

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	Athletic Conditioning <i>Sean O'Donnell</i>	6:15-7:00 MS ◆	Ropes and Rowers <i>Patrick Tae</i>	6:30-7:15 MS ◆	Cardio Kickboxing <i>Akin Williams</i>	6:15-7:00 MS ◆	Best Butt Ever <i>Elizabeth Tretter</i>	6:45-7:30 MS ◆	METCON3 <i>Alexander Charles</i>	8:30-9:15 YS ◆	Barre <i>Caroline Strong</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Johan Montijano</i>
7:00-7:45 CS ◆	Cycle Beats <i>Sabrina Luciano</i>	6:30-7:15 CS ◆	Cycle Power <i>Meghan Cox</i>	7:00-7:45 CS ◆	Cycle Beats <i>Gater</i>	6:30-7:20 CS ◆	The Pursuit: Bum <i>David Donofrio</i>	7:00-7:45 CS ◆	Cycle Beats <i>Amy Chiu</i>	9:00-10:00 MS ◆	Zen Combat <i>Violet Zaki</i>	9:15-10:00 CS ◆	Cycle Power <i>John King</i>
7:15-8:15 YS ◆	Vinyasa Yoga <i>Matt D'Amico</i>	7:00-7:45 YS ◆	Pilates Mat <i>Caroline Strong</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	7:00-7:45 YS ◆	Barre <i>Brian Slaman</i>	7:15-8:15 YS ◆	Barre <i>Karla Beltchenko</i>	9:30-10:15 CS ◆	Cycle Beats <i>Brandon Scott</i>	9:30-10:15 MS ◆	Cardio Sculpt <i>Elgin McCargo</i>
7:45-8:30 TR ◆	Precision Run® <i>Or Artzi</i>	7:30-8:15 TR ◆	Precision Run® <i>Lindsay Carson</i>	7:45-8:30 TR ◆	Precision Run® <i>Javier Ortega</i>	7:30-8:15 TR ◆	Precision Run® <i>Bynce Wood</i>	7:45-8:30 TR ◆	Precision Run® <i>Eddie Carrington</i>	9:45-10:30 TR ◆	Precision Run® <i>Andrew Slane</i>	10:30-11:20 CS ◆	The Pursuit: Bum <i>Meghan Cox</i>
8:00-9:00 MS ◆	AK! Rope <i>Sean O'Donnell</i>	7:45-8:30 MS ◆	METCON3 <i>Luis Weber</i>	8:00-8:45 MS ◆	Tabata Max <i>Ron Christopher</i>	7:45-8:30 MS ◆	Cardio Sculpt <i>Bransen Gates</i>	8:00-8:45 MS ◆	Whipped! <i>Alexander Charles</i>	10:00-11:00 YS ◆	Vinyasa Yoga <i>Jamison Goodnight</i>	11:00-12:00 YS ◆	Barre <i>Elgin McCargo</i>
9:00-9:45 YS ◆	True Barre <i>Or Artzi</i>	8:00-8:45 CS ◆	Cycle Power <i>Jaimie Austin</i>	9:00-10:00 YS ◆	Pilates Mat <i>Richel Ruiz</i>	8:00-8:45 CS ◆	Cycle Beats <i>D Gunnz</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Karla Beltchenko</i>	10:30-11:15 MS ◆	Athletic Conditioning <i>Violet Zaki</i>	11:45-12:30 MS ◆	Stacked! <i>Meghan Cox</i>
12:15-1:15 YS ◆	Athletic Yoga <i>Lindsay Carson</i>	8:45-9:45 RD ◆	Yoga at Zero Bond <i>Lindsay Carson</i>	9:30-10:15 MS ◆	Stacked! <i>Javier Ortega</i>	8:45-9:45 YS ◆	Athletic Yoga <i>Stephanie Schwartz</i>	9:30-10:15 MS ◆	STRONG <i>Eddie Carrington</i>	10:45-11:30 CS ◆	Cycle Beats <i>Gater</i>	12:15-1:00 CS ◆	Cycle Beats <i>Ney Melo</i>
12:30-1:15 MS ◆	The Low Down <i>Antonio Hudson</i>	12:00-12:45 TR ◆	Precision Run® <i>Jaimie Austin</i>	12:15-1:00 YS ◆	Barre <i>Brian Slaman</i>	12:00-12:45 TR ◆	Precision Run® <i>Lindsay Carson</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Yanik Faylayev</i>	11:30-12:30 YS ◆	Athletic Yoga (HEATED) (L2) <i>Lindsay Carson</i>	12:30-1:15 YS ◆	Pilates Fusion <i>Elgin McCargo</i>
4:00-4:45 YS ◆	True Barre <i>Adam Bokunewicz</i>	12:15-1:00 MS ◆	METCON3 <i>Ron Christopher</i>	12:30-1:15 MS ◆	STRONG <i>Alexander Charles</i>	12:15-1:00 MS ◆	Firestarter + Best Abs Ever <i>Javier Ortega</i>	12:30-1:15 MS ◆	Best Butt Ever <i>Ianthe Mellors</i>	12:00-12:45 MS ◆	Tabata Max <i>Andrew Slane</i>	1:00-1:45 MS ◆	METCON3 <i>Clinton Foster</i>
5:15-6:00 MS ◆	Best Butt Ever <i>Molly Day</i>	12:30-1:15 YS ◆	Athletic Yoga (HEATED) <i>Rika Henry</i>	1:30-2:30 YS ◆	Yoga Strong <i>Dee Holliday</i>	12:30-1:30 YS ◆	Pilates Mat <i>Jill Weinstein</i>	4:00-4:45 YS ◆	Pilates Fusion <i>Kayla Prestel</i>	1:00-2:00 YS ◆	Regeneration Yoga (HEATED) <i>Stephanie Battle</i>	4:00-5:00 YS ◆	Vinyasa Yoga (HEATED) <i>Kristin Bilella</i>
5:30-6:15 YS ◆	Athletic Yoga <i>Lindsay Carson</i>	4:00-5:00 YS ◆	Yoga Strong <i>Felicia Csolak</i>	4:00-5:00 YS ◆	Athletic Yoga <i>Karla Beltchenko</i>	12:30-1:30 YS ◆	Vinyasa Yoga (HEATED) <i>Ali Cramer</i>	5:15-6:00 MS ◆	Cardio Sculpt <i>Daigi-Ann Thompson</i>	1:15-2:00 MS ◆	THE CUT <i>Andrew Slane</i>	5:30-6:30 YS ◆	Restorative Yoga <i>Anubha Elaine Boudouris</i>
