

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS ◆ Precision Run® <i>Taylor Spearnak</i> 7:00-7:45 MS ◆ Stacked! <i>Taylor Spearnak</i> 8:00-8:50 MS ◆ The Sculpt Society <i>Jacqueline Andriakos</i> 10:00-11:00 MS ◆ Authentic Mat Pilates <i>Frederick Schjang</i>	7:00-7:45 MS ◆ METCON3 <i>Joshua Vela</i> 8:00-8:50 MS ◆ Band Burn <i>Joshua Vela</i> 9:00-9:45 MS ◆ Restorative Stretch <i>Robert Nguyen</i> 10:00-10:45 MS ◆ EQX Barre Burn <i>Adam Bokunewicz</i> 11:00-11:45 MS ◆ Lights Out! <i>Sim Ahluwalia</i>	6:00-6:30 MS ◆ Best Stretch Ever <i>Carolann Valentino</i> 6:15-7:00 TR ◆ Precision Run® <i>Linette Guelen</i> 6:30-6:50 MS ◆ Ab Lab <i>Carolann Valentino</i> 7:00-7:45 MS ◆ Fully Loaded <i>Carolann Valentino</i> 9:00-9:50 TR ◆ Elevate <i>Andrea Levine</i> 10:00-11:00 MS ◆ Vinyasa Yoga <i>Margaret Schwarz</i>	7:00-7:45 MS ◆ Tabata <i>Joshua Vela</i> 8:00-8:50 MS ◆ Alignment Flow Yoga <i>Robert Nguyen</i> 9:05-9:55 MS ◆ VYBE <i>Sam Goltz</i> 10:00-10:45 MS ◆ Definitions <i>Larysa Didio</i> 11:00-11:45 MS ◆ Authentic Mat Pilates <i>Cathe Thompson</i>	7:00-7:50 MS ◆ <b>Ultimate Resistance</b> <b>Abbey Hunt</b> 8:00-9:00 MS ◆ Vinyasa Yoga <i>Mary Horne</i> 9:00-9:45 TR ◆ Elevate <i>Margaret Schwarz</i> 10:00-10:45 MS ◆ THE MUSE™ <i>Khaleah London</i> 5:00-6:00 MS ◆ Slow Flow Yoga <i>Annette Vetere</i>	9:00-9:45 MS ◆ Stacked! <i>Adam Bokunewicz</i> 10:00-11:00 MS ◆ Slow Flow Yoga <i>Allison Taaffe</i> 11:15-12:10 MS ◆ Rounds <i>Delida Torres</i>	9:00-9:45 MS ◆ Boot Camp <i>Allison Rowland</i> 10:15-11:00 MS ◆ Authentic Mat Pilates <i>Cathe Thompson</i> 4:00-5:00 MS ◆ Alignment Flow Yoga <i>Mindy Bacharach</i>
6:00-6:45 MS ◆ pureMUSCLE <i>Leon Joseph</i> 7:00-8:00 MS ◆ Alignment Flow Yoga <i>Osi Mizrahi</i>	6:00-6:45 MS ◆ Authentic Mat Pilates <i>Alex Pell</i> 7:00-7:45 MS ◆ Cardio Sculpt <i>Kelsey Stalter</i> 8:00-9:00 MS ◆ Slow Flow Yoga <i>Josh Mathew-Meier</i>	6:00-6:50 MS ◆ The Sculpt Society <i>Kerre Toskovich</i> 7:15-8:00 MS ◆ Boot Camp <i>Kevin Scott</i>				

# EQUINOX

## E MADISON AVENUE

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

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

**FRI:** 5:00AM - 9:00PM

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

### GENERAL MANAGER

DANIELLE PREISS

danielle.preiss@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

### WHAT'S NEW THIS MONTH

### 🏃 RUNNING

**ELEVATE** Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

**PRECISION RUN** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Run is redefining our indoor treadmill training with the only method-driven program in the industry.

### 🧘 YOGA

**ALIGNMENT FLOW YOGA** This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

**SLOW FLOW YOGA** Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

### 🏋️ ATHLETIC TRAINING

**AB LAB** Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

**BOOT CAMP** You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

**FULLY LOADED** Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

**METCON3** This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

**PUREMUSCLE** A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**TABATA** A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

### 💎 BARRE

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

### 🏃 LONG + LEAN

**BAND BURN** Warm up then launch into two blocks of time-under-tension sequences and chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

**CARDIO SCULPT** Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

**DEFINITIONS** You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

**THE MUSE™** Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your bum. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

**THE SCULPT SOCIETY** Sculpt your own work of art to today's most heart-pumping music in Megan Roup's signature class. Challenge yourself with a full-body workout that merges dance cardio, sliders, & light weights to create a long, lean physique. Put everything into overdrive & reap the results of a nonstop calorie bum.

**ULTIMATE RESISTANCE** Shift your perception of resistance training in this 50-minute workout. Using a single weight, both sides of your body, and resistance tubing, integrated strength training and intense sequencing ignite maximum results. Shift your routine. Shift your results. You'll be coming back for more.

### 🏋️ PILATES

**AUTHENTIC MAT PILATES** Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you'll increase strength and improve flexibility.

### 🕺 DANCE

**YIBE** This nonstop mix of dance cardio and strength training will leave you breathless! Heel, party up and plank with bands, weights, mats and a killer playlist that will stick in your head long after you leave the studio. Lets boot up and get a sweat on in this full body workout!

### 🥊 BOXING + MARTIAL ARTS

**LIGHTS OUT!** Take your training to a new level! Learn the basics of boxing and improve your overall skill level. Come ready to sweat! Check with the front desk to see if gloves and wraps are required.

**ROUNDS** Three stations—zero breaks. Train like a pro through six rounds of skill-based intervals, testing your speed, strength, and grit. Leave the studio tapped out and amped up for more.

### 🏃 ACTIVE REGENERATION

**BEST STRETCH EVER** Better, faster, stronger. Unlock your muscles to unleash your potential with 30 minutes of posture-improving, stability-increasing, body-awareness-enhancing stretching. Using the Mobility Stick, turn stretching into training. You'll hang, twist, push, and pull to find your best stretch ever.

**RESTORATIVE STRETCH** Restore your body and balance your mind. Deeply stretch major muscle groups and perform myofascial release with different tools. Practice breath technique to soothe your nervous system. A complete mindbody regeneration.