

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
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>	9:30-10:15 MS♦	30/60/90® <i>Luke Carron</i>	9:00-9:45 MS	Summer Sculpt <i>Loi Jordan</i>	6:30-7:20 CS♦	The Pursuit: Burn <i>Angela Leigh</i>	6:30-7:15 MS	METCON3 <i>Matt Ortel</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>	9:30-10:30 YS♦	Vinyasa Yoga <i>Stephanie Wang</i>	9:30-10:30 YS♦	Power Yoga <i>Nikki Baksh (SUB)</i>	10:00-11:00 MS♦	EQX Barre Burn <i>Alicia Archer</i>	6:45-7:30 MS♦	30/60/90® <i>Darbi Worley</i>	6:45-7:35 TR♦	Precision Running® <i>Catey Mark</i>
6:45-7:45 YS♦	Vinyasa Yoga <i>Melini Jesudason</i>	7:15-8:05 CS♦	The Pursuit: Build <i>Jamal</i>	10:00-10:45 MS♦	30/60/90® <i>Anthony Cunanan</i>	10:30-11:15 MS	Cardio Kick <i>Akin Williams</i>	11:00-12:00 CS♦	The Pursuit: Burn <i>Loi Jordan</i>	6:45-7:45 YS♦	Rise and Shine Yoga <i>Mary Horne</i>	7:00-7:45 CS♦	Cycle Beats <i>D Gunnz</i>
7:45-8:30 MS	Booty Blast <i>Antonio Hudson</i>	7:30-8:30 YS♦	Vinyasa Yoga <i>Benn Rasmussen (SUB)</i>	10:15-11:00 CS♦	Studio Cycling <i>Katie Horwitch</i>	10:45-11:30 CS♦	Red, Ride and Blue <i>Flaminia Fanale</i>	12:15-1:05 MS♦	METCON3 <i>Ross Twanmoh</i>	7:45-8:30 MS♦	EQX Barre Burn <i>Or Artzi</i>	7:30-8:20 MS	Body Conditioning <i>Eddie Carrington</i>
8:00-8:50 CS♦	The Pursuit: Burn <i>Flaminia Fanale</i>	8:15-9:00 MS♦	METCON3 <i>Jamal</i>	11:00-11:50 MS♦	METCON3 <i>Angel Aulet</i>	11:00-11:45 YS	Pilates <i>Amanda Blauer (SUB)</i>	12:30-1:30 CS♦	Cycle Beats <i>D Gunnz</i>	8:00-8:45 CS♦	Cycle Beats <i>Elgin McCargo</i>	7:30-8:30 YS♦	Vinyasa Yoga <i>Nadia Zaki</i>
8:00-9:00 YS♦	Alignment Flow Yoga <i>Benn Rasmussen</i>	10:00-11:00 YS	Pilates <i>Rodrick Covington</i>	11:00-12:00 YS♦	Pilates <i>Aida Palau</i>	11:30-12:15 MS	Tabata (L2) <i>Lauren Colenso-Semple</i>	12:30-1:45 YS♦	Vinyasa Yoga <i>Francesca Bove</i>	8:00-9:00 YS♦	Vinyasa Yoga <i>Sarra Morton</i>	9:00-9:45 MS	Tabata (L2) <i>John Cianca</i>
12:15-1:00 MS	THE CUT <i>Eddie Carrington</i>	12:15-1:00 MS	Best Butt Ever <i>Mary O</i>	11:30-12:20 CS♦	The Pursuit: Burn <i>Loi Jordan</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>	12:15-12:45 MS	Best Abs Ever <i>Mara Gabrielle (SUB)</i>	10:00-11:00 YS	Pilates <i>Aida Palau</i>
12:30-1:15 CS♦	Studio Cycling <i>Lindsay B. Davis</i>	12:30-1:30 YS♦	Vinyasa Yoga <i>Sarra Morton</i>	12:15-1:15 MS♦	EQX Barre Burn <i>Aida Palau</i>	12:15-1:15 YS♦	Vinyasa Yoga <i>Jena Maenius</i>	5:00-6:00 YS♦	Memorial Day Warrior Yoga <i>Damien Alexander</i>	12:30-1:15 CS♦	Studio Cycling <i>Michael Keeney</i>	12:15-1:00 MS	pureMUSCLE <i>Leon Joseph</i>
1:15-2:00 MS♦	EQX Barre Burn <i>Or Artzi (SUB)</i>	4:00-4:50 CS♦	The Pursuit: Build <i>Shanda Woods</i>	12:30-1:45 YS♦	Vinyasa Yoga (L2) <i>Cooper Chou</i>	12:15-1:15 YS♦	Vinyasa Yoga <i>Jena Maenius</i>			12:45-1:15 MS♦	Firestarter <i>Mara Gabrielle (SUB)</i>	12:15-1:15 YS♦	Vinyasa Yoga <i>Kristina Erikson</i>
