

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
5:45-6:30 CS◆ Studio Cycling <i>Genna Kanago</i>	6:15-7:00 MS Tabata <i>Billy Cowell</i>	8:15-9:00 CS◆ Studio Cycling <i>Diane Finkelday</i>	9:00-9:50 CS◆ The Pursuit: Burn <i>Faith Murphy</i>	9:00-10:15 YS Memorial Day Warrior Yoga <i>Melanie Brown</i>	5:45-6:30 CS◆ Studio Cycling <i>Eniko Kiraly</i>	6:30-7:15 CS◆ Studio Cycling <i>Diane Finkelday</i>	6:30-7:15 MS◆ Cardio Sculpt <i>John Tarnaggiore</i>						
6:30-7:15 MS Boot Camp <i>Leon Joseph</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Eric Cobb</i>	9:15-10:15 YS Pilates <i>Diane Finkelday</i>	9:30-10:15 MS METCON3 <i>Kat Boger</i>	9:30-10:15 MS◆ pureMUSCLE <i>Leon Joseph</i>	6:15-7:00 MS◆ PURE STRENGTH (L3) <i>Jay Dantzier</i>	6:45-7:30 CS◆ Studio Cycling <i>Genna Kanago</i>	7:15-8:15 YS Slow Flow Yoga <i>Melanie Brown</i>						
7:30-8:15 MS EQX Barre Burn <i>Diane Finkelday</i>	9:00-9:45 MS Stacked! <i>Matt Ortel</i>	10:00-10:45 MS Zumba® <i>Emily Naim</i>	10:00-11:15 YS Alignment Yoga <i>Kavi Patel</i>	9:45-10:30 CS◆ Red, Ride and Blue <i>Shane Blouin</i>	6:45-7:35 CS◆ The Pursuit: Burn <i>Eniko Kiraly</i>	7:30-8:15 MS EQX Barre Burn <i>Caroline Strong</i>	8:30-9:15 CS◆ Studio Cycling <i>Shane Blouin (SUB)</i>						
8:30-9:15 CS◆ Studio Cycling <i>Diane Finkelday</i>	9:00-9:45 YS Pilates <i>Anna Upton</i>	10:30-11:15 CS◆ Studio Cycling <i>Diane Finkelday</i>	10:15-11:00 CS◆ Studio Cycling <i>Faith Murphy</i>	10:15-10:30 MS Ab Lab <i>Leon Joseph</i>	7:30-8:15 MS EQX Barre Burn <i>Caroline Strong</i>	8:45-9:30 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	8:45-9:30 YS Pilates <i>Diane Finkelday</i>						
8:45-9:30 MS METCON3 <i>Stephanie Levinson</i>	9:15-10:05 CS◆ The Pursuit: Burn <i>Chayanne Joel</i>	10:30-11:45 YS Vinyasa Yoga <i>Jon Keller</i>	11:15-12:00 CS◆ Cycle Beats <i>Faith Murphy</i>	10:30-11:45 YS Vinyasa Yoga <i>Bee Bosnak</i>	8:45-9:35 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	9:00-9:50 MS Powerstrike! <i>Omar Sandoval</i>	9:15-10:00 MS Barefoot Body Conditioning <i>Robbie Darby</i>						
9:15-10:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	10:15-11:00 MS THE CUT <i>Kat Boger</i>	11:00-12:00 CL◆ Outdoor Bootcamp <i>Taylor Spearnak, Paula Calabrese</i>	11:30-12:15 MS THE CUT <i>Tracey G</i>	12:00-1:00 YS Pilates <i>Katie Yip</i>	9:15-10:15 YS Vinyasa Yoga <i>Jen Guarnieri</i>	9:15-10:15 MS Titan Method <i>Omar Sandoval</i>	9:15-10:00 MS Barefoot Body Conditioning <i>Robbie Darby</i>						
9:45-10:35 CS◆ The Pursuit: Build <i>Erica Villalba</i>	10:15-11:30 YS Vinyasa Yoga <i>Lara Benusis</i>	12:00-12:45 MS METCON3 <i>Matt Ortel</i>	1:00-2:15 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>	4:30-5:15 CS◆ Studio Cycling <i>Lauren Berman</i>	10:00-10:50 MS Titan Method <i>Omar Sandoval</i>	10:30-11:15 YS Pilates <i>Nicola Bam</i>	9:45-10:35 CS◆ The Pursuit: Build <i>Melissa Morin</i>						
9:45-10:30 MS Best Butt Ever <i>Stephanie Levinson</i>	12:00-1:00 YS Pilates <i>Ashley Pierson- Patten</i>	12:15-1:15 YS Yoga Fundamentals <i>Jon Keller</i>			10:30-11:15 YS Pilates <i>Nicola Bam</i>	11:00-11:45 MS Cardio Dance Club <i>Nicole D'Arienzo</i>	10:00-10:50 TR◆ Precision Running® <i>Jack McGowan</i>						
10:30-11:15 YS Pilates Fusion <i>Zach Bergfelt</i>	5:30-6:15 CS◆ Studio Cycling <i>Jan Erik Navoa</i>				12:00-12:50 MS Barre <i>Sam Rothermel</i>	10:30-11:15 MS Cardio Sculpt <i>Marcus Jackson</i>	10:30-11:30 YS Vinyasa Yoga <i>Mary Horne</i>						
11:00-11:45 MS Cardio Dance Club <i>Marcella Walker (SUB)</i>	6:00-7:15 YS Vinyasa Yoga <i>Mary Horne</i>				12:15-1:15 YS Vinyasa Yoga <i>Damien Alexander</i>	10:30-11:15 MS Cardio Sculpt <i>Marcus Jackson</i>	10:30-11:30 YS Vinyasa Yoga <i>Mary Horne</i>						
