

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS◆ Studio Cycling <i>Emma Marr</i>	5:45-6:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	6:30-7:15 CS◆ Cycle Beats <i>Stephanie Virchaux</i>	5:45-6:30 CS◆ Studio Cycling <i>Helen Cawley</i>	6:30-7:15 CS◆ Cyclesanity® <i>Jillian Wright</i>	8:00-8:45 MS Cardio Sculpt <i>Carolann Valentino</i>	9:00-9:45 YS Pilates <i>Cathe Thompson</i>
6:30-7:00 MS◆ Firestarter <i>Carolann Valentino</i>	6:15-7:00 MS◆ PURE STRENGTH (L3) <i>Jay Dantzler</i>	6:30-7:15 MS◆ Cardio Sculpt <i>John Tarmaggiore</i>	6:15-7:00 MS◆ Ropes and Rowers <i>Leon Joseph</i>	6:30-7:15 YS Whipped! <i>Billy Cowell</i>	8:15-9:00 CS◆ Studio Cycling <i>Diane Finkelday</i>	9:15-10:00 CS◆ Studio Cycling <i>Lauren Berman</i>
7:00-8:00 YS Vinyasa Yoga <i>Elitza Ivanova</i>	6:30-7:20 TR◆ Precision Running® <i>Chaz Jackson</i>	7:15-8:00 YS◆ THE MUSE™ <i>Felicia Csolak</i>	6:30-7:20 TR◆ Precision Running® <i>Diane LaVon</i>	9:00-9:45 MS◆ Ropes and Rowers <i>Matt Ortel</i>	8:15-9:00 YS Pilates Power <i>Kaitlyn Schuetze</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 BR◆ Boxing <i>Curtis Summit</i>	7:30-8:00 MS◆ Firestarter <i>Kyle Brown</i>	6:45-7:30 CS◆ Studio Cycling <i>Helen Cawley</i>	9:00-9:45 YS Pilates <i>Mathew Makings</i>	8:55-9:40 MS Stacked! <i>Carolann Valentino</i>	10:00-10:20 MS Core Conditioning <i>Justine Ayala</i>
8:30-9:20 CS◆ The Pursuit: Burn <i>Jack McGowan</i>	6:45-7:35 CS◆ Studio Cycling <i>Eniko Kiraly</i>	8:00-8:15 MS Best Abs Ever <i>Kyle Brown</i>	6:45-7:45 YS Restorative Flow Yoga <i>Annette Vetere</i>	9:15-10:05 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	9:15-10:15 YS◆ Pilates <i>Diane Finkelday</i>	10:00-11:15 YS Alignment Yoga <i>Lauren Blandin</i>
8:45-9:15 MS◆ THE CUT: Jump Rope <i>Leon Joseph</i>	6:45-7:45 YS Power Yoga <i>Stormy Barbara</i>	8:30-9:20 CS◆ The Pursuit: Build <i>Kyle Brown</i>	7:30-8:15 MS EQX Barre Burn <i>Diane Finkelday</i>	10:15-11:00 MS THE CUT <i>Sarah Starkweather</i>	9:30-10:20 CS◆ The Pursuit: Burn <i>Warren Perry</i>	10:15-11:00 CS◆ Studio Cycling <i>Lauren Berman</i>
9:30-10:15 MS◆ pureMUSCLE <i>Leon Joseph</i>	8:30-9:15 CS◆ Cycle Beats <i>James Donegan</i>	8:45-9:30 YS Pilates <i>Sarah Powell</i>	8:30-9:15 CS◆ Studio Cycling <i>Diane Finkelday</i>	10:15-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	10:00-10:45 MS Zumba® <i>Emily Naim</i>	10:30-11:20 MS◆ EQX Barre Burn <i>Cindy Davis</i>
9:30-10:15 YS Pilates Fusion <i>Caroline Strong</i>	8:45-9:30 MS Chisel'd <i>Paula Calabrese</i>	9:15-10:00 MS Cardio Sculpt <i>Jessica Davis</i>	8:45-9:30 MS Best Butt Ever <i>Stephanie Levinson</i>	12:00-1:00 YS Pilates (L2) <i>Ashley Pierson-Patten</i>	10:30-11:45 YS Alignment Flow Yoga <i>Jon Keller</i>	11:30-12:20 CS◆ The Pursuit: Burn <i>Corinne Teklitz</i>
9:45-10:30 CS◆ Studio Cycling <i>Shane Blouin</i>	9:15-10:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	9:45-10:30 CS◆ Studio Cycling <i>Melissa Morin</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>	10:45-11:30 CS◆ Studio Cycling <i>Diane Finkelday</i>	11:30-12:15 MS◆ Best Butt Ever <i>Stephanie Levinson</i>
