

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>	6:30-7:20 TR ◆	Precision Running® <i>Chaz Jackson</i>	6:00-6:45 MS	Stacked! <i>Matt Ortel</i>	7:00-7:45 MS	Atletica <i>Stephen Bel Davies</i>	10:00-11:00 YS	Vinyasa Yoga <i>Yuval Samburski</i>	10:00-10:30 MS	<b>Best Abs Ever</b> <i>Andrew Harper</i>
7:15-8:00 YS	Pilates <i>Mathew Makings</i>	6:45-7:35 TR ◆	Precision Running® <i>Kara Shull</i>	7:00-7:45 MS	Tabata <i>Jack McGowan</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>	10:30-11:15 MS	METCON3 <i>Erin Sanders</i>	10:35-11:05 MS ◆	<b>Firestarter</b> <i>Andrew Harper</i>
8:00-8:45 MS	METCON3 <i>Felicia Csolak</i>	7:00-7:45 CS ◆	Studio Cycling <i>Shane Blouin</i>	7:15-8:00 YS	EQX Barre Burn <i>Kevin VerEecke</i>	7:00-7:45 CS ◆	Studio Cycling <i>Nikki Bucks</i>	7:45-8:15 MS	Core Conditioning <i>Stephen Bel Davies</i>	11:30-12:15 MS ◆	THE MUSE™ <i>Kevin VerEecke</i>		
8:00-8:50 TR ◆	Precision Running® <i>John Cianca</i>	7:15-8:00 MS ◆	Ropes and Rowers <i>Luis Weber</i>	8:00-8:50 CS ◆	The Pursuit: Build <i>Melissa Morin</i>	7:15-8:00 MS	METCON3 <i>Matt Ortel</i>	8:00-8:50 TR ◆	Elevate <i>Khaleah London</i>				
12:00-12:50 MS ◆	Atletica <i>Stephen Bel Davies</i>	7:15-8:15 YS	Vinyasa Yoga <i>Michael Lechonczak</i>	8:00-8:45 MS ◆	THE MUSE™ <i>Lori Celeste</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>		
12:00-1:00 YS	<b>Vinyasa Yoga</b> <i>Kat Ruiz</i>	12:00-12:50 MS	Cardio Sculpt <i>Stephanie Levinson</i>	12:00-12:50 MS ◆	Atletica <i>Ilaria Montagnani</i>	12:00-12:15 MS	Ab Lab <i>Dawn Parker</i>	12:15-1:15 YS ◆	Vinyasa Yoga <i>Mary Horne</i>	12:30-1:20 TR ◆	Precision Running® <i>Ashley Underwood</i>		
12:30-1:20 TR ◆	Precision Running® <i>Janice JP Prishwalko</i>	12:00-12:45 YS	<b>EQX Barre Burn</b> <i>Caroline Strong</i>	12:00-1:00 YS	Alignment Flow Yoga <i>Benn Rasmussen</i>	12:00-12:45 YS	<b>Pilates Sarah Starkweather</b>	12:45-1:30 CS ◆	Cycle Beats <i>Marie Jasmin</i>	12:30-1:20 TR ◆	Precision Running® <i>Ashley Underwood</i>		
12:45-1:30 CS ◆	Studio Cycling <i>Avery Washington</i>	12:30-1:20 CS ◆	<b>The Pursuit: Build</b> <i>Nikki Bucks</i>	12:30-1:20 TR ◆	Precision Running® <i>Alfonso Alchaer</i>	12:15-1:00 MS	Athletic Conditioning <i>Dawn Parker</i>	1:15-2:15 MS	Deep EXtreme <i>Ryan Beck</i>	12:45-1:30 CS ◆	Cycle Beats <i>Marie Jasmin</i>		
1:00-1:45 MS ◆	THE MUSE™ <i>Felicia Csolak</i>	12:30-1:20 TR ◆	Precision Running® <i>Jimmy Joseph</i>	12:45-1:30 CS ◆	<b>ANTHEM</b> <i>Betsy Mallonee</i>	12:30-1:20 CS ◆	The Pursuit: Burn <i>Chayanne Joel</i>	4:15-5:15 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>	1:00-1:45 MS	Atletica <i>Ilaria Montagnani</i>		
1:15-2:00 YS	EQX Barre Burn <i>Emma Rivera</i>	1:00-2:00 YS	Vinyasa Yoga <i>Josh Mathew-Meier</i>	1:00-1:45 MS	Atletica <i>Ilaria Montagnani</i>	12:30-1:20 TR ◆	Precision Running® <i>Susan Simon</i>	5:30-6:15 MS	Whipped! <i>Lulu Faria</i>	1:15-2:00 MS ◆	PURE STRENGTH <i>Erin Sanders</i>		
5:30-6:20 MS	Body Conditioning <i>Jon Giswold</i>	1:15-2:00 MS ◆	PURE STRENGTH <i>Erin Sanders</i>	1:15-2:00 YS	Pilates <i>Gabe Villanueva</i>	12:30-1:20 TR ◆	Slow Flow Yoga <i>Laleh Nader</i>	6:15-7:00 CS ◆	Studio Cycling <i>Pam Nahal</i>	1:00-2:00 YS	Slow Flow Yoga <i>Laleh Nader</i>		
