

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS ◆ Athletic Conditioning <i>Catherine Keman</i>	6:30-7:15 MS ◆ Atletica <i>Paula Calabrese</i>	6:15-7:00 MS ◆ Tabata Max <i>Miriam Shestack</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Alyssa Cerachio</i>	6:30-7:15 CS ◆ ANTHEM™ <i>Joshua Funderburg</i>	9:00-9:45 YS ◆ Vinyasa Yoga <i>Jessica Stickler</i>	8:30-9:15 YS ◆ Off The Barre <i>Kyla Lloyd</i>
7:00-7:45 YS ◆ EQX Barre Bum <i>Bianca Reid</i>	6:45-7:30 TR ◆ Precision Run® <i>Jack McGowan</i>	6:30-7:15 CS ◆ Cycle Beats <i>Angela Rice</i>	6:45-7:30 TR ◆ Precision Run® <i>Miriam Shestack</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Matt D'Amico</i>	9:15-10:00 CS ◆ Cycle Beats <i>Elgin McCargo</i>	8:50-9:45 MS ◆ AK! Rope <i>Kyle White</i>
7:45-8:30 MS ◆ METCON3 <i>Matt Ortel</i>	7:00-7:45 CS ◆ Cycle Beats <i>John King</i>	7:00-8:00 YS ◆ Pilates Mat <i>Itsy Rachatasumrit</i>	7:00-7:45 CS ◆ Cycle Power <i>Mike Harris</i>	7:45-8:30 MS ◆ Stacked! <i>Joshua Funderburg</i>	9:30-10:15 MS ◆ Tabata Max <i>Steven Goldsmith</i>	9:30-10:15 CS ◆ Cycle Power <i>Corinne Teklitz</i>
8:00-8:45 CS ◆ Cycle Beats <i>Bemex Richardson</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Dana Stamp</i>	7:45-8:30 MS ◆ Athletic Conditioning <i>Molly Day</i>	7:15-8:00 YS ◆ Off The Barre <i>Elgin McCargo</i>	8:45-9:30 YS ◆ Pilates Mat <i>Genieve Gordon</i>	10:00-10:45 TR ◆ Precision Run® <i>Delida Torres</i>	10:00-11:00 YS ◆ Athletic Yoga <i>Kat Suda</i>
8:45-9:45 YS ◆ Athletic Yoga <i>Serena Tom</i>	8:00-8:45 MS ◆ Firestarter + Best Abs Ever <i>Khaleah London</i>	8:45-9:45 YS ◆ Yoga Strong <i>Dee Holliday</i>	8:00-8:45 MS ◆ Cardio Kickboxing <i>Jemaine Bailey</i>	9:00-9:45 TR ◆ Precision Run® <i>Joshua Funderburg</i>	10:15-11:00 YS ◆ Off The Barre <i>Elgin McCargo</i>	10:45-11:30 MS ◆ Firestarter + Best Abs Ever <i>Clinton Foster</i>
9:00-9:45 MS ◆ Ropes and Rowers <i>Matt Ortel</i>	9:00-9:50 TR ◆ Elevate <i>Khaleah London</i>	9:00-9:45 MS ◆ Cardio Sculpt <i>Molly Day</i>	12:15-1:00 TR ◆ Precision Run® <i>Janice JP Prishwalko</i>	9:15-10:15 MS ◆ Rounds <i>Delida Torres</i>	10:30-11:15 MS ◆ Ropes and Rowers <i>Patrick Tae</i>	11:00-11:45 CS ◆ Cycle Beats <i>CJ Lee</i>
12:00-12:45 YS ◆ Pilates Mat <i>Jill Weinstein</i>	9:30-10:15 MS ◆ Whipped! <i>Ron Christopher</i>	12:00-12:45 YS ◆ EQX Barre Bum <i>Stephanie Yonkovich</i>	12:30-1:15 MS ◆ Ropes and Rowers <i>Luis Weber</i>	12:00-1:00 YS ◆ Athletic Yoga <i>Serena Tom</i>	10:45-11:30 CS ◆ Cycle Beats <i>Steven Goldsmith</i>	11:45-12:30 YS ◆ Pilates Fusion <i>Lillian Walton-Masters</i>
12:15-1:00 MS ◆ Tabata Max <i>Jan Erik Navoa</i>	12:15-1:00 CS ◆ Cycle Power <i>LR Davidson</i>	12:15-1:00 MS ◆ Best Butt Ever <i>Sean O'Donnell</i>	1:45-2:45 YS ◆ Vinyasa Yoga <i>Stephanie Schwartz</i>	12:15-1:00 MS ◆ Firestarter + Best Abs Ever <i>Diane LaVon</i>	11:15-12:00 YS ◆ Pilates Mat <i>Rachel Genise</i>	12:00-12:45 MS ◆ METCON3 <i>Kelsey Stalter</i>
1:45-2:30 YS ◆ Vinyasa Yoga <i>Stephanie Battle</i>	12:30-1:15 MS ◆ Cardio Dance <i>Kelsey Stalter</i>	1:45-2:30 YS ◆ Pilates Mat <i>Khaleah London</i>	5:15-6:00 MS ◆ METCON3 <i>Angel Aulet</i>	1:45-2:30 YS ◆ Pilates Fusion <i>Zach Bergfelt</i>	11:45-12:30 MS ◆ THE CUT <i>Delida Torres</i>	1:00-1:45 YS ◆ EQX Barre Bum <i>Kelsey Stalter</i>
