

PRINTING HOUSE

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EQUINOX.COM
@EQUINOX

MON - THU: 5:30AM - 11:00PM
FRI: 5:30AM - 10:00PM
SAT & SUN: 8:00AM - 8:00PM

GROUP FITNESS MANAGER
DANIELLE HOPKINS
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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

CL	Club Lobby
TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio

🚲 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.

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

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.

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.

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.

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

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

🧘 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

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

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.

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.
