

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ♦	Athletic Conditioning <i>Jay Dantzier</i>	6:30-7:15 CS ♦	Cycle Beats <i>D Gunnz</i>	6:30-7:15 MS	METCON3 <i>Matt Ortel</i>	6:15-6:35 MS ♦	Ab Lab <i>Cindya Davis</i>	6:15-7:05 TR ♦	Precision Running@ <i>Linette Guelen</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>	6:30-7:20 CS ♦	<b>The Pursuit: Build</b> <i>David Donofrio</i>	7:00-7:45 MS ♦	EQX Barre Burn <i>Emma Rivera</i>	9:00-9:50 TR ♦	<b>Precision Running@</b> <i>Andrew Slane</i>	9:15-10:00 CS ♦	ANTHEM™ <i>LR Davidson</i>
7:15-8:00 CS ♦	ANTHEM™ <i>Shanda Woods</i>	6:45-7:45 YS ♦	Rise and Shine Yoga <i>Mary Horne</i>	7:15-8:00 CS ♦	Studio Cycling <i>Danielle Hopkins</i>	6:35-7:05 MS ♦	Firestarter <i>Cindya Davis</i>	7:15-8:05 CS ♦	The Pursuit: Burn <i>Jamal</i>	9:15-10:00 CS ♦	Studio Cycling <i>Baxter Sanders</i>	9:50-10:20 MS	Power Yoga <i>Meg McNeal</i>
7:30-8:30 YS ♦	Power Yoga <i>Melinda Abbott</i>	7:45-8:30 MS ♦	THE MUSE™ <i>Or Artzi</i>	7:30-8:20 MS ♦	Body Conditioning <i>Eddie Carrington</i>	6:45-7:45 YS ♦	Vinyasa Yoga <i>Mariah Betts</i>	7:30-8:30 YS ♦	Vinyasa Yoga <i>Jena Maenius</i>	9:30-10:30 YS ♦	Vinyasa Yoga <i>Dee Holliday</i>	10:30-11:15 CS ♦	Best Abs Ever <i>Abbey Hunt</i>
8:15-9:00 MS ♦	Whipped! <i>Angela Leigh</i>	8:00-8:45 CS ♦	Cycle Beats <i>Elgin McCargo</i>	7:30-8:30 YS ♦	Vinyasa Yoga <i>Nadia Zaki</i>	7:45-8:30 MS ♦	Booty Blast <i>Antonio Hudson</i>	8:15-9:00 MS ♦	METCON3 <i>Jamal</i>	10:00-10:45 MS ♦	Tabata (L2) <i>Andrew Slane</i>	10:30-11:15 MS ♦	Cycle Beats <i>Lindsay B. Davis</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>	8:00-8:50 CS ♦	<b>The Pursuit: Burn</b> <i>Flaminia Fanale</i>	9:15-10:00 MS ♦	THE MUSE™ <i>Yury Rockit</i>	10:15-11:00 CS ♦	ANTHEM™ <i>Katie Horwitch</i>	11:00-11:45 YS ♦	Cardio Kick <i>Akin Williams</i>
11:30-12:15 CS ♦	ANTHEM™ <i>Lindsay Carson</i>	9:15-10:00 MS ♦	METCON3 <i>Marie Jasmin</i>	10:00-11:00 YS ♦	Pilates <i>Aida Palau</i>	8:00-9:00 YS ♦	Alignment Flow Yoga <i>Benn Rasmussen</i>	10:00-11:00 YS ♦	Pilates <i>Gabe Villanueva</i>	11:00-11:50 MS ♦	METCON3 <i>Angel Aulet</i>	11:30-12:15 MS ♦	Pilates <i>Rita Thompson</i>
12:15-1:00 MS ♦	METCON3 <i>Chris Norvell</i>	12:15-1:00 MS ♦	Gold Barre <i>Khaleah London</i>	12:15-1:15 YS ♦	Vinyasa Yoga <i>Kristina Erikson</i>	9:15-10:15 YS ♦	Deep EXtreme <i>Aida Palau</i>	11:00-11:45 MS ♦	PURE STRENGTH <i>Sam Rothermel</i>	11:00-11:45 YS ♦	Pilates <i>Mathew Makings</i>	12:00-12:50 CS ♦	Best Butt Ever <i>Lindsay B. Davis</i>
