EQUINOX

**PRINTING HOUSE**

LABOR DAY | HOLIDAY SCHEDULE EFFECTIVE 08.30.16–09.05.16

**KEY**

**Bold** New Class, Instructor, or Time

♦ Advance sign-up required

*Studio key on back*

| TUESDAY 8/30 | WEDNESDAY 8/31 | THURSDAY 9/1 | FRIDAY 9/2 | SATURDAY 9/3 | SUNDAY 9/4 | MONDAY 9/5 |
|---|---|---|---|---|---|---|
| 6:30 –7:15 CS♦ Studio Cycling *Renee Pesante*<br>7:30 –8:15 MS EQX Barre Burn *Cindya Davis*<br>7:30 –8:30 YS Slow Flow Yoga *Lisa Landphair*<br>9:15 –10:00 CS♦ TERRAcycle! *Gregg Cook*<br>10:15 –11:00 MS Whipped! *Gregg Cook*<br>10:15 –11:15 YS Pilates *Frederick Schjang*<br>11:15 –12:15 YS Feldenkrais Method® *Frederick Schjang* | 7:00 –7:45 CS♦ Studio Cycling *D Gunnz*<br>7:00 –8:00 YS Vinyasa Yoga *Mardi Sykes*<br>7:15 –8:00 MS METCON3 *John Cianca*<br>9:30 –10:30 MS Liquid Strength® *Story VonHolzhausen*<br>10:00 –11:00 YS Pilates *Alissa Alter* | 7:15 –8:00 MS 30/60/90® *Scott Kolb (SUB)*<br>7:30 –8:15 YS Pilates *Alissa Alter (SUB)*<br>9:15 –10:00 CS♦ Studio Cycling *Alie Giaime*<br>10:00 –11:15 YS Alignment Flow Yoga *Mindy Bacharach* | 7:00 –8:00 RD Vinyasa Yoga *Jen Guarnieri*<br>7:15 –8:00 CS♦ Studio Cycling *Erika Osberg*<br>9:15 –10:00 MS THE CUT *Joshua Vela*<br>10:15 –11:15 YS Pilates *Julia Starobin (SUB)* | 9:30 –10:15 MS Stacked! *Danielle Hopkins*<br>9:45 –10:30 CS♦ **Studio Cycling** ***LR Davidson (SUB)***<br>10:30 –11:15 TR♦ Precision Running® *Jimmy Joseph (SUB)*<br>10:30 –11:30 YS Vinyasa Yoga *Melinda Abbott* | 9:30 –10:15 MS Gold Barre *Elgin McCargo*<br>9:30 –10:45 YS Sacred Strength® Yoga 4 Life *Stephanie Culen*<br>10:20 –11:05 MS Tabata *Lauren Colenso-Semple*<br>10:30 –11:15 CS♦ Studio Cycling *Sandy Wasserbach (SUB)*<br>11:30 –12:15 MS Best Butt Ever *Dawn Parker* | 9:00 –10:00 YS Iyengar Yoga *Witold Fitz-Simon*<br>9:30 –10:15 MS **End of Summer Slam** ***Danielle Hopkins***<br>10:30 –11:15 CS♦ **Fall Gear Up** ***Danielle Hopkins***<br>10:30 –11:30 MS **EQX Barre Burn** ***Elizabeth Portnoy (SUB)*** |
| 12:15 –12:45 MS Best Abs Ever *Miri Greenberg*<br>12:45 –1:15 MS Best Butt Ever *Miri Greenberg*<br>1:30 –2:30 YS Vinyasa Yoga *Iyala Berley* | 1:30 –2:30 YS Vinyasa Yoga *Jen Guarnieri* | 12:15 –1:15 MS EQX Barre Burn *Betsy Buzaid (SUB)*<br>12:30 –1:15 TR♦ Precision Running® *KT Goldthorpe* | 12:30 –1:15 CS♦ Studio Cycling *Renee Pesante*<br>1:30 –2:30 YS Vinyasa Yoga *Mardi Sykes* | 12:15 –1:15 YS Pilates *Loi Jean Kail* | 12:30 –1:00 MS **Core Conditioning** ***Dawn Parker***<br>12:30 –1:30 YS Vinyasa Yoga *Serena Tom* | 1:30 –2:30 YS Vinyasa Yoga *Leo Rising (SUB)* |
| 6:30 –7:15 CS♦ Studio Cycling *Shanda Woods*<br>6:30 –7:15 MS THE CUT *Nikita Chaudhry (SUB)*<br>6:30 –7:30 YS Vinyasa Yoga *Lisa Landphair (SUB)*<br>7:30 –8:20 MS METCON3 *Matt Ortel (SUB)*<br>7:30 –8:30 YS Pilates *Katie Yip* | 6:30 –7:15 CS♦ Studio Cycling *Frank Louis*<br>6:30 –7:15 MS Tabata *Marcus Jackson*<br>6:30 –7:30 YS Pilates *Nicola Yvette*<br>7:15 –7:45 MS Core Conditioning *Marcus Jackson*<br>7:30 –8:30 YS Vinyasa Yoga *Johan Montijano* | 6:00 –6:30 MS Core Conditioning *Danielle Hopkins*<br>6:30 –7:15 CS♦ Studio Cycling *Lee Jimenez*<br>6:30 –7:20 MS Boot Camp *Danielle Hopkins*<br>6:30 –7:30 RD Vinyasa Yoga *Michael Gervais* | 5:30 –6:15 MS **30/60/90®** ***Luke Carron***<br>6:30 –7:30 YS Vinyasa Yoga *Rachel Bennett (SUB)* | | | |

EQUINOX

**PRINTING HOUSE**
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**LABOR DAY HOLIDAY HOURS**
**SEPTEMBER 3**: 08:00 AM - 06:00 PM
**SEPTEMBER 4**: 08:00 AM - 06:00 PM
**SEPTEMBER 5**: 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**

| | |
|---|---|
| CS | Cycling Studio |
| MS | Main Studio |
| YS | Yoga Studio |
| TR | Treadmill Area |
| RD | Roof Deck |

**WHAT'S NEW THIS MONTH**
This September, Equinox is celebrating its 25th Anniversary! To celebrate we put a twist on some of our most popular signature classes, customized for this special occasion. Don't miss out.

Please note that we will observe the following modified hours for the Labor Day holiday weekend: Sat (9/3): 8am-6pm Sun (9/4): 8am-6pm Mon (9/5): 8am-6pm

## STUDIO CYCLING

**FALL GEAR UP** Gear up for fall with this indoor ride that will take you through climbs & sprints for a challenging cycling workout.

**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®** Efficient and precisely designed intervals on the treadmill will hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring headphones.

## YOGA

**ALIGNMENT FLOW YOGA** The flowing structure of Ashtanga yoga, including 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. Stresses understanding the body and how it works.

**SACRED STRENGTH® YOGA 4 LIFE** Stephanie's signature class is an inspirational and therapeutic blend of strength and flexibility. Based in Ashtanga, Vinyasa and Therapeutic Yoga styles and choreographed to music. Designed for all levels, especially athletes, men, and people recovering from 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.

## ATHLETIC TRAINING

**30/60/90®** Created by Kristi Molinaro. A 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. Very challenging but modifiable for all levels.

**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!

**END OF SUMMER SLAM** Slam out this high-intensity metabolic conditioning workout that will leave you feeling fit and fierce for end of summer celebrations.

**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.

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**TABATA** A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat.

**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

**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** Your core is defined as everything BUT your arms and legs. In this non aerobic conditioning class, focus is placed primarily on the abdominals, lower back, shoulder and hip girdle. Enhance 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.

## 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.