

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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>	6:30-7:15 CS ♦ Studio Cycling <i>David Donofrio</i>	6:15-7:05 TR ♦ Precision Running@ <i>Linette Guelen</i>	8:30-9:25 TR ♦ Precision Running@ <i>Loi Jordan</i>	9:00-9:30 MS ♦ Best Abs Ever <i>Gina DiNapoli</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>	6:45-7:30 MS ♦ Boot Camp <i>Tommy Hart</i>	7:00-7:45 MS ♦ EQX Barre Burn <i>Emma Rivera</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 <i>Danielle Hopkins</i>	6:45-7:45 YS ♦ Rise and Shine Yoga <i>Mary Horne</i>	7:15-8:00 CS ♦ Studio Cycling <i>Katie Horwitch</i>	6:45-7:45 YS ♦ Vinyasa Yoga <i>Melini Jesudason</i>	7:15-8:05 CS ♦ The Pursuit: Build <i>Jamal</i>	9:15-10:00 CS ♦ Cycle Beats <i>Jan Erik Navoa</i>	9:30-10:30 YS ♦ Power Yoga <i>Lindsay Carson</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>Eddie Carrington</i>	7:45-8:30 MS ♦ Booty Blast <i>Antonio Hudson</i>	7:30-8:30 YS ♦ Vinyasa Yoga <i>Jena Maenius</i>	9:30-10:30 YS ♦ Vinyasa Yoga <i>Dee Holliday</i>	9:35-10:05 MS ♦ Firestarter <i>Gina DiNapoli</i>
8:15-9:00 MS ♦ Whipped! <i>Danielle Hopkins</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>	10:00-10:45 MS ♦ Tabata (L2) <i>Andrew Slane</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>	8:00-9:00 YS ♦ Alignment Flow <i>Benn Rasmussen</i>	9:15-10:00 MS ♦ EQX Barre Burn <i>Adam Bokunewicz</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 <i>Abbey Hunt</i>	12:15-1:00 MS ♦ Gold Barre <i>Khaleah London</i>	10:00-11:00 YS ♦ Pilates <i>Aida Palau</i>	9:15-10:00 MS ♦ EQX Barre Burn <i>Adam Bokunewicz</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>
12:30-1:30 YS ♦ Power Yoga <i>Lindsay Carson</i>	12:30-1:15 CS ♦ Studio Cycling <i>Michael Keeney</i>	12:15-1:00 MS ♦ PURE STRENGTH <i>Leon Joseph</i>	12:15-1:05 MS ♦ THE CUT <i>Eddie Carrington</i>	12:15-12:45 MS ♦ Best Butt Ever <i>Andrew Slane</i>	11:00-12:00 YS ♦ Pilates <i>Gina Ianni</i>	11:30-12:15 MS ♦ Best Butt Ever <i>Lindsay B. Davis</i>
12:50-1:20 MS Core Conditioning <i>Abbey Hunt</i>	1:00-2:00 YS ♦ Pilates <i>Katie Yip</i>	12:15-1:15 YS ♦ Vinyasa Yoga <i>Kristina Erikson</i>	12:15-1:15 YS ♦ Restorative Stretch <i>Ariel Kiley</i>	12:30-1:30 YS ♦ Vinyasa Yoga <i>Sarra Morton</i>	11:30-12:20 CS ♦ The Pursuit: Burn <i>Loi Jordan</i>	12:00-12:50 CS ♦ The Pursuit: Build <i>Flaminia Fanale</i>
1:30-1:45 YS Meditation <i>Lindsay Carson</i>	1:15-1:45 MS ♦ Firestarter <i>Khaleah London</i>	1:00-1:45 CS ♦ Studio Cycling <i>Selena Dorans</i>	12:30-1:20 CS ♦ The Pursuit: Burn <i>David Donofrio</i>	12:50-1:20 MS ♦ THE CUT: Jump Rope <i>Andrew Slane</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 <i>Benn Rasmussen</i>	1:15-2:00 MS ♦ EQX Barre Burn <i>Emma Rivera</i>	4:00-4:50 CS ♦ The Pursuit: Build <i>Shanda Woods</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 ♦ Vinyasa Yoga <i>Damien Alexander</i>	5:05-5:35 MS Ab Lab <i>Janice JP Prishwalko</i>	5:00-5:45 MS ♦ EQX Barre Burn <i>Daigi-Ann Thompson</i>	1:15-1:30 YS Meditation <i>Ariel Kiley</i>	5:00-6:00 YS ♦ Vinyasa Yoga <i>Francesca Bove</i>	1:30-2:15 MS ♦ Booty Blast <i>Antonio Hudson</i>	1:30-2:30 MS Cardio Dance Fusion <i>Emily Naim</i>
