

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-7:45 MS ◆ METCON3 <i>Diane LaVon</i> 8:00-8:45 TR ◆ Elevate <i>Diane LaVon</i> 9:30-10:15 MS ◆ Pilates Fusion <i>Kathryn Anta</i>	6:30-7:15 MS ◆ STRONG <i>Carolann Valentino</i> 8:00-8:45 MS ◆ Barre <i>Kelsey Stalter</i> 9:30-10:15 MS ◆ Vinyasa Yoga <i>Robert Nguyen</i> 11:00-11:45 MS ◆ Cardio Sculpt <i>Kelsey Stalter</i> 4:30-5:30 MS ◆ Vinyasa Yoga <i>Dana Slamp</i>	6:30-7:15 MS ◆ Body Sculpt <i>Allison Rowland</i> 8:00-8:45 MS ◆ Pilates Mat <i>Kathryn Anta</i> 9:30-10:15 MS ◆ Stacked! <i>Carolann Valentino</i> 10:30-11:30 MS ◆ Restorative Yoga <i>Elitza Ivanova</i> 5:15-6:00 MS ◆ METCON3 <i>Carolann Valentino</i>	8:00-8:45 MS ◆ Restorative Yoga <i>Robert Nguyen</i> 9:30-10:15 MS ◆ Barre <i>Adam Bokunewicz</i> 5:15-6:00 MS ◆ Barefoot Body Sculpt <i>Brian Slaman</i>	7:00-7:45 MS ◆ Athletic Conditioning <i>Allison Rowland</i> 8:30-9:15 TR ◆ Elevate <i>Margaret Schwarz</i> 9:30-10:30 MS ◆ Vinyasa Yoga <i>Josh Mathew-Meier</i>	8:30-9:15 MS ◆ METCON3 <i>Kelsey Stalter</i> 9:30-10:15 MS ◆ Pilates Mat <i>Richel Ruiz</i> 10:45-11:45 MS ◆ Vinyasa Yoga <i>Jessica Metz</i>	8:30-9:15 MS ◆ Athletic Conditioning <i>Cole Hickman</i> 10:00-11:00 MS ◆ Restorative Yoga <i>Dana Slamp</i> 11:30-12:15 MS ◆ Pilates Mat <i>Frederick Schjang</i>

# EQUINOX

## E MADISON AVENUE

30 EAST 85TH STREET  
NEW YORK NY 10028  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:30AM - 8:00PM

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

**SAT - SUN:** 8:00AM - 2:00PM

### GENERAL MANAGER

LEXAN CRUZ

lexan.cruz@equinox.com

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### SIGNATURE CLASSES.

**ACCLAIMED  
INSTRUCTORS.**

**TRANSFORMED BODIES.**

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### CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

### STUDIO KEY

MS	Main Studio
TR	Treadmill Area

**WHAT'S NEW THIS  
MONTH**

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### 📍 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.

### 📍 YOGA

**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.

### 📍 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.

**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.

**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.

### 📍 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.

### 📍 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.

### 📍 SCULPT

**BAREFOOT BODY SCULPT** A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

**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.