12:30-1:30 YS ♦	Power Yoga <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>	12:15-1:05 MS ♦	THE CUT <i>Eddie Carrington</i>	12:15-12:45 MS ♦	<b>THE CUT: Jump Rope</b> <i>Leon Joseph</i>	11:30-12:20 CS ♦	The Pursuit: Build <i>Katie Horwitch</i>	12:15-1:15 YS ♦	The Pursuit: Burn <i>Flaminia Fanale</i>
1:30-1:45 YS	Meditation <i>Lindsay Carson</i>	1:15-1:45 MS ♦	Firestarter <i>Khaleah London</i>	2:00-2:45 MS ♦	<b>Tabata Strength</b> <i>Paula Calabrese</i>	12:15-1:15 YS ♦	Restorative Stretch <i>Ariel Kiley</i>	12:30-1:30 YS ♦	Vinyasa Yoga <i>Sarra Morton</i>	12:15-1:15 MS ♦	Deep EXtreme <i>Ryan Beck</i>	12:15-1:15 YS ♦	Vinyasa Yoga <i>Yanik Faylayev</i>
4:00-5:00 MS ♦	EQX Barre Burn <i>Or Artzi</i>	4:30-5:00 MS ♦	THE CUT: Jump Rope <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>	12:45-1:15 MS	<b>Ab Lab</b> <i>Leon Joseph</i>	12:30-1:45 YS ♦	Vinyasa Yoga (L2) <i>Elitza Ivanova</i>	12:30-1:30 MS ♦	EQX Barre Burn <i>Emily Naim</i>
5:00-6:00 YS ♦	<b>Vinyasa Yoga</b> <i>Elitza Ivanova</i>	5:00-5:45 YS ♦	Yoga Fundamentals <i>Benn Rasmussen</i>	5:00-6:00 YS ♦	Vinyasa Yoga <i>Mary Horne</i>	1:15-2:00 MS ♦	Meditation <i>Ariel Kiley</i>	4:00-4:50 CS ♦	Vinyasa Yoga <i>Jess Taras</i>	1:30-2:15 MS ♦	Booty Blast <i>Antonio Hudson</i>	1:30-2:30 MS ♦	Cardio Dance Fusion <i>Emily Naim</i>
5:15-6:05 MS ♦	Deep EXtreme <i>Ryan Beck</i>	5:05-5:35 MS	Ab Lab <i>Janice JP Prishwalko</i>	5:15-6:15 MS ♦	EQX Barre Burn <i>Daigi-Ann Thompson</i>	5:15-6:00 CS ♦	Cycle Beats <i>Katie Horwitch</i>	3:30-4:30 YS ♦	Vinyasa Yoga <i>Andrew Slane</i>	2:15-3:15 YS ♦	Power Yoga (L2) <i>Nick Potenzieri</i>	1:30-2:30 YS ♦	<b>Athletic Yoga (L2)</b> <i>Serena Tom</i>
6:15-7:00 CS ♦	Studio Cycling <i>Wil Ashley</i>	5:30-6:25 TR ♦	Precision Running@ <i>Rachel Mariotti</i>	6:15-7:15 YS ♦	Power Yoga <i>Justin Ritchie</i>	5:45-6:30 MS ♦	Whipped! <i>Gerren Liles</i>	4:00-4:50 CS ♦	The Pursuit: Build <i>Lindsay B. Davis</i>	2:30-3:15 MS ♦	PURE STRENGTH <i>Andrew Slane</i>	3:00-4:30 YS ♦	Vinyasa Yoga (L2) <i>Mariah Betts</i>
6:15-7:05 MS ♦	METCON3 <i>Chayanne Joel</i>	5:45-6:30 MS ♦	METCON3 <i>Janice JP Prishwalko</i>	6:30-7:15 MS ♦	Booty Blast <i>Antonio Hudson</i>	6:30-7:20 CS ♦	The Pursuit: Burn <i>Eric Cobb</i>	5:00-6:00 YS ♦	Vinyasa Yoga <i>Francesca Bove</i>	3:15-3:45 MS	Ab Lab <i>Andrew Slane</i>	4:00-4:45 CS ♦	Cycle Beats <i>D Gunnz</i>
6:15-7:15 YS ♦	Alignment Flow Yoga <i>Sam Chase</i>	6:00-7:15 YS ♦	Alignment Flow Yoga (L2) <i>Benn Rasmussen</i>	6:45-7:30 CS ♦	ANTHEM™ <i>Elgin McCargo</i>	6:30-7:30 YS ♦	Vinyasa Yoga <i>Mary Dana Abbott</i>	5:30-6:15 MS ♦	METCON3 <i>Matt Ortel</i>	4:00-4:45 YS ♦	Pilates <i>Khaleah London</i>	5:00-5:30 MS ♦	Best Abs Ever <i>Andrew Harper</i>