5:30-6:15 YS ◆ Athletic Yoga <i>Josh Mathew-Meier</i>	1:45-2:30 YS ◆ EQX Barre Bum <i>Kelsey Stalter</i>	5:15-6:00 YS ◆ Vinyasa Yoga <i>Jessica Stickler</i>	5:30-6:15 YS ◆ Off The Barre <i>Khaleah London</i>	4:45-5:30 MS ◆ Cardio Dance <i>Emily Naim</i>	12:30-1:30 YS ◆ Vinyasa Yoga <i>Yanik Faylayev</i>	1:15-2:00 MS ◆ Whipped! <i>Abbey Hunt</i>
5:45-6:30 MS ◆ Stacked! <i>Or Artzi</i>	5:15-6:00 MS ◆ Ropes and Rowers <i>Miriam Wasmund</i>	5:30-6:15 CS ◆ Cycle Beats <i>Joanna Stahl</i>	6:15-7:00 CS ◆ Cycle Beats <i>Alex Puette</i>	5:00-5:45 TR ◆ Precision Run® <i>Mike Harris</i>	12:45-1:30 MS ◆ METCON3 <i>Meghan Cox</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>
6:00-6:45 CS ◆ Cycle Beats <i>Corinne Teklitz</i>	5:30-6:15 YS ◆ Pilates Fusion <i>Elgin McCargo</i>	5:45-6:30 MS ◆ Body Sculpt <i>Calvin Wiley</i>	6:30-7:30 YS ◆ Athletic Yoga <i>Suki Clements</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Kristin Bilella</i>	4:00-5:00 YS ◆ Athletic Yoga <i>Kristin Bilella</i>	
6:30-7:15 TR ◆ Precision Run® <i>Steven Goldsmith</i>	5:45-6:30 CS ◆ Cycle Beats <i>Steven Goldsmith</i>	6:15-7:15 YS ◆ Vinyasa Yoga <i>Emma Poole</i>	6:45-7:30 MS ◆ Cardio Sculpt <i>Elgin McCargo</i>	5:45-6:30 MS ◆ Tabata Max <i>Tim Flores</i>		
6:45-7:30 MS ◆ Best Butt Ever <i>Adam Bokunewicz</i>	6:15-7:00 TR ◆ Precision Run® <i>Miriam Wasmund</i>	6:45-7:30 MS ◆ THE CUT <i>Delida Torres</i>		6:00-6:45 CS ◆ Cycle Beats <i>Mike Harris</i>		
7:00-7:45 YS ◆ EQX Barre Bum <i>Or Artzi</i>	6:30-7:15 MS ◆ Athletic Conditioning <i>David Robert</i>	7:00-7:45 CS ◆ Cycle Power <i>Alex Lyons</i>				
7:15-8:00 CS ◆ Cycle Power <i>Corinne Teklitz</i>	6:45-7:30 CS ◆ Cycle Power <i>Ariella Laden</i>	7:30-8:15 YS ◆ Off The Barre <i>Kyla Lloyd</i>				
7:45-8:30 MS ◆ Firestarter + Best Abs Ever <i>Laura Hayes</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Serena Tom</i>	7:45-8:30 TR ◆ Precision Run® <i>Delida Torres</i>				
	7:45-8:30 MS ◆ METCON3 <i>Eddie Carington</i>					

GRAMERCY

315 PARK AVENUE SOUTH
NEW YORK NY 10010
EQUINOX.COM
@EQUINOX

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

FRI: 5:30AM - 8:00PM

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

GROUP FITNESS MANAGER

steven.goldsmith@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

CS	Cycling Studio
TR	Treadmill Area
MS	Main Studio
YS	Yoga Studio

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

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

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.

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

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.

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.

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.

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.

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.

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.

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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.

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.

 **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,