

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00-7:45 MS	Whipped! <i>John Cianca</i>	6:00-6:45 MS	METCON3 <i>Luis Weber</i>	7:00-7:45 MS	Tabata <i>Jack McGowan</i>	6:00-6:45 MS	Stacked! <i>Matt Ortel</i>	7:00-7:45 MS	Aletica <i>Stephen Bel Davies</i>	10:30-11:15 MS	Tabata <i>Erin Sanders</i>	11:15-12:00 MS	METCON3 <i>Dylan Farris</i>
7:15-8:00 YS	Pilates <i>Caroline Strong</i>	6:45-7:35 TR◆	Precision Running® <i>Kara Shull</i>	7:15-8:00 YS	EQX Barre Burn <i>Kevin VerEecke</i>	6:45-7:35 TR◆	Precision Running® <i>Jan Erik Navoa</i>	7:15-8:00 YS	EQX Barre Burn <i>Felicia Csolak</i>	11:30-12:15 MS◆	THE MUSE™ <i>Kevin VerEecke</i>		
8:00-8:45 MS	METCON3 <i>Felicia Csolak</i>	7:00-7:45 CS◆	Studio Cycling <i>Shane Blouin</i>	8:00-8:50 CS◆	The Pursuit: Build <i>Melissa Morin</i>	7:00-7:50 CS◆	The Pursuit: Burn <i>Nikki Bucks</i>	7:45-8:15 MS	Core Conditioning <i>Stephen Bel Davies</i>				
12:00-12:50 MS◆	Aletica <i>Stephen Bel Davies</i>	7:15-8:00 MS◆	Ropes and Rowers <i>Luis Weber</i>	8:05-8:50 MS◆	THE MUSE™ <i>Lori Celeste</i>	7:15-8:00 MS	METCON3 <i>Matt Ortel</i>	8:00-8:50 TR◆	Elevate <i>Khaleah London</i>				
12:00-1:00 YS	Vinyasa Yoga <i>Kat Ruiz</i>	7:15-8:15 YS	Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-12:50 MS◆	Aletica <i>Ilaria Montagnani</i>	8:05-8:35 MS◆	THE CUT: Jump Rope <i>Jan Erik Navoa</i>	12:00-12:45 MS	METCON3 <i>Selena Dorans</i>	12:00-12:45 MS	METCON3 <i>Selena Dorans</i>		
12:30-1:15 CS◆	Studio Cycling <i>Avery Washington</i>	12:00-12:50 MS	Cardio Sculpt <i>Stephanie Levinson</i>	12:00-1:00 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>	12:00-12:15 MS	Ab Lab <i>Dawn Parker</i>	12:30-1:15 CS◆	Vinyasa Yoga <i>Mary Horne</i>	12:15-1:15 YS◆	Vinyasa Yoga <i>Mary Horne</i>		
12:30-1:20 TR◆	Precision Running® <i>Janice JP Prishwalko</i>	12:00-12:45 YS	EQX Barre Burn <i>Caroline Strong</i>	12:30-1:15 CS◆	ANTHEM™ <i>Sarah May Epstein</i>	12:00-12:45 YS	Pilates <i>Sarah Starkweather</i>	12:30-1:20 TR◆	Precision Running® <i>Ashley Underwood</i>	12:30-1:20 TR◆	Precision Running® <i>Ashley Underwood</i>		
1:00-1:45 MS◆	THE MUSE™ <i>Yury Rockit</i>	12:30-1:20 CS◆	The Pursuit: Burn <i>Selena Dorans</i>	1:00-1:45 MS	Aletica <i>Ilaria Montagnani</i>	12:15-1:00 MS	Athletic Conditioning <i>Dawn Parker</i>	1:15-2:15 MS	Deep EXtreme <i>Ryan Beck</i>	1:15-2:15 MS	Deep EXtreme <i>Ryan Beck</i>		
1:15-2:00 YS	EQX Barre Burn <i>Emma Rivera</i>	12:30-1:20 TR◆	Precision Running® <i>Jimmy Joseph</i>	1:15-2:00 YS	Pilates <i>Gabe Villanueva</i>	12:30-1:20 CS◆	The Pursuit: Build <i>Nikki Bucks</i>	4:15-5:15 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>	4:15-5:15 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>		
5:30-6:20 MS	Body Conditioning <i>Jon Giswold</i>	1:00-2:00 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>	5:30-6:20 MS	Body Conditioning <i>Jon Giswold</i>	12:30-1:20 TR◆	Precision Running® <i>Susan Simon</i>	5:30-6:15 MS	Whipped! <i>Lulu Faria</i>	5:30-6:15 MS	Whipped! <i>Lulu Faria</i>		
5:30-6:15 YS	Pilates <i>Gabe Villanueva</i>	1:15-2:00 MS◆	PURE STRENGTH <i>Erin Sanders</i>	5:30-6:15 YS	Pilates Power <i>Emma Rivera</i>	1:00-2:00 YS	Slow Flow Yoga <i>Laleh Nader</i>	6:15-7:00 CS◆	Studio Cycling <i>Pam Nahal</i>	6:15-7:00 CS◆	Studio Cycling <i>Pam Nahal</i>		
