

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-6:45 MS	Stacked! <i>Matt Ortel</i>	7:00-7:45 MS	Atletica <i>Stephen Bel Davies</i>							6:00-6:45 MS	<b>METCON3</b> <i>Luis Weber</i>	7:00-7:45 MS	Tabata (L2) <i>Jack McGowan</i>
7:00-7:45 CS ◆	Studio Cycling <i>Nikki Bucks</i>	7:45-8:15 MS	Core Conditioning <i>Stephen Bel Davies</i>							7:00-7:45 CS ◆	Studio Cycling <i>Shane Blouin</i>	7:15-8:00 YS	<b>EQX Barre Burn</b> <i>Lori Celeste</i>
7:15-8:00 MS	<b>METCON3</b> <i>Matt Ortel</i>	12:00-1:00 MS	Athletic Conditioning <i>Angel Aulet</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>
7:15-8:15 YS	Power Yoga <i>Damien Alexander</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Mary Horne</i>							7:15-8:15 YS	Vinyasa Yoga <i>Michael Lechonczak</i>	12:00-12:50 MS ◆	Atletica <i>Ilaria Montagnani</i>
12:00-12:15 MS	Ab Lab <i>Dawn Parker</i>	12:45-1:30 CS ◆	<b>Studio Cycling</b> <i>Kyle Brown</i>							12:00-12:50 MS	Cardio Sculpt <i>Stephanie Levinson</i>	12:00-1:00 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>
12:00-12:45 YS	Rock Solid: Pilates <i>Jewel Elizabeth</i>	1:15-2:00 MS	EQX Barre Burn <i>Emma Rivera</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>
12:15-1:00 MS	R.I.P.P.E.D. <i>Dawn Parker</i>	4:15-5:15 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>							12:30-1:20 CS ◆	The Pursuit: Build <i>Nikki Bucks</i>	1:00-1:45 MS	Atletica <i>Ilaria Montagnani</i>
12:30-1:20 CS ◆	The Pursuit: Burn <i>Loi Jordon</i>	5:30-6:15 MS	Whipped! <i>Lulu Faria</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 TR ◆	Precision Running® <i>Susan Simon</i>	5:45-6:30 CS ◆	Studio Cycling <i>Haley Allen</i>							1:00-2:00 YS	Vinyasa Yoga <i>Elaine Moen</i>	4:15-5:00 YS	EQX Barre Burn <i>Or Artzi</i>
1:00-2:00 YS	Slow Flow Yoga <i>Laleh Nader</i>	6:30-7:00 MS	Best Abs Ever <i>Amanda Baker</i>							1:15-2:00 MS ◆	<b>PURE STRENGTH</b> (L3) <i>Erin Sanders</i>	5:30-6:20 MS	Body Conditioning <i>Jon Giswold</i>
1:15-2:00 MS	Tabata <i>Marie Jasmin</i>	6:30-7:20 TR ◆	Precision Running® <i>Taylor Spearnak</i>							5:15-6:00 MS	<b>METCON3</b> <i>Alyssa Cerrachio</i>	5:30-6:15 YS	Pilates Power <i>Emma Rivera</i>
5:15-6:00 MS ◆	<b>PURE STRENGTH</b> (L3) <i>Leon Joseph</i>	6:30-7:30 YS	Vinyasa Yoga <i>Amanda Winkler</i>							5:45-6:45 YS ◆	Vinyasa Yoga <i>Mary Horne</i>	6:00-6:50 CS ◆	The Pursuit: Burn <i>Kristy DiScipio</i>
5:45-6:45 YS	Power Yoga <i>Kristina Erikson</i>	7:00-7:30 MS ◆	Firestarter <i>Amanda Baker</i>							6:15-6:45 MS	Booty Blast <i>Antonio Hudson</i>	6:30-7:15 MS ◆	<b>METCON3</b> <i>John Cianca</i>
6:30-7:15 CS ◆	Studio Cycling <i>Leon Joseph</i>									6:30-7:20 CS ◆	The Pursuit: Build <i>Shanda Woods</i>	6:30-7:30 YS	Vinyasa Yoga <i>Erin Barry</i>
6:30-7:20 MS ◆	Titan Method <i>Omar Sandoval</i>									6:45-7:30 MS	Tabata <i>Antonio Hudson</i>	7:15-8:00 CS ◆	Cycle Beats <i>Marie Jasmin</i>
6:45-7:35 TR ◆	Precision Running® <i>Kevin St-Fort</i>									7:00-8:00 YS	Alignment Flow Yoga <i>Robert Nguyen</i>	7:15-8:05 TR ◆	Precision Running® <i>John Cianca</i>
7:00-7:45 YS	EQX Barre Burn <i>Emma Rivera</i>									7:15-8:05 TR ◆	Precision Running® <i>KT Goldthorpe</i>	7:30-8:00 MS ◆	Firestarter <i>Mara Gabrielle</i>
7:30-8:30 MS	Powerstrike! <i>Omar Sandoval</i>									7:45-8:30 MS	Fully Loaded <i>Carolann Valentino</i>	7:45-8:45 YS	Power Yoga <i>Dee Holliday</i>
												8:00-8:30 MS	Ab Lab <i>Mara Gabrielle</i>

**ROCKEFELLER CENTER**  
45 ROCKEFELLER PLAZA  
NEW YORK NEWYORK 10111  
212.218.8600  
EQUINOX.COM  
@EQUINOX

**MEMORIAL DAY HOLIDAY HOURS**  
**MAY 27:** 08:00 AM - 02:00 PM  
**MAY 28:** 09:00 AM - 02:00 PM  
**MAY 29:** 08:00 AM - 02:00 PM

**GROUP FITNESS MANAGER**  
MARIE JASMIN  
CATAUDELLA  
Marie  
Jasmin.Cataudella@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
CS	Cycling 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.

## STUDIO CYCLING

**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.

**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.

**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.

**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** 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.

## 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.