

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
7:30-8:15 MS	Whipped! Michael Keeney	7:00-8:00 YS	Vinyasa Yoga Jena Maenius (SUB)	9:00-10:00 YS	Yoga Fundamentals Lisa Landphair	9:30-10:15 MS	Gold Barre Elgin McCargo	9:00-10:00 YS	Iyengar Yoga Witold Fitz-Simon	7:30-8:15 MS	EQX Barre Burn Cindy Davis	7:00-8:00 YS	Vinyasa Yoga Mardi Sykes
7:30-8:15 YS	Pilates Emma Rivera	7:30-8:15 MS	Tabata John Cianca	9:30-10:20 MS	METCON3 Sam Rothermel	9:30-10:45 YS	Vinyasa Yoga Kelli Sousa	10:30-11:15 MS	EQX Barre Burn Charleene O'Connor	7:30-8:30 YS	Slow Flow Yoga Lisa Landphair	7:15-8:00 MS	METCON3 John Cianca
10:00-11:15 YS	Alignment Flow Yoga Mindy Bacharach	8:30-9:15 TR ◆	Precision Running® John Cianca	10:30-11:15 TR ◆	Precision Running® Jimmy Joseph	11:30-12:15 MS ◆	Best Butt Ever Dawn Parker	11:30-12:15 MS	Memorial Day Challenge Steven Adams	9:15-10:00 MS	Restorative Conditioning Gregg Cook	9:30-10:30 MS	Liquid Strength® Story VonHolzhausen
12:15-1:00 MS	EQX Barre Burn Daigi-Ann Thompson	9:15-10:00 MS	Tabata Lulu Faria	10:30-11:30 YS	Vinyasa Yoga Robert Nguyen (SUB)	12:30-1:00 MS	Core Conditioning Dawn Parker	1:30-2:30 YS	Memorial Day Warrior Yoga Domenic Savino	10:15-11:00 MS	Whipped! Gregg Cook	10:30-11:30 YS	Zumba® Adam Bokunewicz
5:30-6:15 MS	Athletic Conditioning Laura Cozik (SUB)	10:30-11:30 YS	Pilates Taylor Phillips	10:45-11:30 MS	Summer Slam Justin Walker	12:30-1:30 YS	Memorial Day Warrior Yoga Domenic Savino			10:30-11:30 YS	Pilates Alissa Alter	1:30-2:30 YS	Vinyasa Yoga Jen Guarnieri
6:30-7:20 MS	Athletic Conditioning Laura Cozik (SUB)	1:30-2:30 YS	Vinyasa Yoga Melini Jesudason (SUB)	11:45-12:30 MS	THE CUT Mara Gabrielle					12:15-12:45 MS	Best Abs Ever Miri Greenberg	6:00-6:30 MS	Core Conditioning Marcus Jackson
6:30-7:30 YS	Vinyasa Yoga Lindsey Valdez	5:30-6:15 MS	EQX Barre Burn Genieve Gordon	12:15-1:15 YS	Pilates Loi Jean Kail					12:45-1:15 MS	Best Butt Ever Miri Greenberg	6:15-7:15 YS	Pilates Nicola Yvette
7:30-8:15 MS	Barre Heather Ashley	6:15-7:15 YS	Vinyasa Yoga Nikki Baksh							1:30-2:30 YS	Vinyasa Yoga Benn Rasmussen	6:30-7:15 MS	Tabata Marcus Jackson
		6:30-7:00 MS ◆	Firestarter Nikita Chaudhry							5:30-6:15 MS	30/60/90® Ari Waldman	7:00-7:45 TR ◆	Precision Running® Miriam Shestack
		6:30-7:15 TR ◆	Precision Running® Donovan Stewart							6:15-7:15 YS	Vinyasa Yoga Nikki Baksh	7:30-8:30 YS	Vinyasa Yoga Johan Montijano
		7:00-7:30 MS	Best Abs Ever Nikita Chaudhry							6:30-7:20 MS	METCON3 Juliana Estrella		
		7:30-8:15 MS	Zumba® Hector Santana							7:30-8:15 MS	THE CUT Juliana Estrella		
										7:30-8:30 YS	Pilates Katie Yip		

## PRINTING HOUSE

421 HUDSON ST.  
NEW YORK NEWYORK 10014  
212.243.7600  
EQUINOX.COM  
@EQUINOX

## 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

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

MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area

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

## 🏃 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.

**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.

**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.

**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.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

**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.

**MEMORIAL DAY CHALLENGE** Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

**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.

## 🕺 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

**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.