12:00-12:45 MS EQX Barre Burn <i>Lori Celeste</i>					5:30-6:15 MS Cardio Sculpt <i>Stephanie Levinson</i>	12:00-1:00 YS Pilates <i>Cathe Thompson</i>	12:15-1:00 MS Zumba® <i>Alyssa Cerrachio</i>						
12:15-1:15 YS Power Yoga <i>Liz Wexler</i>					6:15-7:00 CS◆ Studio Cycling <i>Nikki Bucks</i>	12:00-1:00 YS Pilates <i>Cathe Thompson</i>	12:15-1:00 MS Zumba® <i>Alyssa Cerrachio</i>						
5:30-6:15 MS◆ PURE STRENGTH (L3) <i>Andrew Slane</i>					6:30-7:15 MS Athletic Conditioning <i>Edem Tsakpoe</i>	5:30-6:15 MS EQX Barre Burn <i>Laeticia Emmanuel</i>	5:30-6:15 MS EQX Barre Burn <i>Laeticia Emmanuel</i>						
6:00-6:50 TR◆ Precision Running® <i>Linette Guelen</i>					6:30-7:45 YS◆ Vinyasa Yoga <i>Bee Bosnak</i>	6:15-7:05 CS◆ The Pursuit: Build <i>Nora Herbstman</i>	6:15-7:05 CS◆ The Pursuit: Build <i>Nora Herbstman</i>						
6:15-7:30 YS Vinyasa Yoga <i>Iyala Berley</i>					6:45-7:35 TR◆ Precision Running® <i>Catey Mark</i>	6:30-7:15 MS Body Conditioning <i>Dawn Parker</i>	6:30-7:15 MS Body Conditioning <i>Dawn Parker</i>						
6:30-7:20 CS◆ SpeedCycle® <i>Steve Feinberg</i>					7:30-8:20 CS◆ The Pursuit: Burn <i>Nikki Bucks</i>	6:30-7:30 YS Vinyasa Yoga <i>Mariko Hirakawa</i>	6:30-7:30 YS Vinyasa Yoga <i>Mariko Hirakawa</i>						
6:30-7:00 MS◆ Firestarter <i>Andrew Slane</i>					7:30-8:30 MS Hip Hop <i>Rebecca Imaizumi</i>	7:20-7:35 MS Ab Lab <i>Dawn Parker</i>	7:20-7:35 MS Ab Lab <i>Dawn Parker</i>						
7:00-7:15 MS Best Abs Ever <i>Andrew Slane</i>					7:50-8:35 BR◆ Boxing <i>Kid Avila</i>	7:30-8:15 CS◆ Cycle Beats <i>Betsy Buzaid</i>	7:30-8:15 CS◆ Cycle Beats <i>Betsy Buzaid</i>						
7:30-8:15 BR◆ Boxing <i>Kid Avila</i>						7:40-8:25 MS R.I.P.P.E.D. <i>Dawn Parker</i>	7:40-8:25 MS R.I.P.P.E.D. <i>Dawn Parker</i>						
7:30-8:15 MS Athletic Conditioning <i>Steve Feinberg</i>						7:45-8:30 YS Pilates <i>Gabe Villanueva</i>	7:45-8:30 YS Pilates <i>Gabe Villanueva</i>						

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 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

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

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

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

RED, RIDE AND BLUE 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.

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

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

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.

OUTDOOR BOOTCAMP Take your workout outdoors under the sun. We will incorporate strength and cardio training for the ultimate workout.

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!

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.

BAREFOOT BODY CONDITIONING High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap 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.

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.

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.

R.I.P.P.E.D. A fun high-energy total body conditioning class that incorporates resistance, intervals, power, plyometrics, and endurance training targeting all muscle groups using free weights and anaerobic conditioning. Come and get R.I.P.P.E.D.

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

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.

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

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

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

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.