

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆ Studio Cycling <i>Nicole Murray</i>	6:30-7:15 MS Tabata Strength <i>Nyree Brown</i>	6:30-7:15 CS ◆ Studio Cycling <i>Alie Giaime</i>	6:30-7:15 MS Stacked! <i>Sandy Wasserbach</i>	6:30-7:15 CS ◆ Studio Cycling <i>Mike Harris</i>	9:00-10:15 MS Vinyasa Yin Yoga <i>Jessica Willis</i>	9:30-10:15 MS Boot Camp <i>Chris Gilbert</i>	7:15-8:00 MS Athletic Conditioning <i>Marcus Jackson</i>	7:00-7:50 TR ◆ Precision Running® <i>KT Goldthorpe</i>	7:15-8:00 MS METCON3 <i>Jan Erik Navoa</i>	7:00-7:50 TR ◆ Precision Running® <i>Miriam Shestack</i>	7:30-8:15 MS Whipped! <i>Or Artzi</i>	9:15-10:00 CS ◆ Studio Cycling <i>Avery Washington</i>	10:15-11:00 CS ◆ Studio Cycling <i>Stephanie Virchaux</i>
8:15-9:00 CS ◆ Studio Cycling <i>Sara Hogrefe</i>	7:30-8:15 CS ◆ Studio Cycling <i>Tim McMullan</i>	7:30-8:15 TR ◆ Precision Running® <i>Alie Giaime</i>	7:30-8:15 CS ◆ Studio Cycling <i>Sandy Wasserbach</i>	9:00-9:45 MS THE CUT <i>Tracey G</i>	10:15-11:00 CS ◆ Studio Cycling <i>Avery Washington</i>	10:15-10:30 MS Ab Lab <i>Chris Gilbert</i>	8:30-9:15 MS Essentials Series	7:30-8:15 MS Pilates Power <i>Genieve Gordon</i>	8:15-9:00 MS EQX Barre Burn <i>Daigi-Ann Thompson</i>	7:30-8:15 MS EQX Barre Burn <i>Sarah Starkweather</i>	10:00-11:00 MS Vinyasa Yoga <i>Kristin Condon</i>	10:30-11:15 MS ◆ MetCon(M) <i>Kelsey Stalter</i>	11:00-12:00 MS ◆ EQX Barre Burn <i>Elgin McCargo</i>
10:00-10:45 MS ◆ THE MUSE™ <i>Or Artzi</i>	9:15-10:00 MS Barefoot Body Conditioning <i>Lindsay B. Davis</i>	9:00-9:45 CS ◆ Studio Cycling <i>Mike Harris</i>	9:15-10:00 MS Best Butt Ever <i>Mary O</i>	12:30-1:15 MS Ropes and Rowers <i>Miriam Wasmund</i>	11:30-12:15 MS Pilates <i>Jennifer Tarentino</i>	12:15-1:00 MS ◆ ANTHEM™ <i>Elgin McCargo</i>	12:30-1:15 MS THE CUT <i>Sarah Starkweather</i>	12:15-1:00 CS ◆ Studio Cycling <i>Sandy Wasserbach</i>	10:00-11:00 MS Vinyasa Yoga <i>Rika Henry</i>	12:15-1:00 CS ◆ Studio Cycling <i>Alie Giaime</i>	1:30-2:20 TR ◆ Precision Running® <i>Miriam Wasmund</i>	12:30-1:30 MS Boot Camp <i>Amanda Baker</i>	12:15-1:15 MS Vinyasa Yoga <i>Josh Mathew-Meier</i>
1:30-2:15 MS Pilates <i>Dara Spitalny</i>	1:15-2:15 MS Vinyasa Yoga <i>Rika Henry</i>	12:30-1:15 MS Stacked! <i>Erin Sanders</i>	1:15-2:15 MS Vinyasa Yoga <i>Kristina Erikson</i>	5:45-6:45 MS Vinyasa Yoga <i>Rika Henry</i>	1:30-1:45 MS Best Abs Ever <i>Amanda Baker</i>	1:30-2:00 MS Booty Blast <i>Elgin McCargo</i>	5:45-6:45 MS EQX Barre Burn <i>Elgin McCargo</i>	1:15-2:05 TR ◆ Precision Running® <i>Miriam Wasmund</i>	1:30-2:15 MS EQX Barre Burn <i>Or Artzi</i>	6:30-7:15 MS Vinyasa Yoga <i>Charlene Lite</i>	6:30-7:15 CS ◆ Studio Cycling <i>Stephanie Virchaux</i>	5:00-6:00 MS Vinyasa Yoga <i>Mikee Richardson</i>	7:00-7:45 CS ◆ Cycle Beats <i>Elgin McCargo</i>
7:00-7:45 MS ◆ MetCon(M) <i>Chris Norvell</i>	5:30-6:15 MS Tabata <i>Abbey Hunt</i>	5:45-6:30 MS ◆ TRX MAX <i>Declan Julien</i>	6:30-7:15 MS ◆ ANTHEM™ <i>Elgin McCargo</i>	6:30-7:15 MS Studio Cycling <i>Villy Grigoriadis</i>	6:30-7:15 MS Boot Camp <i>Declan Julien</i>	7:00-7:45 MS Core Conditioning <i>Declan Julien</i>	7:00-7:45 MS ◆ THE MUSE™ <i>Genieve Gordon</i>	6:30-8:00 CL Summer Series: Equinox Run Group (L1) Equinox Trainers	7:00-7:45 CS ◆ Studio Cycling <i>Villy Grigoriadis</i>	7:30-8:15 MS Ropes and Rowers <i>Marcus Jackson</i>	7:30-8:15 MS Ropes and Rowers <i>Marcus Jackson</i>		8:15-9:15 MS Power Yoga <i>T.B.D.</i>
8:15-9:15 MS Power Yoga <i>T.B.D.</i>	6:30-7:15 CS ◆ Studio Cycling <i>Mike Harris</i>	7:15-8:00 MS Boot Camp <i>Declan Julien</i>	7:30-8:15 MS Ropes and Rowers <i>Marcus Jackson</i>	7:15-8:00 MS Studio Cycling <i>Villy Grigoriadis</i>	8:15-9:15 MS Vinyasa Yoga <i>Mikee Richardson</i>	7:00-7:45 MS ◆ THE MUSE™ <i>Genieve Gordon</i>	6:30-7:30 MS Yoga Fundamentals <i>Ariel Kiley</i>	7:30-8:20 TR ◆ Elevate <i>Mike Harris</i>	8:15-9:15 MS Vinyasa Yoga <i>Mikee Richardson</i>				
	7:35-8:20 MS Pilates <i>Dara Spitalny</i>												

