

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-6:45 MS	Boot Camp <i>Amanda Baker</i>	6:30-7:20 TR◆	Precision Running® <i>Arthur Tang</i>	9:00-9:45 CS◆	Studio Cycling <i>Lewis McNairy</i>	9:15-10:00 CS◆	Studio Cycling <i>Michael Keeney</i>	9:00-10:00 CS◆	Red, Ride and Blue <i>Lewis McNairy</i>	6:00-6:45 MS	EQX Barre Burn <i>Cindy Davis</i>	6:00-6:45 MS◆	PURE STRENGTH <i>Jay Dantzler</i>
6:00-7:00 YS	Vinyasa Yoga <i>Jessica Ray</i>	6:45-7:30 CS◆	Studio Cycling <i>Faris</i>	9:30-10:15 MS	Cardio Sculpt <i>Marcus Jackson</i>	9:30-10:15 MS◆	METCON3 <i>Danielle Wettan</i>	10:15-11:15 YS	Yoga Flow <i>Lisa Tatham</i>	6:00-7:00 MS	Vinyasa Yoga <i>Jessica Ray</i>	7:00-7:45 CS◆	Studio Cycling <i>Jay Dantzler</i>
6:30-7:15 CS◆	Studio Cycling <i>Dave M.</i>	7:15-8:00 MS	30/60/90® <i>Ari Waldman</i>	9:50-10:50 YS	Yoga Flow <i>Lisa Tatham</i>	10:30-11:15 CS◆	Studio Cycling <i>Michael Keeney</i>	11:00-11:45 MS	METCON3 <i>Danielle Wettan</i>	6:30-7:20 TR◆	Precision Running® <i>Emily Stubler</i>	7:00-7:45 MS	EQX Barre Burn <i>Allison Kimmel</i>
7:00-7:30 MS◆	Firestarter <i>Lewis McNairy</i>	7:30-8:30 YS	Vinyasa Yoga <i>Paul Keoni Chun</i>	10:30-11:20 MS◆	Ropes and Rowers <i>Marcus Jackson</i>	10:30-11:15 MS	EQX Barre Burn <i>Emily Naim</i>	12:00-12:30 MS◆	Firestarter <i>Kat Boger</i>	6:45-7:35 CS◆	The Pursuit: Build <i>Melissa Morin</i>	7:15-8:05 TR◆	Precision Running® <i>Kevin St-Fort</i>
7:15-8:00 YS	Pilates <i>Katie Yip</i>	8:00-8:30 MS	30/60/90® Core <i>Ari Waldman</i>	11:30-12:15 MS	R.I.P.P.E.D. <i>Dawn Parker</i>	12:00-12:45 MS◆	PURE STRENGTH <i>Michael Keeney</i>	12:35-1:05 MS	Core Conditioning <i>Kat Boger</i>	7:00-7:45 MS◆	Body Sculpt <i>John Tarmaggiore</i>	7:15-8:15 YS	Vinyasa Yoga <i>Daniela Vuckovic</i>
7:30-7:50 MS	Core Conditioning <i>Lewis McNairy</i>	12:15-1:00 MS	Booty Blast <i>Antonio Hudson</i>	11:45-12:35 CS◆	The Pursuit: Burn <i>Flaminia Fanale</i>	12:00-1:00 YS	Vinyasa Yoga <i>Damien Alexander</i>			7:30-8:15 YS	Pilates <i>Bonnie Crellin</i>	8:00-8:45 MS	METCON3 <i>Luis Weber</i>
8:00-8:45 MS	THE CUT <i>Tracey G</i>	12:30-1:20 CS◆	The Pursuit: Burn <i>Chayanne Joel</i>	12:30-1:15 MS	Best Butt Ever <i>Dawn Parker</i>					8:00-8:45 MS	Whipped! <i>John Tarmaggiore</i>	12:00-12:30 MS	Best Abs Ever <i>Kyle Brown</i>
12:15-1:00 CS◆	Studio Cycling <i>Melissa Morin</i>	12:30-1:30 YS	Yoga Flow <i>Leo Rising</i>							12:15-1:00 CS◆	Studio Cycling <i>Jan Erik Navoa</i>	12:30-1:20 CS◆	The Pursuit: Build <i>Nikki Bucks</i>
12:15-1:00 MS	METCON3 <i>Marcus Jackson</i>	6:00-6:45 CS◆	SpeedCycle® <i>Steve Feinberg</i>							12:15-12:45 MS◆	Firestarter <i>Jennifer Hamlin</i>	12:30-1:15 MS	Zumba® <i>Jose Ozuna</i>
12:30-1:30 YS	Pilates Fusion <i>Gina Ianni (SUB)</i>	6:00-6:45 MS	Boot Camp <i>Will Jackson</i>							12:30-1:15 YS	Pilates <i>Allison Bowers (SUB)</i>	12:30-1:30 YS	Vinyasa Yoga <i>Lisa Tatham</i>
4:30-5:30 YS	Power Yoga <i>Mary Horne</i>	6:15-7:15 YS	Athletic Yoga (L2) <i>Robert Nguyen (SUB)</i>							12:50-1:20 MS	Core Conditioning <i>Jennifer Hamlin</i>	4:30-5:30 MS	EQX Barre Burn <i>Emily Naim</i>
5:45-6:30 MS	Whipped! <i>Luis Weber</i>	7:00-7:45 MS	Speedball® <i>Steve Feinberg</i>							4:30-5:30 YS	Vinyasa Yoga <i>Damien Alexander</i>	5:45-6:30 MS◆	Ropes and Rowers <i>Lewis McNairy</i>
6:00-6:50 CS◆	The Pursuit: Burn <i>Corinne Teklitz</i>	7:30-8:30 YS	Vinyasa Yoga <i>Robert Nguyen (SUB)</i>									5:45-6:30 YS	Pilates <i>Katie Yip</i>
6:15-7:45 YS	Vinyasa Yoga <i>Mindy Frenkel</i>											6:00-6:45 CS◆	Cycle Beats <i>Betsy Buzaid</i>
6:45-7:30 MS	30/60/90® <i>Iggy Lentini</i>											6:30-7:30 YS	Power Yoga <i>Jessica Stickler</i>
7:15-8:00 CS◆	Studio Cycling <i>Corinne Teklitz</i>											6:45-7:30 MS	Cardio Kick <i>Akin Williams</i>
7:45-8:30 MS	Hip Hop <i>Lashawn Jones</i>											7:15-8:00 CS◆	Studio Cycling <i>David Donofrio</i>
												7:35-8:05 YS	Meditation <i>Jessica Stickler</i>
												7:45-8:30 MS	Tabata <i>Lulu Faria</i>
												8:15-9:15 YS	Vinyasa Yoga <i>Jessica Stickler</i>
												8:30-9:00 MS	Best Butt Ever <i>Lulu Faria</i>

