

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:15 PD ◆	Swim Team Pro (L2) <i>Jenna Deangelis</i>	6:30-7:15 MS ◆	Firestarter + Best Abs Ever <i>John Peterson</i>	6:30-7:15 MS ◆	Athletic Conditioning <i>Steve Mitchell</i>	6:30-7:15 MS ◆	Whipped! <i>Joshua Funderburg</i>	6:30-7:15 MS ◆	METCON3 <i>Marina Colonna</i>	8:30-9:15 YS ◆	Pilates Fusion <i>Vivian Jonokuchi</i>	8:45-9:45 MS ◆	Rounds <i>Celine Perez</i>
6:30-7:30 MS ◆	AK! Rope <i>Kenny Murray</i>	7:00-7:45 CS ◆	Cycle Beats <i>Or Artzi</i>	7:00-7:45 CS ◆	Cycle Power <i>Mario Martinez</i>	6:45-7:45 PD ◆	EQX H2O: Speed <i>Alex Ward</i>	7:00-7:45 CS ◆	Cycle Power <i>Kristin Kenney</i>	8:45-9:45 PD ◆	Swim Team Pro <i>Alex Ward</i>	9:30-10:15 CS ◆	ANTHEM™ <i>Amy Chiu</i>
7:00-7:45 CS ◆	Cycle Power <i>Tim Healy</i>	7:15-8:05 TR ◆	Precision Run® <i>Joshua Funderburg</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Michael Gervais</i>	7:00-7:45 CS ◆	Cycle Power <i>Alex Joy Pucci</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Leah Friedlander</i>	9:00-9:45 MS ◆	METCON3 <i>John Peterson</i>	10:00-10:45 MS ◆	Stacked! <i>Christopher Vo</i>
7:15-8:00 YS ◆	True Barre <i>Adam Bokuniewicz</i>	7:30-8:15 YS ◆	Athletic Yoga <i>Jade Alexis</i>	8:00-8:45 MS ◆	Tabata Max <i>Christopher Vo</i>	7:15-8:05 TR ◆	Precision Run® <i>Jack McGowan</i>	8:00-8:45 MS ◆	Stacked! <i>James Donegan</i>	10:00-11:00 YS ◆	Vinyasa Yoga <i>Jessica Chin</i>	10:15-11:00 YS ◆	Pilates Mat <i>Jeffrey Morris</i>
8:00-8:45 MS ◆	METCON3 <i>Brennan Caldwell</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Or Artzi</i>	9:00-10:00 YS ◆	Yoga Strong <i>Matt D'Amico</i>	7:30-8:15 YS ◆	Pilates Fusion <i>Michael Apuzzo</i>	8:30-9:20 TR ◆	Precision Run® <i>Bryce Wood</i>	10:15-11:00 MS ◆	Tabata Max <i>Gerard Thelemaque</i>	10:30-11:20 TR ◆	Precision Run® <i>Alex Chiu</i>
9:00-10:00 YS ◆	Vinyasa Yoga <i>Colleen Murphy</i>	9:00-10:00 MS ◆	Rounds <i>Andrew Schillaci</i>	12:00-12:45 TR ◆	Precision Run® <i>Joshua Funderburg</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Ron Christopher</i>	9:00-9:45 MS ◆	Pilates Fusion <i>Kimmel Yeager</i>	10:45-11:30 CS ◆	Cycle Power <i>Kris Wilkins</i>	10:45-11:45 PD ◆	EQX H2O: Speed <i>Alex Ward</i>
12:00-12:50 TR ◆	Precision Run® <i>Corky Corkum</i>	9:15-10:15 YS ◆	True Barre <i>Or Artzi</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Jena Maenius</i>	9:00-9:45 MS ◆	METCON3 <i>Clinton Foster</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Jessica Chin</i>	12:00-12:50 TR ◆	Precision Run® <i>Gerard Thelemaque</i>	11:00-11:45 MS ◆	Ropes and Rowers <i>Christopher Vo</i>
12:15-1:15 YS ◆	Vinyasa Yoga <i>Yanik Faylayev</i>	12:00-12:45 YS ◆	True Barre <i>Kyla Lloyd</i>	12:30-1:15 MS ◆	Ropes and Rowers <i>Luis Weber</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Jessica Chin</i>	12:15-1:00 YS ◆	True Barre <i>Christopher Howard</i>	12:15-1:00 YS ◆	True Barre <i>Team Equinox</i>	11:45-12:45 YS ◆	Vinyasa Yoga <i>Robert Nguyen</i>
12:30-1:15 MS ◆	Stacked! <i>Breanna Cummings</i>	12:30-1:15 MS ◆	METCON3 <i>Celine Perez</i>	12:45-1:30 CS ◆	Cycle Power <i>Reza Pazooki</i>	12:00-12:45 YS ◆	Pilates Fusion <i>Taylor Phillips</i>	12:30-1:30 MS ◆	AK! Rope <i>Kelsey Stalter</i>	12:00-12:50 TR ◆	Precision Run® <i>Cooper Mann</i>	12:00-12:50 TR ◆	Cardio Sculpt <i>Kyle White</i>
12:45-1:30 CS ◆	Cycle Power <i>Alex Lyons</i>	1:00-2:00 YS ◆	Yin Yoga Meditation <i>Leah Friedlander</i>	5:15-6:00 MS ◆	Firestarter + Best Abs Ever <i>Or Artzi</i>	12:30-1:15 MS ◆	Tabata Max <i>Bransen Gates</i>	12:45-1:30 CS ◆	Cycle Beats <i>Keith Irace</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Joshua Funderburg</i>	12:30-1:20 CS ◆	Athletic Yoga <i>Kristin Bilella</i>
5:15-6:00 MS ◆	Whipped! <i>Joshua Funderburg</i>	5:15-6:15 YS ◆	Vinyasa Yoga <i>Jamison Goodnight</i>	5:30-6:15 YS ◆	Pilates Fusion <i>Caroline Strong</i>	1:00-2:00 MS ◆	Athletic Yoga <i>Jacob Reynolds</i>	4:15-5:00 MS ◆	Whipped! <i>Peyton Royal</i>	1:30-2:45 YS ◆	Vinyasa Yoga <i>Matt D'Amico</i>	1:30-2:45 YS ◆	Vinyasa Yoga <i>Kristin Bilella</i>
