

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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>Erin Barry</i>		11:00-12:00 YS EQX Barre Burn <i>Felicia Csolak</i>	10:30-11:15 MS METCON3 <i>Erin Sanders</i>	10:00-10:30 MS Best Abs Ever <i>Andrew Harper</i>							
7:15-8:00 YS Pilates <i>Kymerly Byrnes</i>	6:45-7:35 TR ◆ Precision Running® <i>Kara Shull</i>	7:00-7:45 MS Tabata (L2) <i>Jack McGowan</i>		12:00-12:45 MS METCON3 <i>Selena Dorans</i>	11:30-12:30 YS Vinyasa Yoga <i>Robin Simmonds (SUB)</i>	10:35-11:05 MS ◆ Firestarter <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>		12:15-1:15 YS ◆ Vinyasa Yoga <i>Heather Ashley (SUB)</i>									
8:00-8:50 TR ◆ Precision Running® <i>John Cianca</i>	7:15-8:00 MS Stacked! <i>Luis Weber</i>	8:00-8:50 MS The Pursuit: Burn <i>Melissa Morin</i>		1:00-1:45 CS ◆ Studio Cycling <i>Selena Dorans</i>									
12:00-1:00 MS ◆ Atletica <i>Stephen Bel Davies</i>	7:15-8:15 YS Vinyasa Yoga <i>Dee Holliday (SUB)</i>	8:00-8:45 MS THE CUT <i>Lori Celeste</i>		4:00-5:00 YS Gratitude Yoga <i>Josh Mathew-Meier</i>									
12:15-1:15 YS Vinyasa Yoga <i>Kajuan Douglas</i>	12:00-12:50 MS Cardio Sculpt <i>Stephanie Levinson</i>	12:00-12:50 MS ◆ Atletica <i>Ilaria Montagnani</i>		5:30-6:15 MS Whipped! <i>Lulu Faria</i>									
12:30-1:20 TR ◆ Elevate <i>Janice JP Prishwalko</i>	12:00-12:45 YS EQX Barre Burn <i>Lindsay B. Davis</i>	12:00-1:00 YS Alignment Flow Yoga <i>Benn Rasmussen</i>		6:15-7:05 TR ◆ Precision Running® <i>Taylor Spearak</i>									
12:45-1:30 CS ◆ Studio Cycling <i>Avery Washington</i>	12:30-1:20 CS ◆ The Pursuit: Build <i>Chayanne Joel (SUB)</i>	12:30-1:20 TR ◆ Precision Running® <i>Alfonso Alchaer</i>		6:30-7:00 MS Best Abs Ever <i>Amanda Baker</i>									
1:15-2:00 MS EQX Barre Burn <i>Emma Rivera</i>	12:30-1:20 TR ◆ Precision Running® <i>Jimmy Joseph</i>	12:45-1:30 CS ◆ Cycle Beats <i>Betsy Mallonee</i>		7:05-7:35 MS ◆ THE CUT: Jump Rope <i>Amanda Baker</i>									
5:30-6:20 MS Body Conditioning <i>Jon Giswold</i>	1:00-2:00 YS Vinyasa Yoga <i>Josh Mathew-Meier</i>	1:00-1:45 MS Atletica <i>Ilaria Montagnani</i>											
5:30-6:15 YS Pilates <i>Gabe Villanueva</i>	1:15-2:00 MS ◆ PURE STRENGTH (L3) <i>Erin Sanders</i>	1:15-2:00 YS Pilates <i>Jose Ruiz (SUB)</i>											
6:00-6:45 CS ◆ Studio Cycling <i>Alex Lepinsky</i>	5:15-6:00 MS METCON3 <i>Alyssa Cerrachio</i>	4:30-5:00 MS ◆ THE CUT: Jump Rope <i>Leon Joseph</i>											
6:15-7:05 TR ◆ Precision Running® <i>KT Goldthorpe (SUB)</i>	5:45-6:45 YS ◆ Vinyasa Yoga <i>Mary Horne</i>	5:00-5:20 MS Ab Lab <i>Leon Joseph</i>											
6:30-7:15 MS ◆ METCON3 <i>Ben Hey! (SUB)</i>	6:15-6:45 MS Booty Blast <i>Alyssa Cerrachio (SUB)</i>	5:30-6:20 MS Body Conditioning <i>Jon Giswold</i>											
6:30-7:30 YS Power Yoga <i>Daniela Vuckovic</i>	6:30-7:20 CS ◆ The Pursuit: Build <i>Emily Stubler</i>	5:30-6:15 YS Pilates Power <i>Emma Rivera</i>											
7:15-8:05 CS ◆ The Pursuit: Build <i>Marie Jasmin</i>	6:45-7:30 MS Tabata <i>Carolann Valentino (SUB)</i>	5:45-6:30 CS ◆ Beast n Feast Ride <i>Lisa Bosalvage</i>											
7:30-8:15 MS Boot Camp <i>Ben Hey!</i>	7:00-8:00 YS Alignment Flow Yoga <i>Whitney Chapman (SUB)</i>	6:30-7:15 MS ◆ METCON3 <i>John Cianca</i>											
7:45-8:45 YS Vinyasa Yoga <i>Daniela Vuckovic</i>	7:30-8:20 TR ◆ Precision Running® <i>Emily Stubler</i>	6:30-7:30 YS Vinyasa Yoga <i>Erin Barry</i>											
	7:45-8:30 MS Fully Loaded <i>Carolann Valentino</i>	7:15-8:05 TR ◆ Precision Running® <i>John Cianca</i>											

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

THANKSGIVING MODIFIED HOURS
NOVEMBER 23 - CLOSED

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

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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: 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

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

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

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!

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.

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!

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.

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.

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.

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

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.

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.