

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:20 CS ◆ The Pursuit: Build <i>Candace Peterson</i>	6:30-7:15 OT ◆ METCON3 - Outdoors <i>Coco Cohen</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>John Peterson</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>Andy Grant</i>	6:30-7:15 CS ◆ Cycle Beats <i>Kyle O'Brien</i>	6:30-7:15 MS ◆ AK! Rope <i>Emilee Theno</i>	8:15-9:00 TR ◆ Precision Run® <i>Lisa Raphael</i>	8:15-9:00 TR ◆ Precision Run® <i>Lisa Raphael</i>	6:45-7:30 MS ◆ Firestarter + Best <i>Abs Ever</i> <i>Marina Colonna</i>	6:45-7:30 CS ◆ Cycle Power <i>Alex Breaux</i>	6:45-7:30 TR ◆ Precision Run® <i>Amanda Katz</i>	6:45-7:30 CS ◆ Cycle Power <i>Alex Breaux</i>	8:30-9:15 MS ◆ STRONG <i>Amanda Katz</i>	8:30-9:15 MS ◆ STRONG <i>Amanda Katz</i>
7:15-8:15 YS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	7:15-8:00 BA ◆ True Barre <i>Kevin VerEecke</i>	7:00-7:45 BA ◆ Pilates Mat <i>Terrence Carey</i>	7:15-8:15 YS ◆ Yoga Strong <i>Keely Garfield</i>	7:15-8:15 YS ◆ Vinyasa Yoga <i>Whitney Chapman</i>	8:30-9:15 CS ◆ Cycle Power <i>Alex Breaux</i>	8:45-9:45 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>	8:45-9:45 YS ◆ Regeneration Yoga <i>Whitney Chapman</i>	9:00-9:45 MS ◆ Zumba® <i>Yenny Barona</i>	7:45-8:30 MS ◆ Cardio Sculpt <i>Jessica Davis</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Lindsay Carson</i>	8:00-8:45 MS ◆ STRONG <i>Matt Ortel</i>	9:15-10:00 OT ◆ Firestarter - Outdoors <i>John Peterson</i>	9:15-10:00 OT ◆ Firestarter - Outdoors <i>John Peterson</i>
9:15-10:15 BA ◆ True Barre <i>Louisa Plous</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Jade Alexis</i>	7:45-8:30 CS ◆ Cycle Power <i>Amanda Katz</i>	9:00-10:00 YS ◆ Iyengar Yoga <i>Kavi Patel</i>	9:00-10:00 BA ◆ Trilogy Barre <i>Felicia Csolak</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Bransen Gates</i>	9:15-10:15 PD ◆ Aqua Sport <i>Lisa Raphael</i>	9:15-10:15 PD ◆ Aqua Sport <i>Lisa Raphael</i>	10:00-10:45 CS ◆ Cycle Power <i>Kristin Kenney</i>	9:30-10:15 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	9:00-10:00 BA ◆ True Barre <i>Pamela Arkin</i>	9:15-10:00 MS ◆ Cardio Sculpt <i>Peyton Bryant</i>	9:30-10:20 CS ◆ The Pursuit: Bum <i>Amanda Katz</i>	9:30-10:20 CS ◆ The Pursuit: Bum <i>Amanda Katz</i>
10:15-11:00 MS ◆ Cardio Sculpt <i>Calvin Wiley</i>	9:45-10:45 PD ◆ Aqua Sport <i>Christopher</i> <i>Lacour</i>	9:30-10:15 MS ◆ Stacked! <i>Christopher Vo</i>	10:00-10:45 CS ◆ Cycle Beats <i>Javier Ortega</i>	9:30-10:15 OT ◆ Cardio Sculpt - Outdoors <i>Kelsey Stalter</i>	10:45-11:30 MS ◆ Cardio Sculpt <i>Peyton Bryant</i>	9:45-10:30 BA ◆ Pilates Mat <i>Jennifer Tarentino</i>	9:45-10:30 BA ◆ Pilates Mat <i>Jennifer Tarentino</i>	10:45-11:30 BA ◆ Pilates Mat <i>Emma Rivera</i>	9:45-10:45 PD ◆ Cycle Power <i>LR Davidson</i>	10:00-11:15 YS ◆ Ashtanga Yoga <i>Evan Pery</i>	10:45-11:45 CS ◆ ANTHEM™ <i>Michael Keeney</i>	10:30-11:30 YS ◆ Vinyasa Yoga (L2) <i>Mariko Hirakawa</i>	10:30-11:30 YS ◆ Vinyasa Yoga (L2) <i>Mariko Hirakawa</i>
11:15-12:15 MS ◆ Calvinography <i>Calvin Wiley</i>	10:00-10:45 CS ◆ Cycle Power <i>LR Davidson</i>	10:15-11:00 BR ◆ Boxing <i>Jemaine Bailey</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Mindy Frenkel</i>	10:45-11:30 BA ◆ Pilates Mat <i>Emma Rivera</i>	11:00-11:45 MS ◆ Atletica <i>Iliana Montagnani</i>	11:00-11:45 MS ◆ Atletica <i>Iliana Montagnani</i>	11:00-11:45 MS ◆ Atletica <i>Iliana Montagnani</i>	12:15-1:00 BA ◆ Bare <i>Sarah May</i> <i>Epstein</i>	10:45-11:45 YS ◆ Iyengar Yoga <i>Cheryl Walter</i>	10:30-11:15 MS ◆ Powerstrike! <i>Christopher Vo</i>	11:00-11:45 MS ◆ Atletica <i>Iliana Montagnani</i>	11:30-12:15 CS ◆ Cycle Beats <i>Coco Cohen</i>	11:30-12:15 CS ◆ Cycle Beats <i>Coco Cohen</i>
