

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:20 CS◆ The Pursuit: Burn <i>Nora Herbstman</i>	5:45-6:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	6:30-7:15 CS◆ Cycle Beats <i>Stephanie Virchaux</i>	8:00-9:00 YS Power Yoga (L2) <i>Serena Tom</i>	9:00-9:45 CS◆ Studio Cycling <i>Brian McFarland</i>	9:00-9:45 MS METCON3 <i>Shane Blouin</i>	9:00-9:45 CS◆ Studio Cycling <i>Carol Scott</i>
6:30-7:00 MS◆ Firestarter <i>Carolann Valentino</i>	6:15-7:00 MS◆ PURE STRENGTH (L3) <i>Jay Dantzier</i>	6:30-7:15 MS◆ Cardio Sculpt <i>John Tammagiore</i>	8:30-9:15 CS◆ Studio Cycling <i>Eniko Kiraly (SUB)</i>	9:00-9:45 MS Stacked! <i>Matt Ortel</i>	9:15-10:15 YS Pilates <i>Kaitlyn Schuetze</i>	9:00-9:45 YS Pilates <i>Jose Ruiz (SUB)</i>
7:00-8:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	6:45-7:35 CS◆ Studio Cycling <i>Eniko Kiraly</i>	7:00-8:00 YS Rise and Shine Yoga <i>Annaliese Godderz</i>	8:45-9:30 MS◆ Best Butt Ever <i>Stephanie Levinson</i>	9:00-9:45 YS Pilates <i>Mathew Makings</i>	9:30-10:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	9:30-10:00 MS◆ Firestarter <i>Justine Ayala</i>
7:15-8:00 MS Whipped! <i>Carolann Valentino</i>	6:45-7:45 YS Vinyasa Yoga <i>Melanie Brown</i>	7:30-8:00 MS◆ Firestarter <i>Kyle Brown</i>	9:45-10:35 CS◆ The Pursuit: Burn <i>Brian McFarland (SUB)</i>	10:15-11:00 MS Cardio Kick <i>Akin Williams</i>	10:00-10:45 MS Zumba@ <i>Emily Naim</i>	10:00-10:20 MS Core Conditioning <i>Justine Ayala</i>
8:30-9:20 CS◆ The Pursuit: Build <i>Jack McGowan</i>	8:45-9:30 CS◆ Studio Cycling <i>Brian McFarland</i>	8:00-8:15 MS Best Abs Ever <i>Kyle Brown</i>	9:45-10:30 MS◆ METCON3 <i>Stephanie Levinson</i>	10:15-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	10:30-11:15 CS◆ Studio Cycling <i>Warren Perry</i>	10:00-11:15 YS Vinyasa Yoga <i>Kavi Patel</i>
8:45-9:15 MS◆ THE CUT: Jump Rope <i>Leon Joseph</i>	9:00-9:50 MS Powerstrike! (L3) <i>Omar Sandoval</i>	8:30-9:15 CS◆ Studio Cycling <i>Kyle Brown</i>	11:30-12:45 YS◆ Gratitude Yoga <i>Yanik Faylayev</i>	4:00-4:45 CS◆ Studio Cycling <i>Leon Joseph</i>	10:30-11:45 YS Alignment Flow Yoga <i>Jon Keller</i>	10:15-11:00 CS◆ Studio Cycling <i>Carol Scott (SUB)</i>
9:30-10:15 MS◆ pureMUSCLE <i>Leon Joseph</i>	9:15-10:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	8:45-9:30 YS Pilates <i>Whitney Tucker</i>			11:00-11:45 MS Tabata Strength <i>Paula Calabrese</i>	10:30-11:15 MS Body Conditioning <i>Justine Ayala</i>
9:30-10:15 YS Pilates Fusion <i>Caroline Strong</i>	10:00-10:50 MS Titan Method (L3) <i>Omar Sandoval</i>	9:15-10:00 MS Cardio Sculpt <i>Angie Lee (SUB)</i>			12:00-12:45 MS◆ Whipped! <i>Paula Calabrese</i>	11:15-12:00 CS◆ Cycle Beats <i>Carol Scott (SUB)</i>
9:45-10:30 CS◆ Studio Cycling <i>Shane Blouin</i>	10:30-11:15 YS Pilates <i>Kaitlyn Schuetze</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Melissa Morin</i>				11:30-12:45 YS Iyengar Yoga <i>Michelle Hill</i>
10:00-10:50 TR◆ Precision Running@ <i>Kevin St-Fort</i>	11:00-11:45 MS Cardio Dance Club <i>Monique Alhaddad</i>	10:00-10:50 TR◆ Precision Running@ <i>Jack McGowan</i>				
10:15-10:30 MS Ab Lab <i>Leon Joseph</i>	12:00-12:50 MS Barre <i>Sam Rothermel</i>	10:30-11:15 MS METCON3 <i>Marcus Jackson</i>				
10:30-11:45 YS Vinyasa Yoga <i>Bee Bosnak</i>	12:15-1:15 YS Vinyasa Yoga <i>Jennifer Harvey (SUB)</i>	10:30-11:30 YS◆ Vinyasa Yoga <i>Josh Mathew-Meier (SUB)</i>				
12:00-1:00 YS Pilates <i>Katie Yip</i>	5:30-6:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	12:00-12:45 MS Zumba@ <i>Emm Koteka-Wiki (SUB)</i>				
5:30-6:15 MS METCON3 <i>Jan Erik Navoa</i>	6:15-7:00 CS◆ Studio Cycling <i>Emma Marr (SUB)</i>	12:00-1:00 YS Pilates <i>Cathe Thompson</i>				
5:30-6:15 YS Pilates Power <i>Vicky Massoud</i>	6:30-7:15 MS Tabata <i>Edem Tsakpoe</i>					
6:15-7:00 CS◆ Studio Cycling <i>Shane Blouin</i>	6:30-7:45 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>	5:30-6:15 MS EQX Barre Burn <i>Laeticia Emmanuel</i>				
6:30-7:15 MS◆ Whipped! <i>Amanda Baker</i>	6:45-7:35 TR◆ Precision Running@ <i>Catey Mark</i>	6:15-7:00 CS◆ Studio Cycling <i>Carol Scott (SUB)</i>				
6:30-7:45 YS◆ Vinyasa Yoga <i>Mary Horne</i>	7:30-8:15 CS◆ Studio Cycling <i>Emma Marr (SUB), Emma Marr</i>	6:30-7:15 MS◆ Body Conditioning <i>Dawn Parker</i>				
7:15-8:00 CS◆ Studio Cycling <i>Lauren Berman</i>	7:30-8:15 MS◆ PURE STRENGTH (L3) <i>Natasha Ross</i>	6:30-7:30 YS Vinyasa Yoga <i>Elitza Ivanova (SUB)</i>				
7:30-8:30 BR◆ BoxCamp <i>Equinox Trainers (SUB)</i>	7:50-8:35 BR◆ Boxing <i>Kid Avila</i>					
7:30-8:15 MS◆ Best Butt Ever <i>Carolann Valentino</i>						
8:00-9:00 YS Slow Flow Yoga <i>Mary Horne</i>						