DUMBO

117 FRONT STREET
BROOKLYN NY 11201
EQUINOX.COM
@EQUINOX

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

FRI: 5:30AM - 9:00PM

SAT - SUN: 7:00AM - 8:00PM

GROUP FITNESS MANAGER

dara.spitalny@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

CL	Club Lobby
TR	Treadmill Area
CS	Cycling Studio
MS	Main 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.

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.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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.

SUMMER SERIES: EQUINOX RUN GROUP Join the Equinox run community. Rack up miles and take in the city's sights with a group run followed by an in-club regeneration session. Guided by Equinox's own coaches, these summer group runs through the urban jungle are guaranteed to inspire you and maximize your goals.

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 YIN YOGA A class that will gently stretch and rehabilitate the connective tissues that form our joints combined with a flowing vinyasa workout.

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

ATHLETIC TRAINING

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

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 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.

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.

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!

ESSENTIALS SERIES The Essentials Series include: Cycling, Yoga, Athletic Training and Barre classes. The classes start with a brief introduction followed by an abbreviated workout.

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.

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!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style.

Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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!

TABATA STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

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.

LONG + LEAN

BAREFOOT BODY CONDITIONING Strip off your shoes and get free for a high intensity workout that mixes diverse balance challenges to strengthen your body from the ground up. Ditch your comfort zone, reap the rewards.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

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 POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

BOXING + MARTIAL ARTS

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.