# EQUINOX

## PARK AVENUE

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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

LEWIS MCNAIRY

Lewis.McNairy@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
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area

### 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.

**SPEEDCYCLE**® A fun, powerful, and progressive athletic training ride, created and guided by Steve Feinberg. Rhythm riding, challenging endurance intervals, appropriate recovery, short duration HIIT sets, just the right amount of motivation, and soundtracks that'll take you back and bring you forward.

**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

**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.

**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 FLOW** A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

## 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.

**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.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**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.

## 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.

**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 SCULPT** A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

**BOOTY BLAST** Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

**CARDIO SCULPT** A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

**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.

**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.

**R.I.P.P.E.D.** A fun high-energy total body conditioning class that incorporates resistance, intervals, power, plyometrics, and endurance training targeting all muscle groups using free weights and anaerobic conditioning. Come and get R.I.P.P.E.D.

**SPEEDBALL**® A cardiovascular and muscular endurance class using the medicine ball as an athletic training tool. Increases agility, speed, core strength and stability especially, muscular endurance and functional athletic strength. Designed by Steve Feinberg

## 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 FUSION** Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

## DANCE

**HIP HOP** Equinox dance instructors teach you fun combinations to hip hop music. Learn new movements in this fun-filled and vibrant class environment.

**ZUMBA**® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

## 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.

## ACTIVE REGENERATION

**MEDITATION** Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.