

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:15 MS ◆ Athletic Conditioning <i>Chris Norvell</i>	6:30-7:15 CS ◆ Cycle Beats <i>D Gunnz</i>	6:30-7:15 MS METCON3 <i>Matt Ortel</i>	9:00-9:50 CS ◆ The Pursuit: Burn Loi Jordan	7:15-8:05 CS ◆ The Pursuit: Burn <i>Jamal</i>	9:00-9:45 MS ◆ METCON3 <i>Jan Erik Navoa</i>	9:00-9:45 MS ◆ Tabata (L2) <i>Abbey Hunt</i>
6:45-7:40 TR ◆ Precision Running® <i>Miriam Shestack</i>	6:45-7:30 MS ◆ Tabata (L2) <i>Abbey Hunt</i>	6:45-7:40 TR ◆ Precision Running® <i>Catey Mark</i>	10:00-10:45 MS ◆ Thanks and Planks <i>Gerren Liles</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Elitza Ivanova (SUB)</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Dee Holliday</i>	9:15-10:30 YS ◆ Power Yoga <i>Meg McNeal</i>
7:15-8:00 CS ◆ Studio Cycling <i>Jan Erik Navoa (SUB)</i>	6:45-7:45 YS ◆ Rise and Shine Yoga <i>Mary Horne</i>	7:15-8:00 CS ◆ ANTHEM <i>Katie Horwitch</i>	10:15-11:30 YS ◆ Gratitude Yoga <i>Benn Rasmussen</i>	8:15-9:00 MS ◆ METCON3 <i>Jamal</i>	10:00-10:45 MS ◆ Tabata (L2) <i>Andrew Slane</i>	9:50-10:20 MS Best Abs Ever <i>Abbey Hunt</i>
7:30-8:30 YS ◆ Power Yoga <i>Melinda Abbott</i>	7:45-8:30 MS ◆ EQX Barre Burn <i>Or Artzi</i>	7:30-8:20 MS ◆ Body Conditioning <i>Loi Jordan (SUB)</i>	11:00-11:50 MS ◆ METCON3 <i>Gerren Liles</i>	9:15-10:00 MS ◆ Cardio Sculpt Loi Jordan	10:15-11:00 CS ◆ ANTHEM <i>Katie Horwitch</i>	10:30-11:15 CS ◆ Cycle Beats <i>Lindsay B. Davis</i>
8:15-9:00 MS ◆ Whipped! <i>Gerren Liles (SUB)</i>	8:00-8:45 CS ◆ Cycle Beats <i>Elgin McCargo</i>	7:30-8:30 YS ◆ Vinyasa Yoga <i>Nadia Zaki</i>	12:00-1:00 MS ◆ EQX Barre Burn <i>Or Artzi</i>	10:00-11:00 YS ◆ Pilates <i>Carrie Jacobsen (SUB)</i>	11:00-11:50 MS ◆ METCON3 <i>Angel Aulet</i>	10:30-11:15 MS ◆ Cardio Kick <i>Akin Williams</i>
10:00-11:00 MS ◆ EQX Barre Burn <i>Alicia Archer</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Sarra Morton</i>	9:00-9:45 MS ◆ Tabata (L2) <i>John Cianca</i>		12:15-12:45 MS ◆ THE CUT: Jump Rope <i>Andrew Slane</i>	11:00-12:00 YS ◆ Pilates <i>Gina Ianni</i>	11:00-11:45 YS ◆ Pilates <i>Rita Thompson</i>
12:15-1:00 MS ◆ Tabata (L2) <i>Abbey Hunt</i>	9:15-10:00 MS ◆ METCON3 <i>Marie Jasmin</i>	10:00-11:00 YS ◆ Pilates <i>Aida Palau</i>		12:30-1:30 YS ◆ Vinyasa Yoga <i>Josh Mathew-Meier (SUB)</i>	11:30-12:20 CS ◆ The Pursuit: Build Katie Horwitch	11:30-12:15 MS ◆ Best Butt Ever <i>Lindsay B. Davis</i>
12:30-1:30 YS ◆ Power Yoga <i>Lindsay Carson</i>	12:15-1:00 MS ◆ Gold Barre <i>Khaleah London</i>	12:15-1:00 MS ◆ PURE STRENGTH <i>Leon Joseph</i>		1:00-1:45 MS ◆ Best Butt Ever <i>Andrew Slane</i>	12:15-1:15 MS ◆ Barre Mathew Makings	12:00-12:50 CS ◆ The Pursuit: Build <i>Renee Pesante (SUB)</i>
1:00-1:15 MS Ab Lab <i>Abbey Hunt</i>	12:30-1:20 CS ◆ The Pursuit: Burn <i>Michael Keeney</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Kristina Erikson</i>		4:00-4:50 CS ◆ The Pursuit: Build <i>Lindsay B. Davis</i>	12:30-1:45 YS ◆ Vinyasa Yoga (L2) <i>Rika Henry (SUB)</i>	12:15-1:15 YS ◆ Vinyasa Yoga <i>Yanik Faylayev</i>
1:30-1:45 YS Meditation <i>Lindsay Carson</i>	1:00-2:00 YS ◆ Pilates <i>Katie Yip</i>	1:00-1:45 CS ◆ Studio Cycling <i>Selena Dorans</i>		5:00-6:00 YS ◆ Vinyasa Yoga <i>Robin Simmonds (SUB)</i>	1:30-2:15 MS ◆ Booty Blast <i>Alexander Charles (SUB)</i>	12:30-1:30 MS ◆ EQX Barre Burn <i>Emily Naim</i>
4:00-5:00 MS ◆ EQX Barre Burn <i>Or Artzi</i>	1:15-1:45 MS ◆ Firestarter <i>Khaleah London</i>	3:30-4:30 YS ◆ Alignment Flow <i>Benn Rasmussen</i>		6:15-7:00 CS ◆ Studio Cycling <i>Wil Ashley</i>	3:00-4:30 YS ◆ Vinyasa Yoga (L2) Mariah Betts	3:00-4:30 YS ◆ Vinyasa Yoga (L2) <i>Mariah Betts</i>
