

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 CS◆ <b>The Pursuit: Burn Nora Herbstman</b>	5:45-6:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	6:30-7:15 CS◆ <b>Cycle Beats Stephanie Virchoux</b>	5:45-6:30 CS◆ Studio Cycling <i>Genna Kanago</i>	6:15-7:00 MS <i>Tabata Billy Cowell</i>	8:00-8:45 MS Cardio Sculpt <i>Carolann Valentino</i>	9:00-9:50 CS◆ <b>The Pursuit: Burn Faith Murphy</b>
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 Tarmaggiore</i>	6:30-7:15 MS Boot Camp <i>Leon Joseph</i>	6:30-7:15 CS◆ <b>Cyclesanity@ Jillian Wright</b>	8:00-9:00 YS <b>Vinyasa Yoga Leeann Walton</b>	9:00-9:45 YS Pilates <i>Cathe Thompson</i>
7:15-8:00 MS Athletic Conditioning <i>Carolann Valentino</i>	6:45-7:35 CS◆ Studio Cycling <i>Eniko Kiraly</i>	7:30-8:00 MS◆ Firestarter <i>Kyle Brown</i>	6:45-7:30 CS◆ Studio Cycling <i>Genna Kanago</i>	9:00-9:45 MS Stacked! <i>Matt Ortel</i>	8:15-9:00 CS◆ Studio Cycling <i>Diane Finkelday</i>	9:30-10:15 MS METCON3 <i>Kat Boger</i>
7:15-8:15 YS Vinyasa Yoga <i>Elitza Ivanova</i>	7:15-8:15 YS Power Yoga <i>Stormy Barbara</i>	8:00-8:15 MS Best Abs Ever <i>Kyle Brown</i>	7:15-8:15 YS Vinyasa Yoga <i>Terrence Monte</i>	9:00-9:45 YS Pilates <i>Vicky Massoud</i>	8:55-9:40 MS Stacked! <i>Carolann Valentino</i>	10:00-11:15 YS Alignment Yoga <i>Lauren Blandin</i>
8:30-9:20 CS◆ <b>The Pursuit: Build Jack McGowan</b>	7:30-8:15 MS EQX Barre Burn <i>Caroline Strong</i>	8:30-9:15 CS◆ Studio Cycling <i>Kyle Brown</i>	7:30-8:15 MS EQX Barre Burn <i>Diane Finkelday</i>	9:15-10:05 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>	9:15-10:15 YS Pilates <i>Diane Finkelday</i>	10:15-11:00 CS◆ Studio Cycling <i>Faith Murphy</i>
8:45-9:15 MS◆ THE CUT: Jump Rope <i>Leon Joseph</i>	8:45-9:35 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	8:45-9:30 YS Pilates <i>Diane Finkelday</i>	8:30-9:15 CS◆ Studio Cycling <i>Diane Finkelday</i>	10:15-11:00 MS THE CUT <i>Kat Boger</i>	9:30-10:20 CS◆ The Pursuit: Build <i>Warren Perry</i>	10:30-11:20 MS◆ EQX Barre Burn <i>Cindya Davis</i>
9:30-10:15 MS◆ pureMUSCLE <i>Leon Joseph</i>	9:00-9:50 MS Powerstrike! <i>Omar Sandoval</i>	9:15-10:00 MS Cardio Sculpt <i>Jessica Davis</i>	8:30-8:45 MS Best Arms Ever <i>Stephanie Levinson</i>	10:15-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	10:00-10:45 MS Zumba@ <i>Emily Naim</i>	11:15-12:00 CS◆ Cycle Beats <i>Faith Murphy</i>
9:30-10:15 YS Pilates Fusion <i>Caroline Strong</i>	9:15-10:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	9:45-10:35 CS◆ The Pursuit: Burn <i>Melissa Morin</i>	8:45-9:30 MS Best Butt Ever <i>Stephanie Levinson</i>	12:00-1:00 YS Pilates <i>Ashley Pierson-Patten</i>	10:30-11:15 CS◆ Studio Cycling <i>Diane Finkelday</i>	11:30-12:15 MS Best Butt Ever <i>Cindya Davis</i>
