

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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 ◆	PURE STRENGTH <i>Jay Dantzler</i>	9:30-10:15 YS	Pilates <i>Katie Yip</i>	9:00-9:50 TR ◆	Precision Running® <i>Erin Barry</i>	9:00-9:45 CS ◆	Studio Cycling <i>Leon Joseph</i>	9:30-10:15 MS ◆	METCON3 <i>Danielle Wettan</i>
6:30-7:15 CS ◆	Studio Cycling <i>Tara McKiernan</i>	6:00-7:00 YS	Vinyasa Yoga <i>Jessica Ray</i>	7:00-7:45 CS ◆	Studio Cycling <i>Jay Dantzler</i>	10:15-10:45 MS	Firestarter <i>Justine Ayala</i>	10:00-10:45 MS	Thanks and Planks <i>Erin Barry</i>	9:30-10:15 MS	Stacked! <i>Marcus Jackson</i>	10:30-11:15 MS	EQX Barre Burn <i>Emily Naim</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>	10:30-11:15 CS ◆	Studio Cycling <i>Chayanne Joel</i>	10:00-11:00 YS	Gratitude Yoga <i>Daniela Vuckovic</i>	10:30-11:20 MS ◆	Ropes and Rowers <i>Marcus Jackson</i>	10:30-11:45 YS	Power Yoga (L2) <i>Leeann Walton</i>
7:30-8:30 YS	Power Yoga <i>Samantha Debicki</i>	6:45-7:35 CS ◆	The Pursuit: Build <i>Melissa Morin</i>	7:15-8:05 TR ◆	Precision Running® <i>Whitney Tucker</i>	10:50-11:20 MS	Core Conditioning <i>Justine Ayala</i>	12:15-1:00 MS	Lower Body Blast! <i>Adam Bokunewicz</i>	11:00-12:00 YS	Vinyasa Yoga <i>Kristina Erikson</i>	11:15-12:05 CS ◆	The Pursuit: Burn <i>Betsy Mallonee (SUB)</i>
8:00-8:30 MS ◆	Firestarter <i>Justine Ayala (SUB)</i>	7:00-7:45 MS ◆	Body Sculpt <i>John Tarmaggiore</i>	7:15-8:15 YS	Vinyasa Yoga <i>Daniela Vuckovic</i>	11:30-12:45 YS	Gratitude Yoga <i>Jessica Stickler</i>	12:30-1:20 CS ◆	The Pursuit: Build <i>Chayanne Joel</i>	11:30-12:15 MS ◆	Athletic Conditioning <i>Dawn Parker</i>	12:00-12:45 MS ◆	PURE STRENGTH <i>Amanda Baker</i>
12:15-1:00 MS	Stacked! <i>Carolann Valentino</i>	7:30-8:15 YS	Pilates <i>Bonnie Crellin</i>	8:00-8:45 MS ◆	METCON3 <i>Luis Weber</i>	12:15-1:00 MS	Half Time Hustle <i>Marcus Jackson</i>	6:00-6:45 MS	Boot Camp <i>Will Jackson</i>	11:45-12:35 CS ◆	SpeedCycle® <i>Steve Feinberg</i>	12:00-1:00 YS ◆	Yoga for Runners <i>Damien Alexander</i>
12:30-1:15 CS ◆	Cycle Beats <i>Betsy Mallonee</i>	8:00-8:45 MS	Whipped! <i>John Tarmaggiore</i>	12:00-12:30 MS	Core Conditioning <i>Lulu Faria</i>	12:00-12:30 MS	Core Conditioning <i>Lulu Faria</i>	6:15-7:15 YS	Athletic Yoga (L2) <i>Serena Tom</i>	12:30-1:15 MS	Best Butt Ever <i>Dawn Parker</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 CS ◆	Studio Cycling <i>Jan Erik Navoa</i>	12:30-1:20 CS ◆	Studio Cycling <i>Kevin Condon</i>	12:30-1:15 MS	Zumba® <i>Jose Ozuna</i>	7:00-7:45 MS	Tabata <i>Lulu Faria</i>	4:00-5:00 MS	EQX Barre Burn <i>Mathew Makings (SUB)</i>	1:35-2:05 MS	Core Conditioning <i>Amanda Baker</i>
4:30-5:15 MS	Best Butt Ever <i>Danielle Wettan</i>	12:15-12:45 MS ◆	Firestarter <i>Jennifer Hamlin</i>	12:30-1:15 MS	Zumba® <i>Jose Ozuna</i>	12:30-1:15 MS	Zumba® <i>Jose Ozuna</i>	7:30-8:30 YS	Vinyasa Yoga <i>Serena Tom</i>			4:00-4:45 CS ◆	Cycle Beats <i>Betsy Mallonee</i>
