

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Studio Cycling Sabrina Luciano CS◆	6:30-7:15 Studio Cycling Leon Joseph CS◆	6:30-7:15 Cycle Beats Kevin Condon CS◆	6:30-7:15 Studio Cycling John Tarmaggiore CS◆	6:30-7:15 Studio Cycling Candace Peterson CS◆	8:45-9:15 Firestarter Molly Day MS	9:00-9:45 Body Precision Stephanie Levinson MS
9:15-10:15 Pilates Abby Price YS	6:30-7:15 Cardio Sculpt Kelsey Stalter MS	6:30-7:15 EQX Barre Burn Genieve Gordon YS	6:30-7:30 Vinyasa Yoga Jo Hall YS	6:30-7:15 THE MUSE™ Genieve Gordon YS◆	9:00-9:45 Cyclesanity® Jillian Wright CS◆	9:15-10:15 Gentle Yoga Annette Vetere YS
9:30-10:15 Cyclesanity® Jillian Wright CS◆	6:30-7:30 Vinyasa Yoga Jo Hall YS	7:00-7:45 Fully Loaded Carolann Valentino MS	7:30-8:15 EQX Barre Burn Mathew Makings YS	7:30-8:20 True Athlete Justine Ayala MS◆	9:15-10:00 THE MUSE™ Monique Alhaddad YS◆	10:00-10:45 SpeedCycle® Steve Feinberg CS◆
9:30-10:15 Cardio Sculpt Stephanie Levinson MS	7:30-8:15 MetCon(M) Leon Joseph MS◆	9:15-10:15 Pilates Morgana Tessler YS	8:30-9:15 Body Precision Pamela Arkin MS	9:30-10:15 ANTHEM™ Shane Blouin CS◆	9:30-10:20 True Athlete Molly Day MS◆	10:15-11:00 MetCon(M) Kat Boger MS◆
10:30-11:30 Ashtanga Yoga Evan Perry YS	8:30-9:15 pureMUSCLE Leon Joseph MS	9:30-10:15 Studio Cycling Nikki Bucks CS◆	9:30-10:15 Studio Cycling Brandy Jans CS◆	9:30-10:15 Definitions Stephanie Levinson MS	9:30-10:30 Aqua Sculpt Julia Keefer PD	10:15-10:30 Meditation(M) Annette Vetere YS
11:45-12:45 Aqua Boot Camp Jill Karagezian PD	9:30-10:15 Cycle In/Yoga Out Kristin Kenney CS◆	9:30-10:15 Cardio Sculpt Carolann Valentino MS	9:30-10:30 Athletic Conditioning Marcus Jackson MS	9:30-10:30 Aqua Strength Jill Karagezian PD	10:00-10:45 ANTHEM™ Betsy Mallonee CS◆	10:15-10:30 Meditation(M) Annette Vetere YS
12:30-1:15 Body Precision Lisa Singer MS	10:20-11:20 Vinyasa Yoga Kristin Kenney YS	9:30-10:30 Aqua Boot Camp Judith Wyman PD	9:30-10:30 Slow Flow Yoga Laleh Nader YS	10:30-11:30 Vinyasa Yoga Jo Hall YS	10:15-11:15 Vinyasa Yoga Lawrence Cardenas MS◆	11:00-12:00 FightTech Steve Feinberg BR◆
5:30-6:15 Pilates Fusion Zach Bergfelt YS	10:30-11:15 Zumba® Jose Ozuna MS	10:30-11:30 Vinyasa Yoga AnneElise Hagen YS	12:30-1:15 EQX Barre Burn Dexter Carter YS	12:30-1:15 Streamline Sculpt Lisa Singer MS	10:30-11:15 Best Butt Ever Cindya Davis MS	11:00-12:00 Ashtanga Yoga Evan Perry YS
6:15-7:15 Zumba® Yenny Barona MS	12:30-1:15 Pilates Mathew Makings YS	12:30-1:15 Definitions Genieve Gordon MS	5:30-6:15 Barre Bianca Reid YS	5:30-6:15 Pilates Fusion Caitlin Potosnak YS	11:30-12:15 Ropes and Rowers Eric Cobb MS◆	11:15-12:00 THE CUT Abbey Hunt MS
6:30-7:15 ANTHEM™ Betsy Mallonee CS◆	5:30-6:15 EQX Barre Burn Betsy Mallonee YS	5:30-6:15 THE MUSE™ Cindya Davis YS◆	6:00-7:00 Boxing Matt Apollinaris BR	6:30-7:20 Ropes and Rowers Molly Day MS◆	11:30-12:15 Pilates Fusion Angie Lee YS	12:15-1:00 Pilates Mathew Makings YS
6:30-7:15 EQX Barre Burn Emily Naim YS	6:00-7:00 Boxing (L2) Johnny Rodriguez BR◆	6:15-7:00 THE CUT Abbey Hunt MS	6:00-6:50 True Athlete Eiren Shuman MS◆	6:30-7:30 Vinyasa Yoga Britt Anderson YS	12:30-1:15 Zumba® Yenny Barona MS	1:15-2:00 EQX Barre Burn Mathew Makings YS
7:30-8:15 MetCon(M) Scott Gervais MS◆	6:00-6:45 Athletic Conditioning Eddie Carrington MS	6:30-7:15 Studio Cycling Candace Peterson CS◆	6:30-7:15 Studio Cycling Reed Foster CS◆	6:30-7:30 Vinyasa Yoga Britt Anderson YS	12:30-1:15 EQX Barre Burn Betsy Mallonee YS	4:15-5:15 Vinyasa Yoga Josh Mathew- Meier YS
7:30-8:30 Vinyasa Yoga Laleh Nader YS	6:30-7:15 Cycle Beats James Donegan CS◆	6:30-7:15 EQX Barre Burn Cindya Davis YS	6:30-7:30 Vinyasa Yoga Melanie Brown YS			
	6:30-7:30 Power Yoga Britt Anderson YS	7:15-8:00 PURE STRENGTH Eric Cobb MS◆	7:00-7:45 MetCon(M) Andrea Levine MS◆			
	7:00-7:45 Best Butt Ever Cindya Davis MS	7:30-8:30 Vinyasa Yoga Jo Hall YS	7:45-8:30 Pilates Brooke Chaffee YS			
	7:45-8:30 Pilates Melanie Kotcher YS					