9:45-10:30 CS◆ Studio Cycling <i>Shane Blouin</i>	10:00-10:50 MS Titan Method <i>Omar Sandoval</i>	10:00-10:50 TR◆ Precision Running@ <i>Jack McGowan</i>	9:15-10:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	4:45-5:15 MS◆ THE CUT: Jump Rope <i>Jan Erik Navoa</i>	10:30-11:45 YS Alignment Flow Yoga <i>Jon Keller</i>	11:30-12:45 YS <b>Iyengar Yoga Michelle Hill</b>
10:00-10:50 TR◆ Precision Running@ <i>Kevin St-Fort</i>	10:30-11:15 YS Pilates <i>Nicola Bam</i>	10:30-11:15 MS METCON3 <i>Marcus Jackson</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Erica Villalba</i>	5:30-6:15 CS◆ Cycle Beats <i>Jan Erik Navoa</i>	11:00-11:30 MS◆ THE CUT: Jump Rope <i>Paula Calabrese</i>	12:15-12:30 MS Best Arms Ever <i>Cindya Davis</i>
10:15-10:30 MS Ab Lab <i>Leon Joseph</i>	11:00-11:45 MS Cardio Dance Club <i>Monique Alhaddad</i>	10:30-11:30 YS Vinyasa Yoga <i>Mary Horne</i>	9:45-10:30 MS METCON3 <i>Stephanie Levinson</i>	6:00-7:15 YS◆ Vinyasa Yoga <i>Mary Horne</i>	11:30-12:20 TR◆ Precision Running@ <i>Kevin St-Fort</i>	1:00-2:15 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>
10:30-11:45 YS Vinyasa Yoga <i>Bee Bosnak</i>	12:00-12:50 MS Barre <i>Sam Rothermel</i>	12:00-12:45 MS Zumba@ <i>Alyssa Cerrachio</i>	10:00-10:50 TR◆ Elevate <i>Kevin St-Fort</i>	10:00-10:50 TR◆ Elevate <i>Kevin St-Fort</i>	11:45-12:15 MS◆ Firestarter <i>Paula Calabrese</i>	4:30-5:15 CS◆ Studio Cycling <i>Lauren Berman</i>
12:00-12:30 MS◆ Firestarter <i>Sam Rothermel</i>	12:15-1:15 YS Vinyasa Yoga <i>Jess Taras</i>	12:00-1:00 YS Pilates <i>Cathe Thompson</i>	10:30-11:15 YS Pilates Fusion <i>Zach Bergfelt</i>	11:00-11:45 MS Cardio Dance Club <i>Angie Colonna</i>	12:00-1:15 YS Vinyasa Yoga <i>Terrence Monte</i>	6:00-7:00 YS Vinyasa Yoga <i>Iyala Berley</i>
12:00-1:00 YS Pilates <i>Katie Yip</i>	5:30-6:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	5:30-6:15 MS EQX Barre Burn <i>Laeticia Emmanuel</i>	12:00-12:45 MS EQX Barre Burn <i>Lori Celeste</i>	12:00-12:45 MS EQX Barre Burn <i>Lori Celeste</i>	12:30-1:15 MS◆ Ropes and Rowers <i>Matt Ortel</i>	
12:30-12:45 MS Ab Lab <i>Sam Rothermel</i>	5:30-6:15 YS Pilates <i>Emma Rivera</i>	6:15-7:00 CS◆ Studio Cycling <i>Nora Herbstman</i>	12:15-1:15 YS Vinyasa Yin Yoga <i>Liz Wexler</i>	11:00-11:45 MS Cardio Dance Club <i>Angie Colonna</i>	3:00-4:00 BR◆ <b>Boxing Omar Sandoval</b>	
5:30-6:15 MS METCON3 <i>Jan Erik Navoa</i>	6:15-7:00 CS◆ Studio Cycling <i>Nikki Bucks</i>	6:30-7:15 MS◆ Body Conditioning <i>Dawn Parker</i>	5:30-6:15 MS◆ PURE STRENGTH (L3) <i>Matt Ortel</i>	11:45-12:15 MS◆ Firestarter <i>Paula Calabrese</i>	4:15-5:15 CS◆ <b>Studio Cycling Omar Sandoval</b>	
5:30-6:15 YS Pilates Power <i>Vicky Massoud</i>	6:30-7:15 MS Tabata <i>Edem Tsakpoe</i>	6:30-7:30 YS Vinyasa Yoga <i>Mariah Betts</i>	6:00-6:50 TR◆ Precision Running@ <i>Linette Guelen</i>	12:00-12:45 MS EQX Barre Burn <i>Lori Celeste</i>		
6:15-7:00 CS◆ Studio Cycling <i>Shane Blouin</i>	6:30-7:45 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>	7:15-7:30 MS Ab Lab <i>Dawn Parker</i>	6:15-7:30 YS Vinyasa Yoga <i>Iyala Berley</i>	12:15-1:15 YS Vinyasa Yin Yoga <i>Liz Wexler</i>		
