

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	METCON3 <i>Yenny Barona</i>	6:15-7:00 MS ◆	Cardio Sculpt <i>Allison Rowland</i>	6:30-7:15 MS ◆	Athletic Conditioning <i>Cathy Munzer</i>	6:15-7:00 MS ◆	METCON3 <i>Steven Strozza</i>	7:00-7:45 CS ◆	Cycle Beats <i>Cara Leggio</i>	8:15-9:00 TR ◆	Precision Run® <i>LR Davidson</i>	8:45-9:45 YS ◆	Iyengar Yoga <i>Kavi Patel</i>
7:00-7:45 CS ◆	Cycle Power <i>Mario Martinez</i>	7:45-8:30 MS ◆	Body Sculpt <i>Monique Dash</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Kristina Ernkson</i>	7:45-8:30 MS ◆	Body Sculpt <i>Carolann Valentino</i>	7:15-8:00 YS ◆	EQX Barre Bum <i>Kevin VerEecke</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Kristina Erikson</i>	9:00-9:45 CS ◆	Cycle Beats <i>Mindy Leamard</i>
9:00-9:45 YS ◆	Pilates Mat <i>Kayla Prestel</i>	8:30-9:15 TR ◆	Precision Run® <i>Shane Blouin</i>	9:30-10:15 MS ◆	STRONG <i>Vanita Iyer</i>	9:00-9:45 TR ◆	Precision Run® <i>Corky Corkum</i>	9:00-10:00 RD ◆	Yoga - Outdoors <i>Sage Hall</i>	9:15-10:00 CS ◆	Cycle Power <i>LR Davidson</i>	9:30-10:15 MS ◆	Cardio Sculpt <i>Monique Dash</i>
9:30-10:15 MS ◆	Cardio Sculpt <i>Stephanie Levinson</i>	8:45-9:30 YS ◆	EQX Barre Bum <i>Emily Naim</i>	10:45-11:30 YS ◆	EQX Barre Bum <i>Caroline Strong</i>	9:30-10:15 CS ◆	Cycle Power <i>Danielle Wettan</i>	9:30-10:15 MS ◆	Stacked! <i>Monique Alhaddad</i>	9:45-10:30 MS ◆	Zumba® <i>Yenny Barona</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Lauren Solomon</i>
9:45-10:30 CS ◆	Cycle Power <i>Steven Goldsmith</i>	9:30-10:15 CS ◆	ANTHEM™ <i>Shane Blouin</i>	12:15-1:15 YS ◆	Yoga Strong <i>Cooper Chou</i>	10:00-10:45 PD ◆	H2shO™ <i>Erwin Gonzalez</i>	10:00-10:45 CS ◆	Cycle Power <i>D Gunnz</i>	10:00-10:45 YS ◆	EQX Barre Bum <i>Laetia Emmanuel</i>	10:45-11:30 CS ◆	Cycle Beats <i>Mario Martinez</i>
10:00-10:45 PD ◆	Aqua Sculpt <i>Erwin Gonzalez</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Margaret Schwarz</i>	12:30-1:15 MS ◆	METCON3 <i>Genieve Gordon</i>	10:30-11:15 YS ◆	EQX Barre Bum <i>Genieve Gordon</i>	10:15-11:00 YS ◆	Pilates Fusion <i>Genieve Gordon</i>	11:15-12:15 MS ◆	AK! Rope <i>Cole Hickman</i>	11:00-11:45 MS ◆	Cardio Dance <i>Anastasia Gavriukhova</i>
10:50-11:50 YS ◆	Vinyasa Yoga <i>Josh Mathew-Meier</i>	5:30-6:15 YS ◆	EQX Barre Bum <i>Johnny Anzalone</i>	5:30-6:15 YS ◆	Pilates Mat <i>Rachel McSween</i>	5:30-6:30 YS ◆	Regeneration Yoga <i>Suzanne Taylor</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Jamison Goodnight</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Jessica Metz</i>	12:00-12:45 YS ◆	EQX Barre Bum <i>Kevin VerEecke</i>
12:15-1:30 YS ◆	Ashtanga Yoga <i>Evan Pery</i>	5:45-6:30 MS ◆	Athletic Conditioning <i>Eddie Carington</i>	5:45-6:30 CS ◆	Cycle Beats <i>Cara Leggio</i>	5:45-6:30 MS ◆	Cardio Kickboxing <i>Akin Williams</i>	12:30-1:15 BR ◆	Boxing <i>Jemaine Bailey</i>	5:15-6:00 MS ◆	METCON3 <i>Stephanie Levinson</i>	4:00-5:00 YS ◆	Vinyasa Yoga <i>Donald Johnston</i>
12:30-1:15 MS ◆	Tabata Max <i>Alyssa Cerrachio</i>	6:30-7:15 CS ◆	Cycle Power <i>Kery Aissa</i>	6:30-7:15 MS ◆	METCON3 <i>Miriam Shestack</i>	6:30-7:15 CS ◆	Cycle Beats <i>Shweky</i>			5:30-6:30 YS ◆	Vinyasa Yoga <i>Team Equinox</i>		
5:30-6:15 YS ◆	Pilates Fusion <i>Caroline Strong</i>	6:45-7:30 RD ◆	Zumba® <i>Monique Alhaddad</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Team Equinox</i>	6:45-7:30 MS ◆	Zumba® <i>Yenny Barona</i>						
6:00-6:45 BR ◆	Boxing <i>Jemaine Bailey</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Whitney Chapman</i>	7:30-8:15 TR ◆	Precision Run® <i>Miriam Shestack</i>	7:45-8:30 MS ◆	Whipped! <i>Yenny Barona</i>						
6:45-7:30 MS ◆	Stacked! <i>Allison Rowland</i>			7:45-8:30 MS ◆	Best Butt Ever <i>Bransen Gates</i>								
7:00-8:00 YS ◆	Vinyasa Yoga <i>Elyse Niederee</i>												
8:00-8:45 TR ◆	Precision Run® <i>Miriam Shestack</i>												

EQUINOX

EAST 61ST STREET

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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

GENERAL MANAGER

JOE CAVUOTI

joe.cavuoti@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

TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio
PD	Pool Deck
BR	Boxing Studio
MS	Main Studio
RD	Roof Deck

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.

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.

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.

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 - OUTDOORS This timeless approach to yoga links movement and breath through a creative, flowing sequence of postures. 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.

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.

METCON3 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.

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

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body 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.

DANCE

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.

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.

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

POOL

AQUA SCULPT A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints.

H2SHO™ H2shO™, created by Erwin González, integrates traditional movements of aqua fitness with the performance elements of musical theater. Minimal impact on your joints. Maximal impact on your wellbeing.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.