

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS ◆ <b>Tabata Max</b> <i>Miriam Shestack</i>	6:30-7:15 MS ◆ Atletica <i>Nora Bisharat</i>	7:00-7:45 CS ◆ Cycle Beats <i>Jason Vasquez</i>	6:30-7:15 MS ◆ <b>Tabata Max</b> <i>Ashley Underwood</i>	6:30-7:15 MS ◆ METCON3 <i>Lisa Bosalavage</i>	9:15-10:00 CS ◆ Cycle Power <i>Sarah Madaus</i>	9:00-9:45 MS ◆ METCON3 <i>Allie Lewis-Towbes</i>
7:30-8:20 TR ◆ Precision Run@ <i>Miriam Shestack</i>	7:00-7:45 CS ◆ Cycle Power <i>Ney Melo</i>	7:30-8:15 MS ◆ Cardio Sculpt <i>Mary O</i>	7:00-7:45 CS ◆ <b>Cycle Power</b> <i>Andreea Bodnari</i>	8:30-9:15 CS ◆ Cycle Power <i>Mario Martinez</i>	9:30-10:15 MS ◆ Athletic Yoga <i>Erin Stemstein</i>	9:30-10:15 CS ◆ <b>Cycle Beats</b> <i>Michelle Koenigsknecht</i>
8:30-9:15 CS ◆ Cycle Power <i>Sarah Madaus</i>	8:00-9:00 MS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	8:30-9:15 MS ◆ <b>Pilates Mat</b> <i>Jennifer Tarentino</i>	8:00-8:45 MS ◆ Off The Barre <i>Melanie Hervey</i>	9:30-10:30 MS ◆ Regeneration Yoga <i>Elitza Ivanova</i>	10:15-11:05 TR ◆ Precision Run@ <i>Cindy Davis</i>	10:15-11:00 MS ◆ Pilates Mat <i>Itsy Rachatasumrit</i>
9:30-10:30 MS ◆ <b>Vinyasa Yoga</b> <i>Mary Dana Abbott</i>	8:30-9:20 TR ◆ Precision Run@ <i>Lauren Anthony</i>	9:30-10:30 MS ◆ Vinyasa Yoga <i>Colleen Breeckner</i>	8:30-9:20 TR ◆ Precision Run@ <i>Cindy Davis</i>	12:15-1:00 MS ◆ Best Butt Ever + Best Abs Ever <i>Sean O'Donnell</i>	10:30-11:15 MS ◆ METCON3 <i>Brennan Caldwell</i>	10:15-11:00 MS ◆ Pilates Mat <i>Itsy Rachatasumrit</i>
12:15-1:00 MS ◆ Pilates Mat <i>Caroline Strong</i>	9:15-10:00 MS ◆ Best Butt Ever <i>Genieve Gordon</i>	12:00-12:45 MS ◆ <b>Master of One</b> <i>Gerard Thelemaque</i>	9:30-10:15 MS ◆ METCON3 <i>Bransen Gates</i>	12:30-1:20 TR ◆ Precision Run@ <i>Lauren Anthony</i>	12:00-12:45 MS ◆ EQX Barre Bum <i>Genieve Gordon</i>	11:45-12:30 MS ◆ Atletica <i>Nora Bisharat</i>
12:30-1:15 CS ◆ Cycle Power <i>Ney Melo</i>	12:30-1:30 MS ◆ Vinyasa Yoga <i>Jason Orrell</i>	1:00-1:50 TR ◆ Precision Run@ <i>Gerard Thelemaque</i>	12:30-1:30 MS ◆ Vinyasa Yoga <i>Mary Dana Abbott</i>	5:15-6:15 MS ◆ Vinyasa Yoga <i>Mardi Sykes</i>	1:30-2:30 MS ◆ Vinyasa Yoga <i>Leah Friedlander</i>	2:00-2:45 CS ◆ <b>Cycle Beats</b> <i>Lisa Raphael</i>
5:30-6:15 MS ◆ EQX Barre Bum <i>Elgin McCargo</i>	5:15-6:00 MS ◆ <b>Stacked!</b> <i>Ashley Underwood</i>	1:30-2:15 MS ◆ Pilates Mat <i>Melanie Hervey</i>	5:00-5:45 CS ◆ Cycle Beats <i>Elgin McCargo</i>		3:15-4:00 MS ◆ Best Butt Ever <i>Genieve Gordon</i>	3:45-4:45 MS ◆ Vinyasa Yoga <i>Mkee Richardson</i>
5:45-6:30 CS ◆ Cycle Power <i>Mario Martinez</i>	5:45-6:30 CS ◆ Cycle Beats <i>Alex Kerber</i>	5:30-6:30 MS ◆ Vinyasa Yoga <i>Mkee Richardson</i>	5:30-6:15 MS ◆ Pilates Fusion <i>Kimberly Bridgewater</i>		4:15-5:15 MS ◆ <b>Yoga Strong</b> <i>Jamison Goodnight</i>	
6:15-7:05 TR ◆ Precision Run@ <i>Delida Torres</i>	6:30-7:30 MS ◆ Vinyasa Yoga <i>Stephanie Schwartz</i>	5:45-6:30 CS ◆ Cycle Power <i>Lisa Raphael</i>	6:45-7:30 MS ◆ Athletic Conditioning <i>Sean O'Donnell</i>			
6:30-7:15 MS ◆ Pilates Fusion <i>Kimberly Bridgewater</i>	7:45-8:30 MS ◆ Cardio Dance <i>Anastasiia Gavriukhova</i>	6:15-7:05 TR ◆ Precision Run@ <i>Bryce Wood</i>				
7:30-8:15 MS ◆ <b>Whipped!</b> <i>Ashley Underwood</i>		7:00-7:45 MS ◆ Ropes and Rowers <i>Brennan Caldwell</i>				

## DUMBO

117 FRONT STREET  
BROOKLYN NY 11201  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 9:00PM

**FRI:** 5:30AM - 7:00PM

**SAT - SUN:** 7:00AM - 6:00PM

## GROUP FITNESS MANAGER

mat.makings@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
TR	Treadmill Area
CS	Cycling 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** 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.

**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 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

**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.

**BEST BUTT EVER + BEST ABS EVER** A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. 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.

**ROPES AND ROWERS** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn 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.

**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.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### 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.

### SCULPT

**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.