

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:45-8:30 MS ◆	METCON3 <i>Gerard Thelemaque</i>	7:00-7:45 MS ◆	Whipped! TomJohn Mershon	7:00-7:45 CS ◆	Cycle Power <i>Bemex Richardson</i>	6:45-7:35 TR ◆	Precision Run® <i>LR Davidson</i>	7:15-8:00 YS ◆	Pilates Fusion <i>Caitlin Potosnak</i>
12:00-1:00 YS ◆	Vinyasa Yoga (HEATED) <i>Felicia Csolak</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Kristina Erikson</i>	7:15-8:00 MS ◆	Atletica <i>Stephen Bel Davies</i>	7:00-7:45 MS ◆	Athletic Conditioning <i>Cole Hickman</i>	7:45-8:30 MS ◆	STRONG <i>Katie Thrasher</i>
12:15-1:05 TR ◆	Precision Run® <i>Jack McGowan</i>	12:15-1:00 CS ◆	Cycle Beats <i>Shane Blouin</i>	12:15-1:00 MS ◆	METCON3 <i>Janice JP Prishwalko</i>	7:15-8:15 YS ◆	Athletic Yoga (HEATED) <i>Jessica Chin</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>
5:45-6:30 MS ◆	Tabata Max <i>Alyssa Cerrachio</i>	12:30-1:15 MS ◆	Stacked! <i>Carolann Valentino</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Jessica Chin</i>	12:15-1:15 YS ◆	Athletic Yoga (HEATED) <i>Serena Tom</i>	12:30-1:15 MS ◆	Athletic Conditioning Leon Joseph
6:00-7:00 YS ◆	Vinyasa Yoga <i>Keely Garfield</i>	6:00-7:00 YS ◆	Vinyasa Yoga (HEATED) <i>Terrence Monte</i>	5:30-6:30 YS ◆	Athletic Yoga (HEATED) <i>Kristina Erikson</i>	12:30-1:15 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	5:00-5:45 CS ◆	Cycle Beats <i>Bemex Richardson</i>
6:45-7:30 CS ◆	Cycle Beats <i>Mindy Leamard</i>	6:15-7:05 TR ◆	Precision Run® Bryce Wood	5:45-6:30 MS ◆	Cardio Kickboxing <i>Garry Baddal</i>	5:30-6:15 MS ◆	METCON3 <i>Janice JP Prishwalko</i>		
		6:45-7:30 MS ◆	METCON3 <i>Cindya Davis</i>	6:45-7:30 CS ◆	Cycle Beats <i>Chelsea Amengual</i>				

EQUINOX

EAST 53RD STREET
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MON - THU: 5:30AM - 9:00PM
FRI: 5:30AM - 7:00PM

GROUP FITNESS MANAGER
alison.oconnor@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
MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio

**WHAT'S NEW THIS
MONTH**

CYCLING

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 RUNS 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

ATHLETIC YOGA (HEATED) 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.

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.

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ATHLETIC TRAINING

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.

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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

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.

BOXING AND KICKBOXING

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.