

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◆ PURE STRENGTH <i>Jay Dantzier</i>	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>Emma Marr</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 Dantzier</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>
7:00-7:50 MS◆ Ropes and Rowers <i>Lewis McNairy</i>	6:30-7:20 TR◆ Precision Running@ <i>Emily Stubler</i>	7:00-7:45 MS EQX Barre Burn <i>T.B.D.</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 MS EQX Barre Burn <i>Emily Naim</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>Kevin St-Fort</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>	11:15-12:05 CS◆ The Pursuit: Burn <i>Nora Herbstman</i>
8:00-8:30 MS◆ Firestarter <i>Lewis McNairy</i>	7:00-7:45 MS◆ Body Sculpt <i>John Tarmaggiore</i>	7:15-8:15 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	7:15-8:00 YS Pilates <i>Katie Yip</i>	8:00-8:30 MS 30/60/90@ Core <i>Ari Waldman</i>	10:30-11:20 MS◆ Ropes and Rowers <i>Marcus Jackson</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>	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>Felipe Gonzalez</i>	12:00-1:00 YS◆ Yoga for Runners <i>Damien Alexander</i>
12:30-1:15 CS◆ Cycle Beats <i>Betsy Buzaid</i>	8:00-8:45 MS Whipped! <i>John Tarmaggiore</i>	12:00-12:30 MS Best Abs Ever <i>Matt Ross</i>	8:00-8:45 MS THE CUT <i>Tracey G</i>	12:30-1:20 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>	11:30-12:15 MS◆ Athletic Conditioning <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◆ The Pursuit: Build <i>Nikki Bucks</i>	12:15-1:00 CS◆ Studio Cycling <i>Melissa Morin</i>	12:30-1:30 YS Yoga Flow <i>Leo Rising</i>	11:45-12:35 CS◆ The Pursuit: Burn <i>Flaminia Fanale</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>	12:15-1:00 CS◆ METCON3 <i>Marcus Jackson</i>	6:00-6:45 CS◆ SpeedCycle@ <i>Steve Feinberg</i>	12:30-1:15 MS Best Butt Ever <i>Dawn Parker</i>	4:00-4:45 CS◆ Cycle Beats <i>Betsy Buzaid</i>
5:30-6:15 MS METCON3 <i>Marcus Jackson</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 MS Boot Camp <i>Will Jackson</i>	4:00-5:00 MS EQX Barre Burn <i>Cathe Thompson</i>	5:00-6:00 YS Vinyasa Yoga <i>Felipe Gonzalez</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>	5:45-6:30 MS Whipped! <i>Luis Weber</i>	6:15-7:15 YS Athletic Yoga (L2) <i>Serena Tom</i>		
6:30-7:15 MS◆ THE CUT <i>Kat Boger</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>			
6:30-7:15 YS◆ Pilates <i>Rita Thompson</i>	5:45-6:30 MS Studio Cycling <i>Flaminia Fanale</i>	5:45-6:30 YS Pilates <i>Katie Yip</i>	6:15-7:45 YS Vinyasa Yoga <i>Mindy Frenkel</i>			
6:45-7:45 CS◆ Studio Cycling <i>Joanna Stahl</i>	5:45-6:15 MS 30/60/90@ Core <i>Scott Kolb</i>	6:00-6:45 CS◆ Cycle Beats <i>Betsy Buzaid</i>	6:45-7:30 MS 30/60/90@ <i>Iggy Lentini</i>			
7:30-8:15 MS◆ Speedball@ <i>Steve Feinberg</i>	6:15-7:00 MS◆ 30/60/90@ <i>Scott Kolb</i>	6:45-7:30 MS Cardio Kick <i>Akin Williams</i>	7:15-8:00 CS◆ Studio Cycling <i>Corinne Teklitz</i>			
7:30-8:30 YS Vinyasa Yoga <i>Leo Rising</i>	6:15-7:15 YS Yoga Flow <i>Johan Montijano</i>	6:45-7:45 YS Power Yoga <i>Jessica Stickler</i>	7:45-8:30 MS Hip Hop <i>Lashawn Jones</i>			
8:20-9:05 MS◆ Body Conditioning <i>Steve Feinberg</i>	7:00-7:50 CS◆ The Pursuit: Burn <i>Flaminia Fanale</i>	7:15-8:05 CS◆ The Pursuit: Burn <i>David Donofrio</i>				
	7:15-8:00 MS Zumba@ <i>Diana Albuja</i>	7:45-8:30 MS Tabata <i>Lulu Faria</i>				
	7:30-8:15 YS Pilates <i>Lenny Reisner</i>	7:45-8:15 YS Meditation <i>Jessica Stickler</i>				
	8:15-9:00 MS EQX Barre Burn <i>Matt Ross</i>	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

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.

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.

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

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.

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.

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 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!

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 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.

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.

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 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.