6:00-6:45 CS◆	Studio Cycling <i>Alex Lepinsky</i>	5:15-6:00 MS	METCON3 <i>Alyssa Cerrachio</i>	5:45-6:35 CS◆	The Pursuit: Build <i>David Donofrio</i>	1:15-1:45 MS◆	Firestarter <i>Cindya Davis</i>	6:15-7:05 TR◆	Precision Running® <i>Taylor Spearnak</i>	6:15-7:05 TR◆	Precision Running® <i>Taylor Spearnak</i>		
6:15-7:05 TR◆	Precision Running® <i>Miriam Wasmund</i>	5:45-6:45 YS◆	Vinyasa Yoga <i>Mary Horne</i>	6:30-7:15 MS◆	METCON3 <i>John Cianca</i>	1:45-2:05 MS	Ab Lab <i>Cindya Davis</i>	6:30-7:00 MS	Best Abs Ever <i>Amanda Baker</i>	6:30-7:00 MS	Best Abs Ever <i>Amanda Baker</i>		
6:30-7:15 MS◆	METCON3 <i>Eddie Carrington</i>	6:00-6:30 MS	Booty Blast <i>Alyssa Cerrachio</i>	6:30-7:30 YS	Vinyasa Yoga <i>Leeann Walton</i>	5:15-6:00 MS◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	6:30-7:30 YS	Vinyasa Yoga <i>Amanda Winkler</i>	6:30-7:30 YS	Vinyasa Yoga <i>Amanda Winkler</i>		
6:30-7:30 YS	Power Yoga <i>Daniela Vuckovic</i>	6:30-7:20 CS◆	The Pursuit: Burn <i>Emily Stubler</i>	7:15-8:05 TR◆	Precision Running® <i>John Cianca</i>	5:45-6:45 YS	Power Yoga <i>Kristina Erikson</i>	7:05-7:35 MS◆	THE CUT: Jump Rope <i>Amanda Baker</i>	7:05-7:35 MS◆	THE CUT: Jump Rope <i>Amanda Baker</i>		
7:15-8:05 CS◆	The Pursuit: Build <i>Jay Dantzler</i>	6:45-7:30 MS	Tabata <i>Antonio Hudson</i>	8:00-8:30 MS◆	Firestarter <i>Cindya Davis</i>	6:30-7:20 MS◆	Titan Method <i>Omar Sandoval</i>						
7:30-8:15 MS	Ropes and Rowers <i>Miriam Wasmund</i>	7:00-8:00 YS	Alignment Flow Yoga <i>Giulia Pline</i>			6:45-7:35 TR◆	Precision Running® <i>Kevin St-Fort</i>						
		7:30-8:20 TR◆	Precision Running® <i>Emily Stubler</i>			7:00-7:45 YS	EQX Barre Burn <i>Emma Rivera</i>						
		7:45-8:30 MS	Inner Athlete <i>Andrea Levine</i>			7:30-8:30 MS	Powerstrike! <i>Omar Sandoval</i>						

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MON - FRI: 5:00 AM - 10:00 PM
SAT - SUN: 9:00 AM - 6:00 PM

GROUP FITNESS MANAGER
 MARIE JASMIN
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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

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area

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 Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

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

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

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.

ATLETICA Sculpt and train your body like An athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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!

TITAN METHOD Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

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

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LONG + LEAN

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs.

Burning buns and a blast!

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

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.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

BOXING + MARTIAL ARTS

POWERSTRIKE! Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements choreographed to energizing music.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.