

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS Athletic Conditioning <i>Loi Jordon</i>	6:30-7:20 CS ♦ The Pursuit: Burn Tracey G	6:30-7:15 MS METCON3 <i>Matt Ortel</i>	6:30-7:15 CS ♦ Studio Cycling <i>David Donofrio</i>	6:15-7:05 TR ♦ Precision Running@ <i>Linette Guelen</i>	9:00-9:45 MS ♦ METCON3 <i>Matt Ortel</i>	9:15-10:05 CS ♦ The Pursuit: Burn <i>Lindsay B. Davis</i>
7:15-8:00 CS ♦ Studio Cycling Danielle Hopkins	6:45-7:30 MS ♦ 30/60/90@ <i>Darbi Worley</i>	6:45-7:35 TR ♦ Precision Running@ <i>Catey Mark</i>	6:45-7:30 MS ♦ 30/60/90@ <i>Darbi Worley</i>	7:00-7:45 MS ♦ EQX Barre Burn <i>Emma Rivera</i>	9:15-10:00 CS ♦ Cycle Beats <i>Jan Erik Navoa</i>	9:30-10:15 MS ♦ 30/60/90@ <i>Luke Carron</i>
7:30-8:30 YS ♦ Power Yoga <i>Melinda Abbott</i>	6:45-7:45 YS ♦ Rise and Shine Yoga <i>Mary Horne</i>	7:15-8:00 CS ♦ Studio Cycling LR Davidson	6:45-7:45 YS ♦ Vinyasa Yoga <i>Melini Jesudason</i>	7:15-8:05 CS ♦ The Pursuit: Build <i>Jamal</i>	9:30-10:30 YS ♦ Vinyasa Yoga Dee Holliday	9:30-10:30 YS ♦ Power Yoga <i>Lindsay Carson</i>
8:15-9:00 MS Whipped! Danielle Hopkins	7:45-8:30 MS ♦ EQX Barre Burn <i>Or Artzi</i>	7:30-8:20 MS Body Conditioning <i>Eddie Carrington</i>	7:45-8:30 MS Booty Blast <i>Antonio Hudson</i>	7:30-8:30 YS ♦ Vinyasa Yoga Jena Maenius	10:00-10:45 MS ♦ 30/60/90@ <i>Anthony Cunanan</i>	10:30-11:15 MS Cardio Kick <i>Akin Williams</i>
10:00-11:00 MS ♦ EQX Barre Burn <i>Alicia Archer</i>	8:00-8:45 CS ♦ Cycle Beats <i>Elgin McCargo</i>	7:30-8:30 YS ♦ Vinyasa Yoga <i>Nadia Zaki</i>	8:00-8:50 CS ♦ The Pursuit: Burn <i>Flaminia Fanale</i>	8:15-9:00 MS ♦ METCON3 <i>Jamal</i>	10:15-11:00 CS ♦ Studio Cycling <i>Katie Horwitch</i>	10:45-11:30 CS ♦ Studio Cycling <i>Lindsay Carson</i>
12:15-12:45 MS ♦ THE CUT: Jump Rope Ross Twanmoh	8:00-9:00 YS ♦ Vinyasa Yoga <i>Sarra Morton</i>	9:00-9:45 MS Tabata (L2) <i>John Cianca</i>	8:00-9:00 YS ♦ Alignment Flow Yoga <i>Benn Rasmussen</i>	10:00-11:00 YS Pilates <i>Rodrick Covington</i>	11:00-11:50 MS ♦ METCON3 <i>Angel Aulet</i>	11:00-11:45 YS ♦ Pilates Rita Thompson
12:30-1:30 YS ♦ Power Yoga <i>Lindsay Carson</i>	12:15-1:00 MS ♦ Gold Barre Khaleah London	10:00-11:00 YS Pilates <i>Aida Palau</i>	12:00-12:15 MS Best Arms Ever Eddie Carrington	12:15-1:00 MS Tabata Gerren Liles	11:00-12:00 YS ♦ Pilates <i>Gina Ianni</i>	11:30-12:15 MS The Pursuit: Burn <i>Loi Jordon</i>
12:50-1:20 MS ♦ Core Conditioning Ross Twanmoh	12:30-1:15 CS ♦ Studio Cycling <i>Michael Keeney</i>	12:15-1:00 MS pureMUSCLE <i>Leon Joseph</i>	12:15-1:05 MS THE CUT Eddie Carrington	12:30-1:30 YS ♦ Vinyasa Yoga <i>Sarra Morton</i>	11:30-12:20 CS ♦ The Pursuit: Burn <i>Loi Jordon</i>	12:00-12:50 CS ♦ The Pursuit: Burn <i>Flaminia Fanale</i>
