

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS	METCON3 <i>Kendall Janicola</i>	6:00-6:45 MS	EQX Barre Burn <i>Cindy Davis</i>	6:00-6:45 MS	Boot Camp <i>Amanda Baker</i>	6:00-6:45 MS ◆	PURE STRENGTH <i>Mary O</i>	6:30-7:20 TR ◆	Precision Running® <i>Paula Calabrese</i>	9:00-9:45 CS ◆	Studio Cycling <i>Leon Joseph</i>	9:00-9:45 CS ◆	Studio Cycling <i>Helen Cawley</i>
7:00-7:45 CS ◆	Studio Cycling <i>Tara McKiernan</i>	6:00-7:00 YS	Vinyasa Yoga <i>Kristina Erikson</i>	7:00-7:45 CS ◆	Cycle Beats <i>Corinne Teklitz</i>	6:00-7:00 YS	Vinyasa Yoga <i>Kristina Erikson</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>
7:00-7:45 MS	Whipped! <i>Catherine Kernan</i>	6:30-7:20 TR ◆	Precision Running® <i>Emily Stubler</i>	7:00-7:45 MS	EQX Barre Burn <i>Charleene O'Connor</i>	6:30-7:15 CS ◆	Studio Cycling <i>Dave M.</i>	7:00-7:45 MS ◆	Boot Camp <i>Patrick Tae</i>	9:50-10:50 YS	Yoga Flow <i>Lisa Tatham</i>	10:30-11:15 MS	EQX Barre Burn <i>Emily Naim</i>
7:30-8:30 YS	Vinyasa Yoga <i>Samantha Debicki</i>	6:45-7:35 CS ◆	The Pursuit: Build <i>Melissa Morin</i>	7:15-8:15 YS	Vinyasa Yoga <i>Daniela Vuckovic</i>	7:00-7:30 MS ◆	Firestarter <i>Lewis McNairy</i>	7:30-8:30 YS	Vinyasa Yoga <i>Paul Keoni Chun</i>	10:15-11:00 CS ◆	Studio Cycling <i>David Donofrio</i>	10:30-11:30 YS	Power Yoga <i>Leeann Walton</i>
8:00-8:30 MS ◆	Firestarter <i>Justine Ayala</i>	7:00-7:45 MS ◆	Body Sculpt <i>John Tarmaggiore</i>	8:00-8:45 MS ◆	METCON3 <i>Luis Weber</i>	7:15-8:00 YS	Pilates <i>Katie Yip</i>	7:45-8:15 MS	Ab Lab <i>Patrick Tae</i>	10:30-11:20 MS ◆	Ropes and Rowers <i>Marcus Jackson</i>	11:15-12:05 CS ◆	The Pursuit: Build <i>Nora Herbstman</i>
8:30-8:45 MS	Core Conditioning <i>Justine Ayala</i>	7:30-8:15 YS	Pilates <i>Bonnie Crellin</i>	8:00-8:45 MS ◆	METCON3 <i>Luis Weber</i>	7:30-7:50 MS	Core Conditioning <i>Lewis McNairy</i>	12:15-1:00 MS	Booty Blast <i>Antonio Hudson</i>	11:00-12:00 YS	Vinyasa Yoga <i>Kristina Erikson</i>	12:00-12:45 MS ◆	PURE STRENGTH <i>Amanda Baker</i>
12:15-1:00 MS	Stacked! <i>Carolann Valentino</i>	8:00-8:45 MS	Whipped! <i>John Tarmaggiore</i>	12:00-12:30 MS	Core Conditioning <i>Jose Ozuna</i>	8:00-8:45 MS	THE CUT <i>Tracey G</i>	12:30-1:20 MS	The Pursuit: Burn <i>Chayanne Joel</i>	11:30-12:15 MS ◆	Athletic Conditioning <i>Dawn Parker</i>	12:00-1:00 YS ◆	Yoga for Runners <i>Ariel Kiley</i>
12:30-1:15 CS ◆	Cycle Beats <i>James Donegan</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	Studio Cycling <i>Melissa Morin</i>	12:30-1:30 YS	Yoga Flow <i>Leo Rising</i>	11:30-12:20 TR ◆	Precision Running® <i>Whitney Tucker</i>	1:00-1:30 MS ◆	Firestarter <i>Amanda Baker</i>
12:30-1:30 YS	Yoga Flow <i>Lisa Tatham</i>	12:15-1:00 MS ◆	Tabata <i>Jennifer Hamlin</i>	12:30-1:15 MS	Zumba® <i>Jose Ozuna</i>	12:15-1:00 MS	METCON3 <i>Marcus Jackson</i>	4:30-5:15 MS ◆	THE MUSE™ <i>Kevin VerEecke</i>	11:45-12:35 CS ◆	The Pursuit: Burn <i>Flaminia Fanale</i>	1:35-1:55 MS	Core Conditioning <i>Amanda Baker</i>
4:30-5:15 MS	Best Butt Ever <i>Danielle Wettan</i>	12:30-1:15 YS	Pilates <i>Cathe Thompson</i>	12:30-1:30 YS	Vinyasa Yoga <i>Lisa Tatham</i>	12:30-1:30 YS	Pilates Fusion <i>Cathe Thompson</i>	6:00-6:45 CS ◆	SpeedCycle® <i>Steve Feinberg</i>	12:30-1:15 MS	Best Butt Ever <i>Dawn Parker</i>	2:30-3:15 MS ◆	THE MUSE™ <i>Justine Ayala</i>
