

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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>	6:30-7:15 CS ◆	Studio Cycling <i>Michael Keeney</i>	7:00-8:00 YS	Vinyasa Yoga <i>Rika Henry</i>	9:00-10:00 YS	Yoga Fundamentals <i>Lisa Landphair</i>	9:30-10:15 MS	Gold Barre <i>Elgin McCargo</i>
7:15-8:00 CS ◆	<b>Studio Cycling</b> <i>Jordan Bantista</i>	6:30-7:15 MS	Athletic Conditioning <i>Z Simmons</i>	7:00-7:45 TR ◆	Precision Running® <i>Danielle Hopkins</i>	7:30-8:15 MS	Whipped! <i>Michael Keeney</i>	7:15-8:00 CS ◆	Studio Cycling <i>Shane Blouin</i>	9:30-10:15 CS ◆	Studio Cycling <i>Nikki Bucks</i>	9:30-10:45 YS	Vinyasa Yoga <i>Kelli Sousa</i>
7:15-8:00 MS ◆	<b>PURE STRENGTH: SUMMER EDITION</b> <i>Chris Norvell</i>	7:30-8:15 MS	EQX Barre Burn <i>Cindya Davis</i>	7:00-8:00 YS	Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:15 YS	Pilates <i>Emma Rivera</i>	7:30-8:15 MS	Tabata <i>John Cianca</i>	9:30-10:20 MS	METCON3 <i>Sam Rothermel</i>	10:30-11:15 CS ◆	Studio Cycling <i>Frank Louis</i>
8:30-9:15 MS	Athletic Conditioning <i>Dawn Parker</i>	7:30-8:30 YS	Slow Flow Yoga <i>Lisa Landphair</i>	7:15-8:00 MS	METCON3 <i>John Cianca</i>	9:15-10:00 CS ◆	Studio Cycling <i>Alie Giaime</i>	8:30-9:15 TR ◆	Precision Running® <i>John Cianca</i>	10:30-11:15 CS ◆	Studio Cycling <i>Nikki Bucks</i>	10:30-11:15 MS	30/60/90® <i>Peyton Royal</i>
9:00-10:00 YS	Iyengar Yoga <i>Witold Fitz-Simon</i>	9:15-10:00 CS ◆	TERRAcycle! <i>Gregg Cook</i>	9:30-10:30 MS	Liquid Strength® <i>Story VonHolzhausen</i>	10:00-11:15 YS	Alignment Flow Yoga <i>Mindy Bacharach</i>	9:15-10:00 MS	Tabata <i>Lulu Faria</i>	10:30-11:15 TR ◆	Precision Running® <i>Jimmy Joseph</i>	11:30-12:15 CS ◆	Studio Cycling <i>Mike Harris</i>
10:15-11:05 MS	EQX Barre Burn <i>Joan Ferraro</i>	10:15-11:00 MS	Whipped! <i>Gregg Cook</i>	10:30-11:30 MS	Zumba® <i>Adam Bokunewicz</i>	12:15-1:00 MS	EQX Barre Burn <i>Daigi-Ann Thompson</i>	10:30-11:30 YS	Pilates <i>Taylor Phillips</i>	10:30-11:30 YS	Vinyasa Yoga <i>Melinda Abbott</i>	11:30-12:15 MS ◆	Best Butt Ever <i>Dawn Parker</i>
12:30-1:15 MS	METCON3 <i>Matt Ortel</i>	12:15-12:45 MS	Best Abs Ever <i>Miri Greenberg</i>	12:15-1:00 MS	Whipped! <i>Lulu Faria</i>	5:45-6:30 MS ◆	<b>PURE STRENGTH</b> <i>Ross Twanmoh</i>	12:30-1:15 CS ◆	Studio Cycling <i>Renee Pesante</i>	10:45-11:30 MS	Athletic Conditioning <i>Justin Walker</i>	12:30-1:00 MS	Core Conditioning <i>Dawn Parker</i>
1:00-2:00 YS	Vinyasa Yoga <i>Domenic Savino</i>	12:45-1:15 MS	Best Butt Ever <i>Miri Greenberg</i>	1:00-2:00 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	6:30-7:15 CS ◆	<b>Studio Cycling</b> <i>Meg Mauro</i>	1:30-2:30 YS	Vinyasa Yoga <i>Mardi Sykes</i>	11:45-12:30 MS	THE CUT <i>Mara Gabrielle</i>	12:30-1:30 YS	Athletic Yoga (L2) <i>Serena Tom</i>
6:15-7:15 MS	EQX Barre Burn <i>Bianca Reid</i>	1:30-2:30 YS	Vinyasa Yoga <i>Benn Rasmussen</i>	6:00-6:30 MS	Core Conditioning <i>Marcus Jackson</i>	6:30-7:30 YS	Vinyasa Yoga <i>Lindsey Valdez</i>	5:30-6:15 MS	EQX Barre Burn <i>Genieve Gordon</i>	6:15-7:15 YS	Vinyasa Yoga <i>Nikki Baksh</i>	4:00-4:45 CS ◆	Cycle Beats <i>Erika Osberg</i>