5:30-6:15 YS	Pilates <i>Patricia Pinto</i>	5:00-6:00 YS♦	Vinyasa Yoga <i>Kajuan Douglas</i>	1:30-2:15 MS	Best Butt Ever <i>Loi Jordan</i>	12:30-1:30 MS♦	EQX Barre Burn <i>Emily Nairn</i>			1:00-2:00 YS	Pilates <i>Katie Yip</i>	12:30-1:20 CS♦	The Pursuit: Burn <i>Loi Jordan</i>
5:45-6:30 MS	Tabata <i>Mario Godiva</i>	5:30-6:15 MS♦	METCON3 <i>Matt Ortel</i>	2:15-3:15 YS♦	Power Yoga (L2) <i>Camille Heller</i>	3:00-4:30 YS♦	Vinyasa Yoga (L2) <i>Domenic Savino</i>			5:00-5:30 MS	30/60/90® Core <i>Kristi Molinaro (SUB)</i>	3:30-4:30 YS♦	Alignment Flow Yoga <i>Benn Rasmussen</i>
6:30-7:30 YS♦	Vinyasa Yoga <i>Jamie Lyn Skolnick (SUB)</i>	6:30-7:15 MS	Stacked! <i>Matt Ortel</i>	2:30-3:00 MS	Ab Lab <i>Andrew Slane</i>					5:30-6:20 TR♦	Precision Running® <i>Loi Jordan</i>	5:00-5:45 MS♦	EQX Barre Burn <i>Daigi-Ann Thompson</i>
6:45-7:30 CS♦	WERK AND RIDE™ <i>Mario Godiva</i>	6:30-8:00 YS♦	Vinyasa Yoga (L2) <i>Domenic Savino</i>	3:00-3:30 MS♦	Firestarter <i>Andrew Slane</i>					5:45-6:30 MS♦	30/60/90® <i>Kristi Molinaro</i>	5:00-6:00 YS♦	Vinyasa Yoga <i>Mary Horne</i>
6:45-7:45 MS♦	EQX Barre Burn <i>Aida Palau</i>	6:45-7:35 CS♦	The Pursuit: Burn <i>Loi Jordan</i>							6:00-7:00 YS♦	Power Yoga <i>Kiley Holliday</i>	6:00-6:30 MS	Ab Lab <i>Loi Jordan</i>
7:15-8:05 TR♦	Precision Running® <i>Miriam Shestack</i>									6:30-7:20 CS♦	The Pursuit: Build <i>Avery Washington</i>	6:15-7:15 YS♦	Power Yoga <i>Justin Ritchie</i>
7:45-8:45 YS♦	Power Yoga (L2) <i>Camille Heller</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>
										7:15-8:00 MS♦	30/60/90® <i>Kristi Molinaro</i>	6:45-7:15 MS♦	Booty Blast <i>Antonio Hudson</i>
										7:30-8:30 YS♦	Yoga Core <i>Heather Ashley (SUB)</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 <i>Elgin McCargo</i>
										8:15-9:00 MS♦	EQX Barre Burn <i>Adam Bokunewicz</i>		

EQUINOX

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 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
YS	Yoga Studio
CS	Cycling Studio
MS	Main Studio

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

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

RED, RIDE AND BLUE 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.

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, & transfixed.

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones 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!

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.

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!

BARRE

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

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 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!

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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.

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.