12:15-1:15 YS ◆ Vinyasa Yoga <i>Kristin Kenney</i>	12:15-1:00 TR ◆ Precision Run® <i>Andrew Slane</i>	12:15-1:00 BA ◆ Pilates Fusion <i>Kayla Prestel</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	11:00-11:45 MS ◆ Atletica <i>Iliana Montagnani</i>	12:00-12:45 MS ◆ Ropes and Rowers <i>Monique</i> <i>Alhaddad</i>	12:00-12:45 MS ◆ Ropes and Rowers <i>Monique</i> <i>Alhaddad</i>	12:00-12:45 MS ◆ Ropes and Rowers <i>Monique</i> <i>Alhaddad</i>	12:30-1:15 MS ◆ Stacked! <i>Andrew Slane</i>	12:30-1:15 YS ◆ Tabata Max <i>Luis Weber</i>	12:30-1:15 CS ◆ Cycle Power <i>Coco Cohen</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	12:15-1:00 MS ◆ Powerstrike! <i>Iliana Montagnani</i>	12:15-1:00 MS ◆ Powerstrike! <i>Iliana Montagnani</i>
12:30-1:15 MS ◆ Cardio Sculpt <i>Stephen Bel</i> <i>Davies</i>	12:30-1:15 MS ◆ Tabata Max <i>Luis Weber</i>	12:30-1:15 CS ◆ Cycle Power <i>Coco Cohen</i>	1:30-2:15 TR ◆ Precision Run® <i>Andrew Slane</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Jade Alexis</i>	1:15-2:00 MS ◆ Zumba® <i>Monique Alhaddad</i>	1:15-2:00 MS ◆ Zumba® <i>Monique Alhaddad</i>	1:15-2:00 MS ◆ Zumba® <i>Monique Alhaddad</i>	12:30-2:15 TR ◆ Precision Run® <i>Andrew Slane</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	5:15-6:00 MS ◆ FORZA! <i>Coco Cohen</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	12:30-1:30 PD ◆ Swim Team Pro <i>Alex Ward</i>	12:30-1:30 PD ◆ Swim Team Pro <i>Alex Ward</i>
4:30-5:15 PD ◆ H2shO™ <i>Erwin Gonzalez</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	5:15-6:00 MS ◆ FORZA! <i>Coco Cohen</i>	5:00-6:00 PD ◆ Swim Team <i>Alex Ward</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Jade Alexis</i>	2:00-3:00 PD ◆ Swim Team Pro <i>Alex Ward</i>	2:00-3:00 PD ◆ Swim Team Pro <i>Alex Ward</i>	5:15-6:00 MS ◆ STRONG <i>Gerard</i> <i>Thelemaque</i>	5:15-6:15 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	5:30-6:15 MS ◆ Cardio Sculpt <i>Johnnie P</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Suzanne Taylor</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	2:15-3:30 YS ◆ Restorative Yoga <i>Rhana Harris</i>	2:15-3:30 YS ◆ Restorative Yoga <i>Rhana Harris</i>
5:15-6:00 TR ◆ Precision Run® <i>Corky Corkum</i>	5:30-6:15 MS ◆ Cardio Sculpt <i>Johnnie P</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Suzanne Taylor</i>	5:15-6:15 MS ◆ Studio Dance <i>Johnnie P</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	2:15-3:30 YS ◆ Restorative Yoga <i>Rhana Harris</i>	2:15-3:30 YS ◆ Restorative Yoga <i>Rhana Harris</i>	5:30-6:00 MS ◆ STRONG <i>Gerard</i> <i>Thelemaque</i>	5:45-6:35 CS ◆ The Pursuit: Bum <i>Candace Peterson</i>	6:30-7:15 BA ◆ Athletic Stretch <i>Johnnie P</i>	5:45-6:30 BA ◆ Pilates Mat <i>Will Taylor</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	5:00-6:00 PD ◆ Swim Team Pro <i>Alex Ward</i>	5:00-6:00 PD ◆ Swim Team Pro <i>Alex Ward</i>
5:30-6:30 MS ◆ AK! Rope <i>Kyle White</i>	5:45-6:35 CS ◆ The Pursuit: Bum <i>Candace Peterson</i>	5:45-6:30 BA ◆ Pilates Mat <i>Will Taylor</i>	5:15-6:15 MS ◆ Studio Dance <i>Johnnie P</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	5:30-6:30 BA ◆ Barre <i>Louisa Plous</i>	5:30-6:30 BA ◆ Barre <i>Louisa Plous</i>	5:30-6:30 BA ◆ Barre <i>Louisa Plous</i>	6:30-7:15 BA ◆ Trilogy Barre <i>Kevin VerEecke</i>	6:45-7:30 MS ◆ Whipped! <i>Ron Christopher</i>	6:15-7:00 MS ◆ Atletica <i>Nora Bisharat</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	5:30-6:30 BA ◆ Barre <i>Louisa Plous</i>	5:30-6:30 BA ◆ Barre <i>Louisa Plous</i>
5:45-6:45 BA ◆ Trilogy Barre <i>Kevin VerEecke</i>	6:30-7:15 BA ◆ Athletic Stretch <i>Johnnie P</i>	6:15-7:00 MS ◆ Atletica <i>Nora Bisharat</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Rhana Harris</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	6:00-7:00 BR ◆ Boxing <i>Andrew Schillaci</i>	6:00-7:00 BR ◆ Boxing <i>Andrew Schillaci</i>	6:00-7:00 BR ◆ Boxing <i>Andrew Schillaci</i>	6:30-7:15 CS ◆ Cycle Power <i>Cara Leggio</i>	7:00-8:00 PD ◆ Swim Team Pro (L2) <i>Mary Grace</i> <i>Costello</i>	6:30-7:15 CS ◆ Cycle Power <i>Kery Aissa</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	6:30-7:15 MS ◆ THE CUT <i>Andrew Slane</i>	6:30-7:15 MS ◆ THE CUT <i>Andrew Slane</i>
