

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:15 TR◆ Precision Running® <i>KT Goldthorpe</i>	6:30-7:15 CS◆ Studio Cycling <i>Renee Pesante</i>	7:00-7:45 CS◆ Cycle Beats <i>D Gunnz</i>	9:00-10:00 YS Pilates <b><i>Loi Jean Kail</i></b>	7:15-8:00 CS◆ Studio Cycling <i>Shane Blouin</i>	9:00-10:00 YS Yoga Fundamentals <i>Lisa Landphair</i>	9:15-10:15 YS EQX Barre Burn <i>Elgin McCargo</i>
7:15-8:00 CS◆ Studio Cycling <i>Jordan Bantista</i>	7:30-8:30 YS Slow Flow Yoga <i>Lisa Landphair</i>	7:00-7:45 TR◆ Precision Running® <i>Arthur Tang</i>	10:00-11:00 CS◆ <b>Beast n Feast Ride</b> <i>Alie Giaime</i>	8:30-9:15 TR◆ Precision Running® <i>John Cianca</i>	9:30-10:15 CS◆ <b>Studio Cycling Chayanne Joel (SUB)</b>	10:30-11:15 CS◆ Studio Cycling <b>Chayanne Joel (SUB)</b>
9:00-10:00 YS Iyengar Yoga <i>Witold Fitz-Simon</i>	9:15-10:00 CS◆ TERRAcycle! <i>Gregg Cook</i>	7:00-8:00 YS Vinyasa Yoga <i>Lisa Landphair (SUB)</i>	10:15-11:30 YS <b>Gratitude Yoga</b> <i>Rika Henry</i>	9:15-10:00 CS◆ ANTHEM <i>Katie Horwitch</i>	10:30-11:15 CS◆ <b>Studio Cycling Chayanne Joel (SUB)</b>	10:30-11:45 YS Vinyasa Yoga <i>Kelli Sousa</i>
10:15-11:05 YS EQX Barre Burn <i>Joan Ferraro</i>	10:10-10:40 YS Restorative Conditioning <i>Gregg Cook</i>	9:30-10:15 YS Liquid Strength® <i>Story VonHolzhausen</i>	12:15-1:00 YS EQX Barre Burn <i>Daigi-Ann Thompson</i>	10:30-11:30 YS Pilates <b>Mathew Makings (SUB)</b>	10:30-11:15 CS◆ <b>Studio Cycling Chayanne Joel (SUB)</b>	12:00-1:00 YS Pilates <i>Jose Ruiz</i>
12:00-12:45 YS Liquid Strength® <i>Story VonHolzhausen</i>	10:45-11:45 YS Pilates <i>Taylor Phillips (SUB)</i>	10:30-11:30 YS EQX Barre Burn <i>Adam Bokunewicz</i>		12:30-1:15 CS◆ <b>Cycle Beats D Gunnz</b>	10:30-11:15 TR◆ Precision Running® <i>Jimmy Joseph</i>	1:30-2:30 YS Athletic Yoga (L2) <i>Rika Henry</i>
1:00-2:00 YS Vinyasa Yoga <i>Robert Nguyen</i>	12:30-1:15 YS Body Sculpt <i>Miri Greenberg</i>	1:00-2:00 YS Vinyasa Yoga <i>Jen Guarnieri</i>		1:30-2:30 YS <b>Vinyasa Yoga Johan Montijano (SUB)</b>	10:30-11:30 YS Vinyasa Yoga <i>Melinda Abbott</i>	4:00-5:15 YS Vinyasa Yoga <i>Damien Alexander</i>
5:30-6:15 YS EQX Barre Burn <i>Bianca Reid</i>	1:30-2:30 YS Deep EXtreme <i>Miri Greenberg</i>	6:15-7:15 YS Pilates <i>Kaitlyn Schuetze</i>		5:30-6:15 YS EQX Barre Burn <i>Genieve Gordon</i>	12:15-1:15 YS Pilates <i>Loi Jean Kail</i>	
6:30-7:15 CS◆ <b>Studio Cycling Jordan Bantista (SUB)</b>	6:15-7:15 YS Athletic Yoga (L2) <i>Nikki Baksh</i>	6:30-7:30 CS◆ <b>Beast n Feast Ride</b> <i>Frank Louis</i>		6:30-7:30 YS Vinyasa Yoga <i>Nikki Baksh</i>	5:00-6:15 YS Restorative Yoga <i>Lisa Landphair (SUB)</i>	
6:30-7:30 YS Vinyasa Yoga <i>Jen Guarnieri</i>	6:30-7:15 CS◆ <b>Studio Cycling Meg Mauro (SUB)</b>	7:00-7:45 TR◆ Precision Running® <i>Miriam Shestack</i>		7:30-8:00 YS Meditation <i>Nikki Baksh</i>		
7:30-8:15 CS◆ Studio Cycling <i>Frank Louis</i>	7:30-8:15 CS◆ Studio Cycling <i>Meg Mauro</i>	7:30-8:30 YS Vinyasa Yoga <i>Johan Montijano</i>				
7:45-8:45 YS Vinyasa Yoga <i>Nick Potenziari</i>	7:30-8:30 YS Pilates <i>Katie Yip</i>					

# EQUINOX

## PRINTING HOUSE

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## THANKSGIVING MODIFIED HOURS

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

## GROUP FITNESS MANAGER DANIELLE HOPKINS

danielle.hopkins@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

TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio

### WHAT'S NEW THIS MONTH

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

## STUDIO CYCLING

**ANTHEM** Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**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.

**TERRACYCLE!** Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

## 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.

**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.

**RESTORATIVE YOGA** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**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.

## BARRE

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

## CONDITIONING

**BODY SCULPT** A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

**DEEP EXTREME** The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

**LIQUID STRENGTH®** Liquid Strength®: "Best New Fusion Class" (NY Magazine). Take off your shoes and blast your upper AND lower body (especially targeted) w/every fluid Liquid Strength® move. Posture-Power-Peace=a whole new you.

**RESTORATIVE CONDITIONING** Strength and mobility are the keys to active ageing. Grow functionally strong and improve freedom of movement in this total body conditioning session with smart strength sequencing & restorative stretching that fine tune & energize.

## 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.

## 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.