5:30-6:15 MS ◆	METCON3 <i>Marcus Jackson</i>	4:30-5:30 YS	Vinyasa Yoga <i>Jena Maenius</i>	4:30-5:30 MS	EQX Barre Burn <i>Emily Naim</i>	4:30-5:30 YS	Power Yoga <i>Robert Nguyen</i>	6:00-6:45 MS	Boot Camp <i>Will Jackson</i>	4:00-4:45 CS ◆	Cycle Beats <i>Betsy Mallonee</i>	4:00-5:00 YS	Restorative Flow Yoga <i>Robert Nguyen</i>
5:45-6:30 CS ◆	Studio Cycling <i>Joanna Stahl</i>	5:45-6:30 CS ◆	Studio Cycling <i>Flaminia Fanale</i>	5:45-6:30 MS ◆	Ropes and Rowers <i>Eric Cobb</i>	5:45-6:30 MS ◆	Whipped! <i>Luis Weber</i>	6:15-7:15 YS	Athletic Yoga (L2) <i>Serena Tom</i>	4:00-5:00 MS	EQX Barre Burn <i>Cathe Thompson</i>		
6:00-6:50 TR ◆	Precision Running® <i>Whitney Tucker</i>	5:45-6:15 MS ◆	Core Conditioning <i>Will Jackson</i>	5:45-6:30 YS	Pilates <i>Katie Yip</i>	6:15-7:00 CS ◆	Studio Cycling <i>Erika Osberg</i>	7:00-7:45 MS	Speedball® <i>Steve Feinberg</i>				
6:30-7:15 MS ◆	THE CUT <i>Kat Boger</i>	6:15-7:00 MS ◆	Boot Camp <i>Will Jackson</i>	6:00-6:45 CS ◆	Cycle Beats <i>Jonathan Carlucci</i>	6:15-7:45 YS	Vinyasa Yoga <i>Mindy Frenkel</i>	7:30-8:30 YS	Vinyasa Yoga <i>Serena Tom</i>				
6:30-7:15 YS ◆	Pilates <i>Cameron Norsworthy</i>	6:15-7:15 YS	Yoga Flow <i>Johan Montijano</i>	6:45-7:30 MS ◆	Cardio Kick <i>Akin Williams</i>	6:45-7:30 MS ◆	Stacked! <i>Luis Weber</i>						
6:45-7:45 CS ◆	Studio Cycling <i>Joanna Stahl</i>	7:00-7:50 CS ◆	The Pursuit: Burn <i>Flaminia Fanale</i>	6:45-7:30 MS ◆		7:15-8:00 CS ◆	Studio Cycling <i>Erika Osberg</i>						
7:30-8:15 MS ◆	Speedball® <i>Steve Feinberg</i>	7:15-8:00 MS ◆	THE MUSE™ <i>Elgin McCargo</i>	6:45-8:00 YS	Vinyasa Yoga <i>Jessica Stickler</i>	7:15-8:05 CS ◆							
7:30-8:30 YS	Vinyasa Yoga <i>Annaliese Godderz</i>	7:45-8:30 YS	Pilates Fusion <i>Caroline Strong</i>	7:15-8:05 CS ◆	The Pursuit: Build <i>David Donofrio</i>	7:45-8:30 MS							
8:20-9:05 MS ◆	Body Conditioning <i>Steve Feinberg</i>			7:45-8:30 MS	Tabata <i>Lulu Faria</i>	8:30-9:00 MS							
				8:30-9:00 MS	Best Butt Ever <i>Lulu Faria</i>								

PARK AVENUE

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

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
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

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

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

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.

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

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.

YOGA FOR RUNNERS Designed specifically for runners, this class will help increase your performance to decrease your finish time, with an emphasis on core strengthening, quad and hip openers, hamstring stretches and balance poses.

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 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.

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.

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.

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!

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

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-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!

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

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.

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

DANCE

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.