

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 TR◆	Precision Running® <i>KT Goldthorpe</i>	6:30-7:20 CS◆	The Pursuit: Burn <i>Renee Pesante</i>	6:30-7:15 CS◆	Cycle Beats <i>D Gunnz</i>	6:30-7:15 CS◆	ANTHEM™ <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>	9:00-9:30 MS◆	THE MUSE™ <i>Elgin McCargo</i>
7:15-8:00 CS◆	Studio Cycling <i>Ryan Lingie</i>	7:30-8:15 MS	EQX Barre Burn <i>Cindy Davis</i>	7:00-7:45 TR◆	Precision Running® <i>Arthur Tang</i>	6:30-7:20 MS	METCON3 <i>Jamal</i>	7:15-8:00 CS◆	Studio Cycling <i>Shane Blouin</i>	9:15-10:05 CS◆	The Pursuit: Burn <i>Nikki Bucks</i>	9:30-10:15 CS◆	Studio Cycling <i>Meg Mauro</i>
7:15-8:00 MS◆	PURE STRENGTH <i>Chris Norvell</i>	7:30-8:30 YS	Slow Flow Yoga <i>Lisa Landphair</i>	7:00-8:00 YS	Vinyasa Yoga <i>Mardi Sykes</i>	7:30-8:15 MS	Whipped! <i>Michael Keeney</i>	8:00-8:45 MS	Athletic Conditioning <i>Lulu Faria</i>	9:30-10:15 MS	Stacked! <i>Danielle Hopkins</i>	9:35-10:20 MS	Gold Barre <i>Elgin McCargo</i>
9:00-10:00 YS	Iyengar Yoga <i>Witold Fitz-Simon</i>	9:15-10:00 CS◆	TERRAcycle! <i>Gregg Cook</i>	7:15-8:05 MS	METCON3 <i>John Cianca</i>	7:30-8:15 TR◆	Precision Running® <i>Jamal</i>	8:30-9:15 TR◆	Precision Running® <i>John Cianca</i>	10:30-11:15 MS	Boot Camp <i>Matthew Johnson</i>	10:30-11:15 CS◆	Studio Cycling <i>Frank Louis</i>
9:15-10:00 MS	R.I.P.P.E.D. <i>Dawn Parker</i>	10:15-11:00 MS	Whipped! <i>Gregg Cook</i>	7:30-8:15 CS◆	Cycle Beats <i>D Gunnz</i>	7:30-8:15 YS	Pilates <i>Emma Rivera</i>	9:15-10:15 YS	Vinyasa Yoga <i>Vanessa Alfano</i>	10:30-11:15 TR◆	Precision Running® <i>Jimmy Joseph</i>	10:30-11:15 MS	Athletic Conditioning <i>Parker Krug</i>
10:15-11:05 MS	EQX Barre Burn <i>Joan Ferraro</i>	10:30-11:30 YS	Pilates <i>Alissa Alter</i>	9:30-10:15 MS	Liquid Strength® <i>Story VonHolzhausen</i>	9:15-10:00 CS◆	ANTHEM™ <i>Katie Horwitch</i>	10:30-11:30 YS	Pilates <i>Taylor Phillips</i>	10:30-11:30 YS	Vinyasa Yoga <i>Melinda Abbott</i>	10:30-11:45 YS	Vinyasa Yoga <i>Kelli Sousa</i>
1:00-2:00 YS	Vinyasa Yoga <i>Robert Nguyen</i>	12:15-1:00 MS	Best Butt Ever <i>Miri Greenberg</i>	10:30-11:30 MS	EQX Barre Burn <i>Adam Bokunewicz</i>	10:00-11:15 YS	Alignment Flow Yoga <i>Mindy Bacharach</i>	12:30-1:15 CS◆	Studio Cycling <i>Renee Pesante</i>	10:35-11:20 CS◆	Studio Cycling <i>Nikki Bucks</i>	11:30-12:15 MS	Best Butt Ever <i>Dawn Parker</i>
5:30-6:20 MS	METCON3 <i>Danielle Hopkins</i>	1:05-1:35 MS◆	THE MUSE™ <i>Miri Greenberg</i>	12:15-1:00 CS◆	Studio Cycling <i>Alie Giaime</i>	10:15-11:00 MS	Stacked! <i>Sandy Wasserbach</i>	1:30-2:30 YS	Vinyasa Yoga <i>Mardi Sykes</i>	11:30-12:15 MS	THE CUT <i>Mara Gabrielle</i>	12:00-1:00 YS	Pilates <i>Jose Ruiz</i>
6:15-7:15 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	6:15-7:15 YS	Athletic Yoga (L2) <i>Nikki Baksh</i>	1:00-2:00 YS	Vinyasa Yoga <i>Jen Guarnieri</i>	12:15-1:00 MS	EQX Barre Burn <i>Daigi-Ann Thompson</i>	5:30-6:15 MS	EQX Barre Burn <i>Genieve Gordon</i>	12:15-1:15 YS	Pilates <i>Loi Jean Kail</i>	12:30-1:00 MS	Core Conditioning <i>Dawn Parker</i>