5:30-6:15 YS ◆	True Barre <i>Stephanie Yonkovich</i>	5:30-6:15 MS ◆	STRONG <i>Mary O</i>	5:45-6:30 CS ◆	Cycle Beats <i>TomJohn Mershon</i>	5:15-6:15 YS ◆	Yoga Strong <i>Michael Gervais</i>	5:00-5:45 YS ◆	Bare <i>Karla Beltchenko</i>	3:00-3:45 MS ◆	Athletic Conditioning <i>Shaun Anthony</i>	3:00-3:45 MS ◆	Regeneration Yoga <i>Kumiko Buckman</i>
5:45-6:30 CS ◆	Cycle Power <i>Alex Joy Pucci</i>	6:00-6:45 CS ◆	Cycle Beats <i>Jan Erik Navoa</i>	6:15-7:05 TR ◆	Precision Run® <i>Or Artzi</i>	5:30-6:15 MS ◆	METCON3 <i>Luis Weber</i>	5:15-6:00 MS ◆	STRONG <i>Peyton Royal</i>	4:00-5:00 YS ◆	Restorative Yoga <i>Katey Lewis</i>	4:00-5:00 YS ◆	
6:30-7:15 YS ◆	Pilates Mat <i>Jeffrey Morris</i>	6:30-7:15 MS ◆	Tabata Max <i>Leon Joseph</i>	6:30-7:15 YS ◆	Trilogy Barre <i>Karla Beltchenko</i>	5:30-6:20 TR ◆	Precision Run® <i>Breanna Cummings</i>	6:15-7:00 MS ◆	Cardio Dance <i>Anastasiia Gavriukhova</i>				
6:45-7:30 MS ◆	METCON3 <i>Ron Christopher</i>	6:45-7:30 YS ◆	True Barre <i>Christopher Howard</i>	6:45-7:30 MS ◆	Tabata Max + Best Butt Ever <i>Joshua Funderburg</i>	6:00-6:45 CS ◆	Cycle Power <i>Justin Flexen</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Karla Beltchenko</i>				
7:00-7:45 CS ◆	ANTHEM™ <i>Joshua Funderburg</i>	7:00-7:45 TR ◆	Elevate <i>Jan Erik Navoa</i>	7:00-7:30 MS ◆	Cycle Power <i>Mario Martinez</i>	6:30-7:15 MS ◆	Stacked! <i>Breanna Cummings</i>						
7:30-8:30 YS ◆	Vinyasa Yoga <i>Katey Lewis</i>	7:15-8:05 CS ◆	The Pursuit: Burn <i>Corinne Teklitz</i>	7:00-7:45 CS ◆	Athletic Yoga <i>Colleen Murphy</i>	7:00-7:45 YS ◆	Barre <i>Team Equinox</i>						
7:45-8:30 MS ◆	Cardio Dance <i>Team Equinox</i>	7:30-8:15 MS ◆	Ropes and Rowers <i>Matt Ortel</i>	7:30-8:30 YS ◆	STRONG <i>Tracy Gordon</i>	7:30-8:15 MS ◆	Athletic Conditioning <i>KaRa Dizon</i>						
		7:30-8:30 PD ◆	Swim Team Pro (L2) <i>Sophia Berhumoglu</i>	8:00-8:45 YS ◆	Regeneration Yoga <i>Ali Cramer</i>	7:30-8:30 PD ◆	EQX H2O: Endurance <i>Jenna Deangelis</i>						
		8:00-9:00 YS ◆				8:00-9:00 YS ◆	Regeneration Yoga <i>Mardi Sykes</i>						

HUDSON YARDS

32 HUDSON YARDS
NEW YORK NY 10001
EQUINOX.COM
@EQUINOX

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

FRI: 5:30AM - 9:00PM

SAT - SUN: 7:00AM - 9:00PM

GROUP FITNESS MANAGER

joshua.funderburg@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
PD	Pool Deck
TR	Treadmill Area
CS	Cycling 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.

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

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 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.

REGENERATION YOGA 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.

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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.

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.

TABATA MAX + BEST BUTT EVER A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Butt Ever fires up your glutes to build strength and definition.

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.

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

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.

POOL

EQX H2O: ENDURANCE Challenge yourself with long-distance sets inspired by open-water swimming and triathlon training. Build strength and improve cardio fitness. Goggles recommended. An Equinox exclusive.

EQX H2O: SPEED Master sprints to optimize your speed, technique, and form. Race your way through competitive strokes and turns as you improve cardio fitness. Goggles recommended. An Equinox exclusive.

SWIM TEAM PRO Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour.

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.

 **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.

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.