6:15-7:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	6:00-6:50 MS	<b>METCON3</b> <i>Danielle Hopkins</i>	6:15-7:15 YS	Pilates <i>Nicola Yvette</i>	6:30-7:30 MS	Athletic Conditioning <i>Ross Twanmoh</i>	6:15-7:15 YS	Vinyasa Yoga <i>Nikki Baksh</i>	6:30-7:00 MS ◆	Firestarter <i>Nikita Chaudhry</i>	5:00-6:15 YS	Vinyasa Yoga <i>Damien Alexander</i>
6:30-7:15 CS ◆	Studio Cycling <i>Sara Hogrefe</i>	6:15-7:15 YS	Vinyasa Yoga <i>Nikki Baksh</i>	6:30-7:15 CS ◆	Studio Cycling <i>Frank Louis</i>	7:45-8:45 MS	Barre <i>Heather Ashley</i>	7:00-7:30 MS	Best Abs Ever <i>Nikita Chaudhry</i>	7:00-7:30 MS	Best Abs Ever <i>Nikita Chaudhry</i>		
7:30-8:15 CS ◆	Studio Cycling <i>Frank Louis</i>	6:30-7:15 CS ◆	Studio Cycling <i>Mike Harris</i>	6:30-7:15 MS	Tabata <i>Marcus Jackson</i>			7:30-8:15 MS	Zumba® <i>Hector Santana</i>				
7:30-8:15 MS	Athletic Conditioning <i>Garry Baddal</i>	7:00-7:45 MS	<b>Cardio Kick</b> <i>Peyton Bryant</i>	7:00-7:45 TR ◆	Precision Running® <i>Miriam Shestack</i>								
7:30-8:30 YS	Vinyasa Yoga <i>Nick Potenzieri</i>	7:30-8:30 YS	Pilates <i>Katie Yip</i>	7:30-8:30 YS	Vinyasa Yoga <i>Johan Montijano</i>								
		7:45-8:15 MS	<b>Lower Body Blast!</b> <i>Peyton Bryant</i>										

## PRINTING HOUSE

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

**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
MS	Main Studio
YS	Yoga 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.

**CYCLING ESSENTIALS - STAGES** Learn the basics of Studio Cycling on our new Stages bikes. Join us for a 45-minute Cycling class which includes a 15-minute introduction and covers bike set-up, riding technique and digital tools.

**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

**30/60/90** Kristi Molinaro's high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Challenging but modifiable for all levels.

**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.

**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.

**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!

**WHIPPED!** Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

#### 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.

**GOLD BARRE** Do Barre like an athlete.

Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

#### CONDITIONING

**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.

**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.

**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.

**LOWER BODY BLAST!** Buff your ASsets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

**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.

**PURE STRENGTH: SUMMER EDITION** Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

#### 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.

#### 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

**CARDIO KICK** An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

**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.