6:30-7:15 CS ◆ Cycle Power <i>Cara Leggio</i>	6:45-7:30 MS ◆ Whipped! <i>Ron Christopher</i>	6:30-7:15 CS ◆ Cycle Power <i>Kery Aissa</i>	5:45-6:30 CS ◆ Cycle Power <i>Lisa Raphael</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	6:30-7:15 MS ◆ THE CUT <i>Andrew Slane</i>	6:30-7:15 MS ◆ THE CUT <i>Andrew Slane</i>	6:30-7:15 MS ◆ THE CUT <i>Andrew Slane</i>	6:45-7:30 MS ◆ METCON3 <i>Tracy Gordon</i>	7:00-8:00 PD ◆ Swim Team Pro (L2) <i>Mary Grace</i> <i>Costello</i>	6:45-7:30 MS ◆ METCON3 <i>Tracy Gordon</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	7:00-8:00 BA ◆ True Barre <i>Genieve Gordon</i>	7:00-8:00 BA ◆ True Barre <i>Genieve Gordon</i>
6:45-7:30 MS ◆ METCON3 <i>Tracy Gordon</i>	7:00-8:00 PD ◆ Swim Team Pro (L2) <i>Mary Grace</i> <i>Costello</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Johanna Chase-</i> <i>Weinrich</i>	6:45-7:30 MS ◆ METCON3 <i>Johanna Chase-</i> <i>Weinrich</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>	7:00-8:00 BA ◆ True Barre <i>Genieve Gordon</i>	7:00-8:00 BA ◆ True Barre <i>Genieve Gordon</i>	7:00-8:00 BA ◆ True Barre <i>Genieve Gordon</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Suzanne Taylor</i>		7:15-8:00 MS ◆ Powerstrike! <i>Nora Bisharat</i>	12:30-1:15 MS ◆ Atletica <i>Erika Heam</i>		7:15-8:00 YS ◆ Vinyasa Yoga <i>Suzanne Taylor</i>

SPORTS CLUB NEW YORK

160 COLUMBUS AVE
NEW YORK NY 10023
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 10:00PM

FRI: 5:30AM - 8:00PM

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

KID'S CLUB HOURS

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

GROUP FITNESS MANAGER

coco.cohen@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
BR	Boxing Studio
YS	Yoga Studio
PD	Pool Deck
TR	Treadmill Area
CS	Cycling Studio
OT	Outdoor Track
BA	Barre Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

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

ASHTANGA YOGA Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

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.

IYENGAR YOGA An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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 Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

FIRESTARTER - OUTDOORS A 30-minute, non-stop cardio challenge that demands everything you've got. Blaze through innovative sequences then switch to active recovery without ever stopping. An Equinox Exclusive.

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.

FORZA! Created by global fitness expert, Ilaria Montagnani, this intense martial arts workout uses wooden swords. Learn the strikes and perform fluid movements that train precision, agility, and strength.

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.

METCON3 - OUTDOORS 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.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Bum calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. 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

BARRE A continuous,

rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRILOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

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

CALVINOGRAPHY Experience international fitness expert and choreographer Calvin Wiley's signature dance workout. Channel your inner dancer, and bring the dance floor to your cardio workout!

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.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

ZUMBA® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

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.