5:45-6:30 TR ◆	Precision Run® <i>Khaleah London</i>	5:00-5:30 MS ◆	ABsession™ <i>Violet Zaki</i>	5:15-6:00 MS ◆	Tabata Max <i>Patrick Tae</i>	4:00-5:00 YS ◆	Precision Run® <i>Corky Corkum</i>	5:15-6:00 MS ◆	Daigi-Ann <i>Thompson</i>	2:30-3:15 YS ◆	Pilates Mat <i>Khaleah London</i>		
6:15-7:00 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>	5:15-6:05 TR ◆	Precision Run® <i>Janice JP Prishwalko</i>	5:30-6:15 YS ◆	Trilogy Barre <i>Elgin McCargo</i>	4:00-5:00 YS ◆	Vinyasa Yoga <i>Elitza Ivanova</i>	5:30-6:30 YS ◆	Athletic Yoga (HEATED) <i>Rika Henry</i>				
6:30-7:15 MS ◆	STRONG <i>Luis Weber</i>	5:30-6:15 YS ◆	Pilates Fusion <i>Hannah Bomstein</i>	5:45-6:30 TR ◆	Precision Run® <i>Amy Chiu</i>	4:00-5:00 YS ◆	Cycle Power <i>Ney Melo</i>	5:45-6:30 CS ◆	Cycle Beats <i>Alex Lyons</i>				
6:45-7:30 YS ◆	Barre <i>Khaleah London</i>	6:15-7:05 CS ◆	The Pursuit: Build <i>David Donofrio</i>	6:15-7:00 CS ◆	ANTHEM™ <i>Lindsay Carson</i>	4:00-5:00 YS ◆	METCON3 <i>Jacqueline Kouri</i>	6:30-7:15 MS ◆	Tabata Max <i>Antonio Hudson</i>				
7:30-8:15 CS ◆	Cycle Beats <i>Sage Parker</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Felicia Csolak</i>	6:30-7:15 MS ◆	Whipped! <i>Gerren Liles</i>	4:00-5:00 YS ◆	Yin Yoga <i>Elitza Ivanova</i>						
7:45-8:30 MS ◆	METCON3 <i>David Robert</i>	7:15-8:00 MS ◆	Cardio Sculpt <i>Bransen Gates</i>	7:00-8:00 YS ◆	Vinyasa Yoga (HEATED) <i>Stephanie Schwartz</i>	4:00-5:00 YS ◆							
8:00-9:00 YS ◆	Vinyasa Yoga <i>Dorian Shorts</i>	7:30-8:15 CS ◆	Cycle Power <i>David Donofrio</i>	7:30-8:15 CS ◆	Cycle Power <i>D Gunnz</i>	4:00-5:00 YS ◆							
		8:00-8:45 YS ◆	Barre <i>Zach Eisenberg</i>	7:45-8:30 MS ◆	Athletic Conditioning <i>Cole Hickman</i>	4:00-5:00 YS ◆							

EQUINOX

BOND STREET

0 BOND STREET
NEW YORK NY 10012
EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 10:00PM
FRI: 5:30AM - 8:00PM
SAT - SUN: 8:00AM - 7:00PM

GROUP FITNESS MANAGER

lindsaycarson@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
CS	Cycling Studio
TR	Treadmill Area
YS	Yoga 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.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

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

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.

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.

REGENERATION YOGA (HEATED) A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

VINYASA YOGA (HEATED) 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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

YOGA AT ZERO BOND 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 outdoors at the beautiful Zero Bond club rooftop, located next to Equinox Bond Street.

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.

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

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRILOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle 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.

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.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

ZEN COMBAT Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body. Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie bum, Zaki-Style.

SCULPT

ABSESSION™ A highly efficient core workout developed by celebrity fitness trainer, Violet Zaki where crunches are just the beginning. Develop leaner abs, a stronger back, and better posture and balance through stabilizing exercises.

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.

THE LOW DOWN A lower body sculpt workout created by NYC fitness expert, Antonio Hudson. Strengthen, shape and define with exercises targeting legs, hips, glutes and core.

 **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.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

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.