6:20-7:10 CS◆	The Pursuit: Build <i>Sara Hogrefe</i>	6:30-7:15 CS◆	Studio Cycling <i>Danielle Hopkins</i>	5:45-6:15 MS	Core Conditioning <i>Marcus Jackson</i>	6:00-6:45 MS◆	PURE STRENGTH <i>Brian Robinson</i>	6:00-6:45 CS◆	Cycle Beats <i>Jonathan Carlucci</i>	5:00-6:15 YS	Restorative Yoga <i>Vienna Wilson</i>	1:30-2:30 YS	Athletic Yoga (L2) <i>Rika Henry</i>
6:30-7:15 MS	EQX Barre Burn <i>Bianca Reid</i>	6:30-7:15 MS	THE CUT <i>Gina DiNapoli</i>	6:15-7:00 MS	Tabata <i>Marcus Jackson</i>	6:15-7:15 YS	Vinyasa Yoga <i>Heather Ashley</i>	6:30-7:15 MS	Inner Athlete <i>Katie Thrasher</i>	6:30-7:15 MS		4:00-5:15 YS	Vinyasa Yoga <i>Catherine Yiu</i>
7:30-8:15 MS	Athletic Conditioning <i>Garry Baddal</i>	7:30-8:15 MS	Boot Camp <i>Z Simmons</i>	6:15-7:15 YS	Pilates <i>Kaitlyn Schuetze</i>	6:15-7:15 YS	Vinyasa Yoga <i>Heather Ashley</i>	6:30-7:15 YS	Vinyasa Yoga <i>Nikki Baksh</i>				
7:30-8:30 YS	Vinyasa Yoga <i>AnneElise Hagen</i>	7:30-8:30 YS	Pilates <i>Mathew Makings</i>	6:30-7:15 CS◆	Studio Cycling <i>Frank Louis</i>	7:00-7:45 TR◆	ANTHEM™ <i>Brian Robinson</i>	6:30-7:30 YS					
7:40-8:25 CS◆	Studio Cycling <i>Frank Louis</i>			7:00-7:45 TR◆	Precision Running® <i>Miriam Shestack</i>	7:30-8:30 MS	Barre <i>Heather Ashley</i>						
8:30-8:45 YS	Meditation <i>AnneElise Hagen</i>			7:15-7:45 MS◆	Firestarter <i>Mara Gabrielle</i>								
				7:30-8:30 YS	Vinyasa Yoga <i>Johan Montijano</i>								
				7:45-8:05 MS	Upper-Cuts <i>Mara Gabrielle</i>								

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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
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

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.

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.

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 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. 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.

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.

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.

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.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

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.

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.

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!

UPPER-CUTS Sculpt and strengthen your arms, shoulders and back while working through a powerful cardio blast.

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

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.

LONG + LEAN

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.

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.

BOXING + MARTIAL ARTS

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.

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.