EQUINOX

EAST 61ST STREET

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NEW YORK NY 10065
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 11:00PM

FRI: 5:00AM - 10:00PM

SAT - SUN: 7:00AM - 9:00PM

GROUP FITNESS MANAGER

betsy.mallonee@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

PD	Pool Deck
YS	Yoga Studio
BR	Boxing Studio
MS	Main Studio
CS	Cycling 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.

CYCLE IN/YOGA OUT Shift into high gear and then release with this dual Cycling and Yoga workout. Start with a challenging road-based ride followed by a centering Yoga session to lengthen and let go.

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.

SPEEDCYCLE® A true athletic training ride. Created by Steve Feinberg, this class is composed of challenging endurance intervals and short duration HIIT sets, and accompanied by music to set the pace and push you forward.

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.

YOGA

ASHTANGA YOGA Developed by K. Pattabhi Jois, a vigorous style of specific asanas (postures) is sequenced to emphasize breath, strength, flexibility & endurance.

GENTLE YOGA Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones and every muscle in the body. Includes various elements of many different Yoga styles.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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.

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.

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.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

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.

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.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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!

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

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.

LONG + LEAN

BODY PRECISION Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

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.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

DANCE

ZUMBA® 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.

BOXING + MARTIAL ARTS

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

FIGHTTECH Think boxing 101. Learn the basic execution of offensive and defensive techniques while conditioning yourself for performance and fitness through repetition. Great refresher for those who've studied boxing, and completely beginner friendly as well.

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.

POOL

AQUA BOOT CAMP Get out of the studio and into the pool. Dive into a complete cardio & conditioning class using water resistance and equipment for a total body workout. You'll build strength, raise your heart rate, and get an invigorating swim even while you're hard at work.

AQUA SCULPT Add water power for a pool-based, total-body sculpt session. Challenge yourself with water resistance equipment, push your heart rate and rack up results, while staying gentle on joints and muscles.

AQUA STRENGTH Harness more water power in a fully aquatic strength-training and conditioning class. Push, pull and press against the natural resistance of water, and then add equipment to take your power to the next level.

ACTIVE REGENERATION

MEDITATION(M) This Alzheimer's and Brain Awareness Month, experience Meditation(M), a limited-edition brain health Meditation. Cycle through focused breath work and disciplined observation of body and mind to restore, rise higher, and reduce your risk of developing Alzheimer's.