5:15-6:00 MS ♦ Deep EXtreme <i>Ryan Beck</i>	5:15-5:45 YS ♦ Meditation <i>Benn Rasmussen</i>	5:00-6:00 YS ♦ Vinyasa Yoga <i>Mary Horne</i>	5:45-6:30 MS ♦ Tabata (L2) <i>Dominic Manfredi</i>	5:30-6:15 MS ♦ METCON3 <i>Matt Ortel</i>	2:15-3:15 YS ♦ Power Yoga (L2) <i>Camille Heller</i>	1:30-2:30 YS ♦ Restorative Flow Yoga <i>Mariko Hirakawa</i>
6:15-7:00 CS ♦ Studio Cycling <i>Wil Ashley</i>	5:30-6:25 TR ♦ Precision Running@ <i>Loi Jordan</i>	6:00-6:30 MS Best Abs Ever <i>Adam Bokunewicz</i>	6:30-7:30 YS ♦ Vinyasa Yoga <i>Mary Dana Abbott</i>	6:15-7:00 CS ♦ Studio Cycling <i>Wil Ashley</i>	2:30-3:15 MS ♦ PURE STRENGTH <i>Andrew Slane</i>	3:00-4:30 YS ♦ Vinyasa Yoga (L2) <i>Domenic Savino</i>
6:15-7:05 MS ♦ METCON3 <i>Chayanne Joel</i>	5:45-6:30 MS ♦ METCON3 <i>Prishwalko</i>	6:15-7:15 YS ♦ Power Yoga <i>Justin Ritchie</i>	6:45-7:35 CS ♦ The Pursuit: Burn <i>Loi Jordan</i>	6:30-7:15 MS ♦ PURE STRENGTH <i>Matt Ortel</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 <i>Sam Chase</i>	6:00-7:15 YS ♦ Alignment Flow Yoga (L2) <i>Benn Rasmussen</i>	6:45-7:15 YS ♦ Cycle Beats <i>Elgin McCargo</i>	6:45-7:45 MS ♦ EQX Barre Burn <i>Aida Palau</i>	6:30-7:15 MS ♦ EQX Barre Burn <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 ♦ The Pursuit: Burn <i>Avery Washington</i>	6:45-7:15 MS ♦ Booty Blast <i>Antonio Hudson</i>	7:15-8:05 TR ♦ Precision Running@ <i>Miriam Shestack</i>	6:30-8:00 YS ♦ Vinyasa Yoga (L2) <i>Domenic Savino</i>	5:00-5:45 CS ♦ Cycle Beats <i>Elgin McCargo</i>	5:00-6:00 YS ♦ Alignment Flow <i>Sarah Girard</i>
7:30-8:20 CS ♦ The Pursuit: Build <i>Chayanne Joel</i>	6:45-7:30 MS ♦ EQX Barre Burn <i>Or Artzi</i>	7:15-8:00 MS ♦ METCON3 <i>Antonio Hudson</i>	7:45-8:45 YS ♦ Power Yoga (L2) <i>Nick Potenzieri</i>	6:00-6:45 MS ♦ EQX Barre Burn <i>Elgin McCargo</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>	7:45-8:30 YS ♦ Pilates Power <i>Elgin McCargo</i>		6:45-7:45 YS ♦ Vinyasa Yoga <i>Nikki Baksh</i>	6:00-6:45 MS ♦ EQX Barre Burn <i>Elgin McCargo</i>	7:00-8:00 YS ♦ Athletic Yoga (L2) <i>Serena Tom</i>
8:15-8:45 MS ♦ Firestarter <i>Andrew Slane</i>	7:35-8:05 MS ♦ Firestarter <i>Or Artzi</i>	8:00-8:50 CS ♦ The Pursuit: Burn <i>Eniko Kiraly</i>				
8:45-9:15 MS Ab Lab <i>Andrew Slane</i>	7:45-8:30 CS ♦ Studio Cycling <i>Brandon Scott (NY)</i>					
	8:30-9:15 MS ♦ Best Butt Ever <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
TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio

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.

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.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

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

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.

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!

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!

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.

CONDITIONING

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

ATHLETIC CONDITIONING 9/1-9/30 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.

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.

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.

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.