

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS ♦ PURE STRENGTH <i>Jay Dantzier</i>	6:30-7:15 CS ♦ Cycle Beats <i>Marquis Johnson</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 ♦ The Pursuit: Build <i>David Donofrio</i>	7:00-7:45 MS EQX Barre Burn <i>Emma Rivera</i>	9:00-9:50 TR ♦ Precision Running@ <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>Emily Giovine</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>	9:15-10:30 YS ♦ 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>	7:30-8:15 MS ♦ Body Conditioning <i>Eddie Carrington</i>	6:45-7:45 YS ♦ Rise and Shine Yoga <i>Danielle Dugan</i>	7:30-8:30 YS ♦ Vinyasa Yoga <i>Jena Maenius</i>	9:30-10:30 YS ♦ Vinyasa Yoga <i>Dee Holliday</i>	9:50-10:20 MS 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 ♦ The Low Down <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 CS ♦ 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 ♦ The Pursuit: Burn <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>	10:30-11:15 MS ♦ 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>	11:00-11:45 YS ♦ Pilates <i>Rita Thompson</i>
12:15-1:00 MS ♦ METCON3 <i>Chris Norvell</i>	12:30-1:15 MS ♦ Whipped! <i>Andrew Slane</i>	12:15-1:00 MS ♦ PURE STRENGTH <i>Leon Joseph</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>	11:30-12:15 MS ♦ 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>	12:15-1:15 YS ♦ Vinyasa Yoga <i>Kristina Erikson</i>	12:15-1:05 MS THE CUT <i>Eddie Carrington</i>	12:15-12:45 MS ♦ THE CUT: Jump Rope <i>Leon Joseph</i>	11:30-12:20 CS ♦ The Pursuit: Build <i>Katie Horwitch</i>	12:00-12:50 CS ♦ The Pursuit: Burn <i>Flaminia Fanale</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>	1:00-1:50 CS ♦ The Pursuit: Burn <i>Selena Dorans</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>
5:00-6:00 YS ♦ Vinyasa Yoga <i>Elitza Ivanova</i>	5:00-5:45 YS Yoga Fundamentals <i>Benn Rasmussen</i>	2:00-2:45 MS ♦ Tabata Strength <i>Paula Calabrese</i>	1:15-2:00 MS ♦ EQX Barre Burn <i>Emma Rivera</i>	12:45-1:15 MS Ab Lab <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>
5:15-6:05 MS ♦ Deep EXtreme <i>Ryan Beck</i>	5:05-5:30 MS Ab Lab <i>Janice JP Prishwalko</i>	3:30-4:30 YS ♦ Alignment Flow Yoga <i>Benn Rasmussen</i>	1:15-1:30 YS Meditation <i>Ariel Kiley</i>	3:30-4:30 YS Vinyasa Yoga <i>Ari Halbert</i>	1:30-2:15 MS ♦ The Low Down <i>Antonio Hudson</i>	1:30-2:30 MS ♦ Cardio Dance Fusion <i>Emily Naim</i>
6:15-7:00 CS ♦ Studio Cycling <i>Reza Pazooki</i>	5:30-6:25 TR ♦ Precision Running@ <i>Chaz Jackson</i>	5:00-6:00 YS ♦ Vinyasa Yoga <i>Mary Horne</i>	5:15-6:00 CS ♦ ANTHEM™ <i>Katie Horwitch</i>	4:00-4:50 CS ♦ The Pursuit: Build <i>Lindsay B. Davis</i>	2:15-3:15 YS ♦ Power Yoga (L2) <i>Nick Potenzieri</i>	1:30-2:30 YS ♦ Athletic Yoga (L2) <i>Serena Tom</i>
6:15-7:05 MS ♦ METCON3 <i>Chayanne Joel</i>	5:45-6:30 MS ♦ METCON3 <i>Janice JP Prishwalko</i>	5:15-6:15 MS EQX Barre Burn <i>Daigi-Ann Thompson</i>	5:45-6:30 MS ♦ Whipped! <i>Gerren Liles</i>	5:00-6:00 YS ♦ Vinyasa Yoga <i>Francesca Bove</i>	2:30-3:15 MS ♦ PURE STRENGTH <i>Andrew Slane</i>	3:00-4:30 YS ♦ Vinyasa Yoga (L2) <i>Mariah Betts</i>
6:15-7:15 YS ♦ Alignment Flow Yoga <i>Sam Chase</i>	6:00-7:15 YS ♦ Alignment Flow Yoga (L2) <i>Benn Rasmussen</i>	6:15-7:15 YS ♦ Power Yoga <i>Casey Lane Anderson</i>	6:30-7:20 CS ♦ The Pursuit: Build <i>Katie Horwitch</i>	5:30-6:15 MS ♦ METCON3 <i>Matt Ortel</i>	3:15-3:45 MS Ab Lab <i>Andrew Slane</i>	4:00-4:45 CS ♦ Rhythm Revolution <i>D Gunnz</i>
7:15-8:00 MS ♦ Tabata (L2) <i>Antonio Hudson</i>	6:30-7:20 CS ♦ The Pursuit: Build <i>Avery Washington</i>	6:30-7:15 MS ♦ The Low Down <i>Antonio Hudson</i>	6:30-7:20 CS ♦ THE PURSUIT: BUILD <i>Katie Horwitch</i>	6:15-7:00 CS ♦ Cycle Beats <i>Gater</i>	4:00-4:45 YS ♦ Pilates <i>Khaleah London</i>	5:00-5:45 MS ♦ METCON3 <i>Miriam Shestack</i>
7:30-8:20 CS ♦ The Pursuit: Burn <i>Chayanne Joel</i>	6:45-7:30 MS ♦ EQX Barre Burn <i>Or Artzi</i>	6:45-7:30 CS ♦ ANTHEM™ <i>Elgin McCargo</i>	6:30-7:30 YS ♦ Vinyasa Yoga <i>Mary Dana Abbott</i>	6:30-7:15 MS ♦ PURE STRENGTH <i>Matt Ortel</i>	5:00-5:45 CS ♦ Cycle Beats <i>Elgin McCargo</i>	5:00-6:00 YS ♦ Alignment Flow Yoga <i>Sarah Girard</i>
7:45-9:00 YS ♦ Soul Flow Yoga <i>Ariel Kiley</i>	7:30-8:30 YS ♦ Yoga Core <i>Patricia Pinto</i>	7:15-8:00 MS ♦ METCON3 <i>Antonio Hudson</i>	6:45-7:45 MS ♦ EQX Barre Burn <i>Adam Bokunewicz</i>	6:30-7:45 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 ♦ THE MUSE™ <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>		6:45-7:45 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>	8:00-8:50 CS ♦ The Pursuit: Burn <i>Eniko Kiraly</i>	7:45-8:45 YS ♦ Power Yoga (L2) <i>Nick Potenzieri</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

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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
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 Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

RHYTHM REVOLUTION The playlist rules supreme in this beats-based ride. From the classics to the cutting edge, the varying music will motivate you through this high-intensity ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

🏃 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 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.

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.

👣 LONG + LEAN

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

THE LOW DOWN Get a better rearview in a class devoted to intense shaping and sculpting. Challenge your abs and strengthen your glutes, thighs, and hamstrings for a total lower body workout that will enhance your finest assets.

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.