7:15-8:00 MS ♦	Tabata (L2) <i>Antonio Hudson</i>	6:30-7:20 CS ♦	<b>The Pursuit: Build</b> <i>Avery Washington</i>	7:15-8:00 MS ♦	METCON3 <i>Antonio Hudson</i>	6:45-7:45 MS ♦	EQX Barre Burn <i>Adam Bokunewicz</i>	6:15-7:00 CS ♦	Studio Cycling <i>Wil Ashley</i>	5:00-5:45 CS ♦	Cycle Beats <i>Elgin McCargo</i>	5:00-6:00 YS ♦	Alignment Flow Yoga <i>Sarah Girard</i>
7:30-8:20 CS ♦	<b>The Pursuit: Burn</b> <i>Chayanne Joel</i>	6:45-7:30 MS ♦	EQX Barre Burn <i>Or Artzi</i>	7:45-8:30 YS ♦	Pilates Power <i>Elgin McCargo</i>	7:15-8:05 TR ♦	Precision Running@ <i>Miriam Shestack</i>	6:30-7:15 MS ♦	PURE STRENGTH <i>Matt Ortel</i>	5:00-6:30 YS ♦	Vinyasa Yoga (L3) <i>Francesca Bove</i>	5:35-6:05 MS ♦	Firestarter <i>Andrew Harper</i>
7:45-9:00 YS ♦	Soul Flow Yoga <i>Ariel Kiley</i>	7:30-8:30 YS ♦	Yoga Core <i>Patricia Pinto</i>	8:00-8:50 CS ♦	The Pursuit: Burn <i>Eniko Kiraly</i>	7:45-8:45 YS ♦	Power Yoga (L2) <i>Nick Potenzieri</i>	6:30-8:00 YS ♦	Vinyasa Yoga (L2) <i>Domenic Savino</i>	6:00-6:45 MS ♦	EQX Barre Burn <i>Elgin McCargo</i>		
8:15-8:45 MS ♦	Firestarter <i>Andrew Slane</i>	7:35-8:05 MS ♦	<b>THE MUSE™</b> <i>Or Artzi</i>							6:45-7:45 YS ♦	Vinyasa Yoga <i>Nikki Baksh</i>		
8:45-9:15 MS	Ab Lab <i>Andrew Slane</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>										

## SOHO

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

**GROUP FITNESS MANAGER**  
KATIE HORWITCH  
katie.horwitch@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
CS	Cycling Studio
YS	Yoga Studio

**WHAT'S NEW THIS MONTH**  
Graceful. Intense.  
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, **THE MUSE**.

#### 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.

**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

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

**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.

**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.

**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.

**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.

**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!

**TABATA STRENGTH** No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

**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

**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.

#### LONG + LEAN

**BOOTY BLAST** Dedicated to the bottom half: glutes, hips, thighs and abs.

Burning buns and a blast!

**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.

**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 burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

#### 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. 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.