5:30-6:15 MS ◆	METCON3 <i>Marcus Jackson</i>	12:30-1:15 YS	Pilates <i>Cathe Thompson</i>	12:30-1:15 MS	Zumba® <i>Jose Ozuna</i>	12:30-1:30 YS	Vinyasa Yoga <i>Jessica Willis (SUB)</i>					4:00-5:00 YS	Vinyasa Yoga <i>Leeann Walton (SUB)</i>
5:45-6:30 CS ◆	Studio Cycling <i>Joanna Stahl</i>	12:50-1:10 MS	Core Conditioning <i>Jennifer Hamlin</i>	4:30-5:30 MS	EQX Barre Burn <i>Emily Naim</i>	12:30-1:30 YS	Vinyasa Yoga <i>Jessica Willis (SUB)</i>						
6:30-7:15 MS ◆	THE CUT <i>Kat Boger</i>	4:30-5:30 YS	Vinyasa Yoga <i>Damien Alexander</i>	4:30-5:30 MS	EQX Barre Burn <i>Emily Naim</i>	4:30-5:30 MS	EQX Barre Burn <i>Emily Naim</i>						
6:30-7:15 YS ◆	Pilates <i>Melody Goodell (SUB)</i>	5:45-6:30 CS ◆	Studio Cycling <i>Alex Lepinsky (SUB)</i>	5:45-6:30 YS	Pilates <i>Katie Yip</i>	5:45-6:30 YS	Pilates <i>Katie Yip</i>						
6:45-7:45 CS ◆	Studio Cycling <i>Joanna Stahl</i>	5:45-6:15 MS ◆	Core Conditioning <i>Will Jackson</i>	6:00-7:00 CS ◆	Beast n Feast Ride <i>Betsy Mallonee</i>	6:00-7:00 CS ◆	Beast n Feast Ride <i>Betsy Mallonee</i>						
7:30-8:15 MS ◆	Speedball® <i>Steve Feinberg</i>	6:15-7:00 MS ◆	Boot Camp <i>Will Jackson</i>	6:00-6:45 MS ◆	Cardio Kick <i>Akin Williams</i>	6:00-6:45 MS ◆	Cardio Kick <i>Akin Williams</i>						
7:30-8:30 YS	Vinyasa Yoga <i>Annaliese Godderz</i>	6:15-7:15 YS	Yoga Flow <i>Johan Montijano</i>	6:45-8:00 YS	Power Yoga <i>Jessica Stickler</i>	6:45-8:00 YS	Power Yoga <i>Jessica Stickler</i>						
8:20-9:05 MS ◆	Body Conditioning <i>Steve Feinberg</i>	7:00-7:45 CS ◆	Studio Cycling <i>Alex Lepinsky</i>	7:00-7:45 MS	Thanks and Planks <i>Lulu Faria</i>	7:00-7:45 MS	Thanks and Planks <i>Lulu Faria</i>						
		7:15-8:00 MS	Zumba® <i>Diana Albuja</i>										
		7:30-8:15 YS	Pilates <i>Mathew Makings (SUB)</i>										
		8:15-9:00 MS	EQX Barre Burn <i>Caroline Strong</i>										

PARK AVENUE

1 PARK AVE
NEW YORK NEWYORK 10016
212.779.1727
EQUINOX.COM
@EQUINOX

THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 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
CS	Cycling Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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!

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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.

CONDITIONING

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.

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

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.

LOWER BODY BLAST! Buff your ASSets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

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.

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.

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.