6:30-7:15 MS◆ PURE STRENGTH (L3) <i>Amanda Baker</i>	6:45-7:35 TR◆ Precision Running@ <i>Catey Mark</i>	7:30-8:20 CS◆ The Pursuit: Burn <i>Betsy Mallonee</i>	6:30-7:20 CS◆ SpeedCycle@ <i>Steve Feinberg</i>	11:00-11:45 MS Cardio Dance Club <i>Angie Colonna</i>		
6:30-7:45 YS◆ Vinyasa Yoga <i>Mary Horne</i>	7:30-8:20 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	7:45-8:30 MS Chisel'd <i>Dawn Parker</i>	6:30-7:15 MS METCON3 <i>Taylor Spearnak</i>	12:30-1:15 MS◆ Ropes and Rowers <i>Matt Ortel</i>		
7:15-8:00 CS◆ Studio Cycling <i>Lauren Berman</i>	7:30-7:45 MS Core Conditioning <i>Equinox Trainers</i>	7:45-8:30 YS Pilates <i>Gabe Villanueva</i>	7:30-8:15 BR◆ Boxing <i>Kid Avila</i>	12:00-1:15 YS Vinyasa Yoga <i>Terrence Monte</i>		
7:30-8:30 BR◆ <b>BoxCamp Katie Machin</b>	7:50-8:35 BR◆ Boxing <i>Kid Avila</i>		7:30-8:15 BR◆ Boxing <i>Kid Avila</i>	12:30-1:15 MS◆ Ropes and Rowers <i>Matt Ortel</i>		
7:30-8:15 MS◆ Best Butt Ever <i>Carolann Valentino</i>	7:50-8:35 MS THE CUT <i>Paula Calabrese</i>		7:30-8:15 MS Athletic Conditioning <i>Steve Feinberg</i>	3:00-4:00 BR◆ <b>Boxing Omar Sandoval</b>		

# EQUINOX

## EAST 74TH STREET

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@EQUINOX

**MON - THU:** 5:30AM - 11:00PM

**FRI:** 5:30AM - 10:00PM

**SAT & SUN:** 7:00AM - 9:00PM

### 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

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

#### 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.

**CYCLESANITY**® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

**SPEEDCYCLE**® A fun, powerful, and progressive athletic training ride, created and guided by Steve Feinberg. Rhythm riding, challenging endurance intervals, appropriate recovery, short duration HI 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

**ELEVATE** Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

**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.

**ALIGNMENT YOGA** Alignment Yoga emphasizes precision and purity of form. Based on the teachings of B.K.S. Iyengar, this practice enhances flexibility and alignment.

**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 such as belts and blocks. 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.

**VINYASA YIN YOGA** A class that will gently stretch and rehabilitate the connective tissues that form our joints combined with a flowing vinyasa workout.

**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

**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. Exciting 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!

**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.

#### 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 ARMS EVER** Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

**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.

**CHISEL'D** A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched 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.