

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 (L2) <i>Jack McGowan</i>	6:00-6:45 MS Stacked! <i>Matt Ortel</i>	7:00-7:45 MS Atletica <i>Stephen Bel Davies</i>	10:30-11:15 MS METCON3 <i>Erin Sanders</i>	12:00-1:15 YS Alignment Flow Yoga <i>Robert Nguyen</i>
7:15-8:00 YS Pilates <i>Kymerly Byrnes</i>	7:00-7:45 CS◆ Studio Cycling <i>Shane Blouin</i>	7:15-8:00 YS EQX Barre Burn <i>Lori Celeste</i>	7:00-7:45 CS◆ Studio Cycling <i>Nikki Bucks</i>	7:45-8:15 MS Core Conditioning <i>Stephen Bel Davies</i>	11:30-12:30 YS Vinyasa Yoga <i>Eli Walker</i>	
8:00-8:45 MS METCON3 <i>John Cianca</i>	7:15-8:00 MS Ropes and Rowers <i>Luis Weber</i>	8:00-8:50 CS◆ The Pursuit: Burn <i>Melissa Morin</i>	7:15-8:00 MS METCON3 <i>Matt Ortel</i>	12:00-12:45 MS METCON3 <i>Selena Dorans</i>		
12:00-1:00 MS◆ Atletica <i>Stephen Bel Davies</i>	7:15-8:15 YS Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-12:50 MS◆ Atletica <i>Iliaria Montagnani</i>	7:15-8:15 YS Power Yoga <i>Damien Alexander</i>	12:15-1:15 YS◆ Vinyasa Yoga <i>Mary Horne</i>		
12:15-1:15 YS Vinyasa Yoga <i>Kajuan Douglas</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>	12:45-1:30 CS◆ Studio Cycling <i>Marie Jasmin</i>		
12:45-1:30 CS◆ Studio Cycling <i>Avery Washington</i>	12:00-12:45 YS EQX Barre Burn <i>Lindsay B. Davis</i>	12:45-1:30 CS◆ Studio Cycling <i>BJ Olson</i>	12:00-12:45 YS Rock Solid: Pilates <i>Jewel Elizabeth</i>	1:15-2:00 MS EQX Barre Burn <i>Emma Rivera</i>		
1:15-2:00 MS EQX Barre Burn <i>Or Artzi</i>	12:30-1:20 CS◆ The Pursuit: Build <i>Nikki Bucks</i>	1:00-1:45 MS Atletica <i>Iliaria Montagnani</i>	12:15-1:00 MS Athletic Conditioning <i>Dawn Parker</i>	4:15-5:15 YS Vinyasa Yoga <i>Josh Mathew-Meier</i>		
5:15-5:30 MS Best Arms Ever <i>Jon Giswold</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: Burn <i>Loi Jordon</i>	5:30-6:15 MS Whipped! <i>Lulu Faria</i>		
5:30-6:20 MS Body Conditioning <i>Jon Giswold</i>	1:00-2:00 YS Vinyasa Yoga <i>Josh Mathew-Meier</i>	5:15-5:30 MS Best Arms Ever <i>Jon Giswold</i>	12:30-1:20 TR◆ Precision Running@ <i>Susan Simon</i>	5:45-6:30 CS◆ Studio Cycling <i>Benjamin Green</i>		
5:30-6:15 YS Pilates <i>Gabe Villanueva</i>	1:15-2:00 MS◆ PURE STRENGTH: SUMMER EDITION (L3) <i>Erin Sanders</i>	5:30-6:15 YS Body Conditioning <i>Jon Giswold</i>	1:00-2:00 YS Slow Flow Yoga <i>Laleh Nader</i>	6:30-6:45 MS Best Arms Ever <i>Amanda Baker</i>		
6:00-6:45 CS◆ Studio Cycling <i>Alex Lepinsky</i>	2:00-2:15 YS Meditation <i>Josh Mathew-Meier</i>	6:00-6:50 CS◆ The Pursuit: Burn <i>Kristy DiScipio</i>	1:15-1:30 MS Best Arms Ever <i>Marie Jasmin</i>	6:30-7:20 TR◆ Precision Running@ <i>Taylor Spearnak</i>		
6:30-7:15 MS◆ METCON3 <i>Eddie Carrington</i>	5:15-6:00 MS METCON3 <i>Alyssa Cerrachio</i>	6:30-7:15 CS◆ METCON3 <i>John Cianca</i>	1:30-1:45 MS Best Abs Ever <i>Marie Jasmin</i>	6:30-7:30 YS Vinyasa Yoga <i>Amanda Winkler</i>		
6:45-7:45 YS◆ Power Yoga <i>Daniela Vuckovic</i>	5:45-6:45 YS◆ Vinyasa Yoga <i>Mary Horne</i>	6:30-7:30 YS Vinyasa Yoga <i>Erin Barry</i>	1:45-2:15 MS Best Butt Ever <i>Marie Jasmin</i>	6:45-7:00 MS Best Abs Ever <i>Amanda Baker</i>		
7:15-8:05 CS◆ The Pursuit: Burn <i>Emily Stubler</i>	6:15-6:45 MS Booty Blast <i>Antonio Hudson</i>	7:15-8:00 CS◆ Studio Cycling <i>Jan Erik Navoa</i>	5:15-6:00 MS◆ PURE STRENGTH: SUMMER EDITION (L3) <i>Alyssa Cerrachio</i>	7:00-7:30 MS◆ Firestarter <i>Amanda Baker</i>		
7:15-8:05 TR◆ Precision Running@ <i>Marie Jasmin</i>	6:30-7:20 CS◆ The Pursuit: Build <i>Marie Jasmin</i>	7:15-8:05 TR◆ Precision Running@ <i>John Cianca</i>	5:45-6:45 YS Power Yoga <i>Kristina Erikson</i>			
7:45-8:00 YS Meditation <i>Daniela Vuckovic</i>	6:45-7:30 MS Tabata <i>Antonio Hudson</i>	7:30-8:00 MS◆ Firestarter <i>Mara Gabrielle</i>	6:30-7:15 CS◆ Studio Cycling <i>BJ Olson</i>			
	7:00-8:00 YS Alignment Flow Yoga <i>Robert Nguyen</i>	8:00-8:20 MS Ab Lab <i>Mara Gabrielle</i>	6:30-7:20 MS◆ Titan Method <i>Omar Sandoval</i>			
	7:15-8:05 TR◆ Precision Running@ <i>KT Goldthorpe</i>		6:45-7:35 TR◆ Precision Running@ <i>Kevin St-Fort</i>			
	7:45-8:30 MS Fully Loaded <i>Carolann Valentino</i>		7:00-7:45 YS EQX Barre Burn <i>Emma Rivera</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

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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
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

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.

THE PURSUIT: BUILT 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 Sliik, 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

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.

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 pyramid-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! 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.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

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.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

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.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

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.

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.

ROCK SOLID: PILATES Heighten your Pilates experience with Jewel Elizabeth's signature non-stop mat class. Her 3-dimensional format flows from one exercise to the next, giving you a deeper integration of muscles, incredible physical awareness, and higher caloric output. Excellent for dancers and athletes alike.

BOXING & MARTIAL ARTS

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

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.