1:30-1:45 YS Meditation Lindsay Carson	1:00-2:00 YS Pilates <i>Katie Yip</i>	12:15-1:15 YS ♦ Vinyasa Yoga <i>Kristina Erikson</i>	12:15-1:15 YS ♦ Restorative Stretch <i>Ariel Kiley</i>	4:00-4:50 CS ♦ The Pursuit: Build <i>Shanda Woods</i>	11:55-12:10 MS Best Arms Ever Angel Aulet	12:15-1:15 YS ♦ Vinyasa Yoga <i>Yanik Faylayev</i>
4:00-5:00 MS ♦ EQX Barre Burn <i>Or Artzi</i>	1:15-1:45 MS ♦ Firestarter Khaleah London	12:30-1:20 CS ♦ The Pursuit: Burn <i>Loi Jordon</i>	12:30-1:15 CS ♦ Studio Cycling David Donofrio	5:00-6:00 YS ♦ Vinyasa Yoga <i>Francesca Bove</i>	12:30-1:15 MS ♦ EQX Barre Burn Elizabeth Portnoy	12:30-1:30 MS ♦ EQX Barre Burn <i>Emily Naim</i>
5:00-6:00 YS ♦ Vinyasa Yoga <i>Damien Alexander</i>	5:00-5:30 MS 30/60/90@ Core <i>Janice JP Prishwalko</i>	3:30-4:30 YS ♦ Alignment Flow Yoga <i>Benn Rasmussen</i>	1:15-2:00 MS ♦ EQX Barre Burn <i>Emma Rivera</i>	5:30-6:15 MS ♦ METCON3 <i>Matt Ortel</i>	12:30-1:45 YS ♦ Vinyasa Yoga (L2) <i>Cooper Chou</i>	1:30-2:30 MS Cardio Dance Fusion <i>Emily Naim</i>
6:15-7:00 CS ♦ Studio Cycling <i>Wil Ashley</i>	5:15-5:45 YS ♦ Meditation Michael Hewett	5:00-5:45 MS ♦ EQX Barre Burn <i>Daigi-Ann Thompson</i>	5:45-6:30 MS Tabata <i>Mario Godiva</i>	6:30-7:15 MS Stacked! <i>Matt Ortel</i>	1:30-2:15 MS Booty Blast Antonio Hudson	3:00-4:30 YS ♦ Vinyasa Yoga (L2) <i>Domenic Savino</i>
6:15-7:05 MS ♦ METCON3 <i>Chayanne Joel</i>	5:30-6:20 TR ♦ Precision Running@ <i>Loi Jordon</i>	5:00-6:00 YS ♦ Vinyasa Yoga <i>Mary Horne</i>	6:30-7:30 YS ♦ Vinyasa Yoga <i>Mary Dana Abbott</i>	6:30-8:00 YS ♦ Vinyasa Yoga (L2) <i>Domenic Savino</i>	2:15-3:15 YS ♦ Power Yoga (L2) <i>Camille Heller</i>	4:00-4:50 CS ♦ The Pursuit: Build <i>Sara Hogrefe</i>
6:15-7:15 YS ♦ Alignment Flow Yoga <i>Sam Chase</i>	5:45-6:30 MS ♦ 30/60/90@ <i>Kristi Molinaro</i>	6:00-6:15 MS Best Abs Ever Adam Bokunewicz	6:45-7:30 CS ♦ WERK AND RIDE™ <i>Mario Godiva</i>	6:45-7:35 CS ♦ The Pursuit: Burn <i>Loi Jordon</i>	2:30-3:00 MS Ab Lab <i>Andrew Slane</i>	5:00-5:30 MS 30/60/90@ Core <i>Anthony Cunanan</i>
7:15-8:00 MS Tabata (L2) <i>Antonio Hudson</i>	6:00-7:00 YS ♦ Power Yoga Michael Hewett	6:15-6:30 MS Best Arms Ever Adam Bokunewicz	6:45-7:45 MS ♦ EQX Barre Burn <i>Aida Palau</i>	7:15-8:05 TR ♦ Precision Running@ Miriam Shestack	3:00-3:30 MS ♦ THE CUT: Jump Rope Andrew Slane	5:00-6:00 YS ♦ Alignment Flow Yoga <i>Sarah Girard</i>
7:30-8:20 CS ♦ The Pursuit: Burn <i>Chayanne Joel</i>	6:30-7:20 CS ♦ The Pursuit: Build <i>Avery Washington</i>	6:15-7:15 YS ♦ Power Yoga <i>Justin Ritchie</i>	7:15-8:05 TR ♦ Precision Running@ Miriam Shestack	7:45-8:45 YS ♦ Power Yoga (L2) <i>Nick Potenzieri</i>	5:00-5:45 CS ♦ Cycle Beats <i>Elgin McCargo</i>	5:30-6:15 MS ♦ 30/60/90@ <i>Anthony Cunanan</i>