5:00-6:00 YS ◆ Vinyasa Yoga <i>Damien Alexander</i>	4:30-5:00 MS ◆ THE CUT: Jump Rope <i>Janice JP Prishwalko</i>	5:00-5:45 MS ◆ EQX Barre Burn <i>Daigi-Ann Thompson</i>		6:30-8:00 YS ◆ Vinyasa Yoga (L2) <i>Jimmy Burgio (SUB)</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>	4:00-4:45 CS ◆ Cycle Beats <i>D Gunnz</i>
5:15-6:05 MS ◆ Deep EXTreme <i>Ryan Beck</i>	5:00-5:45 YS ◆ Yoga Fundamentals <i>Benn Rasmussen</i>	5:00-6:00 YS ◆ Vinyasa Yoga <i>Lindsay Carson (SUB)</i>			5:00-5:45 CS ◆ Cycle Beats <i>Elgin McCargo</i>	5:00-5:30 MS ◆ Best Abs Ever <i>Andrew Harper</i>
6:15-7:00 CS ◆ Studio Cycling <i>Wil Ashley</i>	5:05-5:35 MS Ab Lab <i>Janice JP Prishwalko</i>	6:00-6:30 MS Ab Lab Yury Rockit			5:00-6:30 YS ◆ Vinyasa Yoga (L3) <i>Francesca Bove</i>	5:35-6:05 MS ◆ Firestarter <i>Andrew Harper</i>
6:15-7:05 MS ◆ METCON3 <i>Chayanne Joel</i>	5:30-6:25 TR ◆ Precision Running® <i>Loi Jordan</i>	6:15-7:15 YS ◆ Power Yoga <i>Lindsay Carson (SUB)</i>			6:00-6:45 MS ◆ EQX Barre Burn <i>Elgin McCargo</i>	7:00-8:00 YS ◆ Athletic Yoga (L2) <i>Damien Alexander (SUB)</i>
6:15-7:15 YS ◆ Alignment Flow <i>Sam Chase</i>	5:45-6:30 MS ◆ METCON3 <i>Janice JP Prishwalko</i>	6:45-7:30 CS ◆ Cycle Beats <i>Elgin McCargo</i>				
7:15-8:00 MS ◆ Tabata (L2) <i>Paula Calabrese (SUB)</i>	6:00-7:15 YS ◆ Alignment Flow <i>Benn Rasmussen</i>	6:45-7:15 MS ◆ Booty Blast <i>Yury Rockit (SUB)</i>				
7:30-8:20 CS ◆ The Pursuit: Build <i>Chayanne Joel</i>	6:30-7:20 CS ◆ The Pursuit: Burn <i>Avery Washington</i>	7:15-8:00 MS ◆ Athletic Conditioning <i>Yury Rockit</i>				
7:45-9:00 YS ◆ Soul Flow Yoga <i>Ariel Kiley</i>	6:45-7:30 MS ◆ EQX Barre Burn <i>Or Artzi</i>					
8:15-8:45 MS ◆ Firestarter <i>Yenny Barona (SUB)</i>	7:30-8:30 YS ◆ Yoga Core <i>Patricia Pinto</i>					
8:45-9:15 MS Ab Lab <i>Yenny Barona (SUB)</i>	7:35-8:05 MS ◆ Firestarter <i>Or Artzi</i>					
	7:45-8:30 CS ◆ Studio Cycling <i>Brandon Scott (NY)</i>					
	8:15-9:00 MS ◆ Best Butt Ever <i>Adam Bokunewicz</i>					

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER LOI JORDON

loi.jordon@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

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

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

ANTHEM Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running 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.

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RISE AND SHINE YOGA Wake your body gently with sun salutations and nourishing vinyasa. Flow from posture to posture using the breath to guide you. Leave you feeling refreshed and ready for your day. It's better than a double latte to start your morning!

SOUL FLOW YOGA A weekly practice dedicated to reverence, the willingness to surrender to what is, and a space to honor the creation of what is becoming. Inspired flow sequencing links awareness of breath and mind. Flow forward with your prayers and wishes into strength, grace, flexibility and concentration.

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.

YOGA CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

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.

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals,

you'll push your cardio to new limits through the use of external weights and your own body weight.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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

GOLD BARRE Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

DEEP EXTREME The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

BOXING & MARTIAL ARTS

CARDIO KICK An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.