# EQUINOX

## EAST 74TH STREET

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## THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

## GROUP FITNESS MANAGER KEVIN ST-FORT

kevin.st-fort@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

BR	Boxing Studio
TR	Treadmill Area
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio

### WHAT'S NEW THIS MONTH

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

## STUDIO CYCLING

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

**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

**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.

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

**IYENGAR YOGA** Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props. Good for students concerned with injuries.

**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.

**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!

**SLOW FLOW YOGA** Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

**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.

## ATHLETIC TRAINING

**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 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!

**TABATA STRENGTH** No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

**TITAN METHOD** Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

**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

**BARRE** Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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

## CONDITIONING

**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.

**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.

**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.

## 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.

**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.

## DANCE

**CARDIO DANCE CLUB** Experience the energy in this heart pounding, non-stop cardio dance workout. Combinations of Jazz, with a touch of Modern, Latin & Funk are surrounded with the explosive sounds of progressive club music. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

**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

**BOXCAMP** Get in shape with the "sweet science." Basic punching combinations of boxing on the heavy bag and with focus mitts. Well chosen bootcamp drills will push you to your ultimate fitness level. Handwraps/gelwraps, boxing gloves, jumpropes are mandatory. Mouthpiece optional.

**BOXING** A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

**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.

**POWERSTRIKE!** Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.