7:45-9:00 YS ♦ Soul Flow Yoga <i>Ariel Kiley</i>	6:35-7:05 MS 30/60/90@ Core <i>Kristi Molinaro</i>	6:45-7:30 CS ♦ Cycle Beats <i>Elgin McCargo</i>	7:45-8:45 YS ♦ Power Yoga (L2) <i>Nick Potenzieri</i>		5:00-6:30 YS ♦ Vinyasa Yoga (L3) <i>Francesca Bove</i>	7:00-8:00 YS ♦ Athletic Yoga (L2) <i>Serena Tom</i>
8:15-8:45 MS ♦ Firestarter <i>Andrew Slane</i>	7:15-8:00 MS ♦ 30/60/90@ <i>Kristi Molinaro</i>	6:45-7:15 MS ♦ Booty Blast <i>Antonio Hudson</i>			6:45-7:45 YS ♦ Vinyasa Yoga <i>Nikki Baksh</i>	
8:45-9:15 MS Ab Lab <i>Andrew Slane</i>	7:30-8:30 YS ♦ Yoga Core <i>Patricia Pinto</i>	7:15-8:00 MS ♦ METCON3 <i>Antonio Hudson</i>				
	7:45-8:30 CS ♦ Studio Cycling <i>Brandon Scott (NY)</i>	7:45-8:30 YS ♦ Pilates Power Elgin McCargo				
	8:15-9:00 MS ♦ EQX Barre Burn <i>Adam Bokunewicz</i>					

EQUINOX

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MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT & SUN: 8:00AM - 9:00PM

GROUP FITNESS MANAGER
LOI JORDON
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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
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

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.

WERK AND RIDE™ Created by Mario Godiva, WERK & RIDE™ is a high energy, heart pounding, & leg burning cycling experience. Musically driven & fast paced, you'll climb, sweat, & WERK your fitness level higher to intoxicating top 40 dance remixes leaving you exhilarated, challenged, & transfigured.

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.

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.

ATHLETIC TRAINING

30/60/90® Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

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.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-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!

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

BARRE

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

30/60/90® CORE Kristi Molinaro combines her Pilates expertise with athletic training creating a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

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 ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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!

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

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.

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.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

DANCE

CARDIO DANCE FUSION A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

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 A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

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. Meet your need for speed as you 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.

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.