10:00-10:50 TR◆ Precision Running® <i>Kevin St-Fort</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	10:00-10:50 TR◆ Precision Running® <i>Jack McGowan</i>	9:45-10:35 CS◆ The Pursuit: Burn <i>Corinne Teklitz</i>	5:30-6:15 CS◆ Cycle Beats <i>Jan Erik Navoa</i>	11:00-11:45 MS◆ Tabata Strength <i>Paula Calabrese</i>	11:30-12:15 YS◆ THE MUSE™ <i>Justine Ayala</i>
10:15-10:30 MS Ab Lab <i>Leon Joseph</i>	9:45-10:30 MS Tabata Strength <i>Paula Calabrese</i>	10:30-11:15 MS METCON3 <i>Marcus Jackson</i>	9:45-10:30 MS METCON3 <i>Stephanie Levinson</i>	5:30-6:15 MS Best Butt Ever <i>Abbey Hunt</i>	11:30-12:20 TR◆ Precision Running® <i>Kevin St-Fort</i>	12:45-1:30 CS◆ Studio Cycling <i>Corinne Teklitz</i>
10:30-11:45 YS Vinyasa Yoga <i>Bee Bosnak</i>	10:00-10:50 TR◆ Elevate <i>Mike Harris</i>	10:30-11:30 YS Vinyasa Yoga <i>Mary Horne</i>	10:00-10:50 TR◆ Elevate <i>Kevin St-Fort</i>	6:00-7:15 YS◆ Vinyasa Yoga <i>Mary Horne</i>	12:00-12:50 CS◆ The Pursuit: Build <i>Warren Perry</i>	1:00-2:15 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>
12:00-12:45 CS◆ Studio Cycling <i>Eric Cobb</i>	10:30-11:15 YS Pilates <i>Kaitlyn Schuetze</i>	12:00-12:45 MS Zumba® <i>Alyssa Cerrachio</i>	10:30-11:15 YS Pilates Fusion <i>Zach Bergfelt</i>	6:30-7:15 MS Tabata Circuit <i>Jan Erik Navoa</i>	12:00-12:45 MS◆ Whipped! <i>Paula Calabrese</i>	4:30-5:15 CS◆ Studio Cycling <i>Leah Piatt</i>
12:00-1:00 YS Pilates <i>Katie Yip</i>	12:00-12:50 MS EQX Barre Burn <i>Adam Bokunewicz</i>	12:00-1:00 YS Pilates <i>Cathe Thompson</i>	12:00-12:45 MS EQX Barre Burn <i>Lori Celeste</i>	6:30-7:15 MS THE CUT: Jump Rope <i>Jan Erik Navoa</i>	12:00-1:15 YS Vinyasa Yoga <i>Terrence Monte</i>	6:00-7:00 YS Vinyasa Yoga <i>Josh Mathew-Meier</i>
5:30-6:15 MS◆ METCON3 <i>Jan Erik Navoa</i>	12:15-1:15 YS Vinyasa Yoga <i>Robert Nguyen</i>	5:30-6:15 MS◆ EQX Barre Burn <i>Jane Cracovaner</i>	12:15-1:00 YS◆ THE MUSE™ <i>Alexis Sweeney</i>	5:30-6:15 MS PURE STRENGTH (L3) <i>Matt Ortel</i>	3:00-4:00 BR◆ Boxing (L3) <i>Omar Sandoval</i>	
5:30-6:15 YS Pilates Power <i>Vicky Massoud</i>	5:30-6:15 MS◆ Cardio Sculpt <i>Stephanie Levinson</i>	6:15-7:05 CS◆ The Pursuit: Burn <i>Corinne Teklitz</i>	5:30-6:15 MS◆ PURE STRENGTH (L3) <i>Matt Ortel</i>	6:00-6:50 TR◆ Precision Running® <i>Linette Guelen</i>	4:15-5:15 CS◆ Studio Cycling <i>Omar Sandoval</i>	
6:15-7:00 CS◆ Studio Cycling <i>Shane Blouin</i>	6:15-7:00 CS◆ Studio Cycling <i>Nikki Bucks</i>	6:30-7:15 MS◆ Body Conditioning <i>Dawn Parker</i>	6:00-6:50 TR◆ Precision Running® <i>Linette Guelen</i>	6:30-7:20 CS◆ SpeedCycle® <i>Steve Feinberg</i>		
6:30-7:15 MS◆ Whipped! <i>Amanda Baker</i>	6:30-7:15 MS Tabata <i>Edem Tsakpoe</i>	6:30-7:30 YS Vinyasa Yoga <i>Cooper Chou</i>	6:30-7:20 CS◆ Ropes and Rowers <i>Taylor Spearnak</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Taylor Spearnak</i>		
