA

54 MURRAY STREET
NEW YORK NEWYORK 10007
212.566.6555
EQUINOX.COM
@EQUINOX

MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 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
YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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!

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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

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 Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.