5:30-6:15 YS	Pilates <i>Gabe Villanueva</i>	5:15-6:00 MS	METCON3 <i>Alyssa Cerrachio</i>	4:15-5:15 YS	Slow Flow Yoga <i>Laleh Nader</i>	1:15-2:00 MS	THE CUT: Jump Rope <i>Leon Joseph</i>	6:15-7:05 TR ◆	Precision Running® <i>Taylor Spearnak</i>	1:15-2:00 MS	Best Butt Ever <i>Cindy Davis</i>		
6:00-6:45 CS ◆	Studio Cycling <i>Alex Lepinsky</i>	5:45-6:45 YS ◆	Vinyasa Yoga <i>Mary Horne</i>	4:30-5:00 MS ◆	THE CUT: Jump Rope <i>Leon Joseph</i>	5:15-6:00 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>	6:30-7:00 MS	Best Abs Ever <i>Amanda Baker</i>	5:15-6:00 MS ◆	PURE STRENGTH <i>Alyssa Cerrachio</i>		
6:15-7:05 TR ◆	Precision Running® <i>Miriam Wasmund</i>	6:00-6:30 MS	Booty Blast <i>Alyssa Cerrachio</i>	5:00-5:20 MS	Ab Lab <i>Leon Joseph</i>	5:45-6:45 YS	Power Yoga <i>Kristina Erikson</i>	6:30-7:30 YS	Vinyasa Yoga <i>Amanda Winkler</i>	5:45-6:45 YS	Power Yoga <i>Kristina Erikson</i>		
6:30-7:15 MS ◆	METCON3 <i>Eddie Carrington</i>	6:30-7:20 CS ◆	The Pursuit: Burn <i>Emily Stubler</i>	5:30-6:20 MS	Body Conditioning <i>Jon Giswold</i>	6:30-7:20 MS ◆	Titan Method <i>Omar Sandoval</i>	7:05-7:35 MS ◆	THE CUT: Jump Rope <i>Amanda Baker</i>	6:30-7:15 MS ◆	METCON3 <i>Eddie Carrington</i>		
6:30-7:30 YS	Power Yoga <i>Daniela Vuckovic</i>	6:45-7:30 MS	Tabata <i>Antonio Hudson</i>	5:30-6:15 YS	Pilates Power <i>Emma Rivera</i>	6:45-7:35 TR ◆	Precision Running® <i>Kevin St-Fort</i>			6:30-7:30 YS	Vinyasa Yoga <i>Amanda Winkler</i>		
7:15-8:05 CS ◆	The Pursuit: Build <i>Marie Jasmin</i>	7:00-8:00 YS	Alignment Flow Yoga <i>Robert Nguyen</i>	5:45-6:35 CS ◆	The Pursuit: Build <i>David Donofrio</i>	7:00-7:45 TR ◆	EQX Barre Burn <i>Emma Rivera</i>			7:05-7:35 MS ◆	THE CUT: Jump Rope <i>Amanda Baker</i>		
7:30-8:15 MS	Ropes and Rowers <i>Miriam Wasmund</i>	7:30-8:20 TR ◆	Precision Running® <i>Emily Stubler</i>	6:30-7:15 MS ◆	METCON3 <i>John Cianca</i>	7:00-7:45 YS	EQX Barre Burn <i>Emma Rivera</i>						
		7:45-8:30 MS	Fully Loaded <i>Carolann Valentino</i>	6:30-7:30 YS	Vinyasa Yoga <i>Leeann Walton</i>	7:30-8:30 MS	Powerstrike! <i>Omar Sandoval</i>						
				7:15-8:05 TR ◆	Precision Running® <i>John Cianca</i>								
				8:00-8:30 MS ◆	Firestarter <i>Cindy Davis</i>								

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

**MON - FRI:** 5:00 AM - 10:00 PM  
**SAT - SUN:** 9:00 AM - 6:00 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
YS	Yoga Studio
TR	Treadmill Area
CS	Cycling Studio

**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** 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

**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** Improve your core strength, balance and posture. A focused workout with cutting edge 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.

**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.

**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.

**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.

**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** 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.

**DEEP EXTREME** The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

**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.