6:30-7:45 YS◆ Vinyasa Yoga <i>Mary Horne</i>	6:30-7:45 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>	7:15-7:30 MS Ab Lab <i>Dawn Parker</i>	6:30-7:30 YS Power Yoga (L2) <i>Leeann Walton</i>	7:30-8:30 BR◆ FightTech <i>Steve Feinberg</i>		
7:15-8:00 CS◆ Studio Cycling <i>Lauren Berman</i>	6:45-7:35 TR◆ Precision Running® <i>Catey Mark</i>	7:30-8:15 CS◆ Studio Cycling <i>Corinne Teklitz</i>	7:30-8:30 BR◆ SpeedCycle® <i>Steve Feinberg</i>	7:30-8:15 MS EQX Barre Burn <i>Felicia Csolak</i>		
7:30-8:30 BR◆ BoxCamp <i>Katie Machin</i>	7:30-8:15 BR◆ Boxing <i>Kid Avila</i>	7:45-8:30 MS Chisel'd <i>Dawn Parker</i>				
7:30-8:15 MS◆ Best Butt Ever <i>Carolann Valentino</i>	7:30-8:20 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	7:45-8:30 YS Pilates <i>Gabe Villanueva</i>				
8:00-9:00 YS Slow Flow Yoga <i>Mary Horne</i>	7:30-8:15 MS◆ PURE STRENGTH (L3) <i>Natasha Ross</i>					

EQUINOX

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

FRI: 5:30AM - 10:00PM

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

GROUP FITNESS MANAGER

KEVIN ST-FORT

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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

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.

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 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

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.

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.

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

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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.

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.

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.

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!

TABATA CIRCUIT At your request we combined the best of two classes: the movement of Whipped, and the intensity of Tabata. This cardio/strength circuit workout with tabata intervals keeps you moving and consistently introduces new challenges for the full body. It's all or nothing in this breathless workout.

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.

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

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

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 Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

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.

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

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, jump ropes are mandatory. Mouthpiece optional.

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

FIGHTTECH Think boxing 101. Learn the basic execution of offensive and defensive techniques while conditioning yourself for performance and fitness through repetition. Great refresher for those who've studied boxing, and completely beginner friendly as well.