

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 Athletic Conditioning <i>Luke Carron</i>	7:15-7:30 MS Ab Lab Luke Carron	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>Jack McGowan, Jack McGowan (SUB)</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>	9:00-9:45 YS Pilates Rita Thompson	9:00-9:45 YS Pilates Rita Thompson	9:00-9:45 YS Pilates Rita Thompson
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>	7:30-8:20 TR◆ Precision Running® <i>Linette Guelen</i>	9:15-10:00 CS◆ TERRAcycle! <i>Gregg Cook</i>	7:30-8:15 MS EQX Barre Burn <i>Cindya Davis</i>	8:15-8:30 MS Ab Lab <i>Cindya Davis</i>	7:00-7:45 MS METCON3 <i>Matt Ortel</i>	9:30-10:15 MS◆ Studio Cycling <i>Wil Ashley</i>	9:30-10:15 MS◆ METCON3 <i>John Cianca</i>	10:00-11:00 YS Vinyasa Yoga Eli Walker	10:00-11:00 YS Vinyasa Yoga Eli Walker	10:00-11:00 YS Vinyasa Yoga Eli Walker
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>	9:15-10:00 CS◆ TERRAcycle! <i>Gregg Cook</i>	10:00-10:45 MS THE CUT <i>Mary O</i>	9:30-10:30 YS Vinyasa Yoga <i>Rika Henry</i>	9:15-10:00 MS METCON3 <i>John Cianca</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 MS◆ Tabata <i>John Cianca</i>	10:30-11:15 MS Athletic Conditioning Luke Carron	10:30-11:15 MS Athletic Conditioning Luke Carron	10:30-11:15 MS Athletic Conditioning Luke Carron
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>		10:15-11:15 YS Vinyasa Yoga <i>Mardi Sykes</i>	10:15-11:15 YS Vinyasa Yoga <i>Mardi Sykes</i>	10:05-10:55 TR◆ Precision Running® <i>John Cianca</i>	10:15-11:15 YS Vinyasa Yoga <i>Rika Henry</i>	10:15-11:15 YS Vinyasa Yoga <i>Benn Rasmussen</i>	10:45-11:30 CS◆ Studio Cycling <i>Michael Keeney</i>	11:30-12:30 YS Alignment Flow Yoga <i>Mary Dana Abbott</i>	11:15-11:30 MS Ab Lab Luke Carron	11:15-11:30 MS Ab Lab Luke Carron	11:15-11:30 MS Ab Lab Luke Carron
12:30-1:00 MS◆ Firestarter <i>Natasha Ross</i>	12:15-1:15 YS Pilates <i>Alissa Alter</i>	12:15-1:15 YS Pilates <i>Alissa Alter</i>	1:15-2:00 MS Whipped! <i>John Cianca</i>	12:30-1:15 MS Tabata <i>Carolann Valentino</i>	1:15-2:15 MS Vinyasa Yoga <i>Robert Nguyen</i>	12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i>	12:30-1:15 CS◆ Studio Cycling <i>Nikki Bucks</i>	12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i>	12:30-1:20 TR◆ Precision Running® <i>Jimmy Joseph</i>	11:30-12:30 YS Alignment Flow Yoga <i>Mary Dana Abbott</i>	5:00-6:00 MS EQX Barre Burn Matt Ross	5:00-6:00 MS EQX Barre Burn Matt Ross	5:00-6:00 MS EQX Barre Burn Matt Ross
12:30-1:30 YS Power Yoga <i>Damien Alexander</i>	5:45-6:30 MS Boot Camp <i>Lulu Faria</i>	5:45-6:30 MS Boot Camp <i>Lulu Faria</i>		1:15-2:15 MS Vinyasa Yoga <i>Robert Nguyen</i>	5:30-6:15 MS METCON3 <i>Ben Hey!</i>	12:30-1:30 MS EQX Barre Burn <i>Cindya Davis</i>	1:00-2:00 YS Pilates <i>Amanda Blauer</i>	12:30-1:30 YS Vinyasa Yoga Lara Benusis		6:00-6:45 MS THE CUT Gina DiNapoli	6:00-7:00 YS Alignment Flow Yoga <i>Derek Cook</i>	6:00-7:00 YS Alignment Flow Yoga <i>Derek Cook</i>	6:00-7:00 YS Alignment Flow Yoga <i>Derek Cook</i>
1:00-1:15 MS Ab Lab <i>Natasha Ross</i>	6:00-7:00 YS Pilates <i>Loi Jean Kail</i>	6:00-7:00 YS Pilates <i>Loi Jean Kail</i>		6:15-7:00 MS Vinyasa Yoga <i>Jill Green</i>	6:15-7:00 CS◆ Studio Cycling <i>Faris</i>	12:30-1:30 YS Vinyasa Yoga Lara Benusis	6:00-7:00 YS Pilates <i>Gabe Villanueva</i>	6:00-6:45 MS THE CUT Gina DiNapoli		6:15-7:15 YS Alignment Flow Yoga <i>Lauren Blandin</i>			
5:30-6:15 MS Ropes and Rowers <i>Matt Ortel</i>	6:15-7:00 CS◆ Studio Cycling <i>Frank Louis</i>	6:15-7:00 CS◆ Studio Cycling <i>Frank Louis</i>		6:15-7:00 CS◆ Studio Cycling <i>Faris</i>	6:30-7:15 MS Athletic Conditioning <i>Patrick Tae</i>	6:00-6:45 MS THE CUT Gina DiNapoli	7:00-7:45 MS EQX Barre Burn Jenna Muller	6:15-7:15 YS Alignment Flow Yoga <i>Lauren Blandin</i>					
6:00-7:00 YS Vinyasa Yoga <i>Jena Maenius</i>	6:45-7:30 MS Cardio Kick <i>Akin Williams</i>	6:45-7:30 MS Cardio Kick <i>Akin Williams</i>		6:30-7:15 MS Athletic Conditioning <i>Patrick Tae</i>	7:15-7:45 MS Ab Lab <i>Patrick Tae</i>	6:00-6:45 MS THE CUT Gina DiNapoli	7:00-7:45 MS EQX Barre Burn Jenna Muller						
6:15-7:00 CS◆ Studio Cycling <i>Frank Louis</i>	7:15-8:15 YS Power Yoga <i>Rika Henry</i>	7:15-8:15 YS Power Yoga <i>Rika Henry</i>		7:15-7:45 MS Ab Lab <i>Patrick Tae</i>	7:15-8:15 YS Pilates <i>Bianca Reid</i>	6:00-6:45 MS THE CUT Gina DiNapoli	7:15-8:15 YS Vinyasa Yoga <i>Leo Rising</i>						
6:30-7:15 MS◆ Tabata <i>Amanda Young</i>	7:45-8:30 MS EQX Barre Burn Zach Bergfelt	7:45-8:30 MS EQX Barre Burn Zach Bergfelt		7:15-7:45 MS Ab Lab <i>Patrick Tae</i>	7:15-8:15 YS Pilates <i>Bianca Reid</i>	6:00-6:45 MS THE CUT Gina DiNapoli	8:15-8:30 YS Meditation <i>Leo Rising</i>						
7:15-7:45 MS Ab Lab <i>Amanda Young</i>				7:15-7:45 MS Ab Lab <i>Patrick Tae</i>	7:15-8:15 YS Pilates <i>Bianca Reid</i>	6:00-6:45 MS THE CUT Gina DiNapoli							
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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

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! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

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 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.