### Monday
- **6:00-6:50**
  - Studio Cycling: Karri Urdoe-Abe
- **6:30-7:30**
  - Cross Fusion:wor
- **6:30-7:15**
  - IndoRow: Wesley Pedersen
- **6:30-7:30**
  - Yoga Flow: Lisa Andrew
- **8:30-9:15**
  - Tread and Shred: Wes Pedersen
- **9:15-10:15**
  - FitBody Workout: Shannon Ward
- **9:30-10:20**
  - Barre: Christina Sinclair
- **10:00-11:30**
  - Cardio Dance: Marley Crouch
- **10:00-11:30**
  - Pilates: Katherine Slay

### Tuesday
- **6:00-6:50**
  - Performance Cycling: Tammy Smith
- **6:30-7:30**
  - Endurance: Michael Collins
- **6:30-7:30**
  - Tread and Shred: Wes Pedersen
- **6:30-7:30**
  - Dynamic Vinyasa Yoga: Emily Strombom
- **7:30-8:15**
  - Dynamic Vinyasa Yoga: Michael Collins
- **8:45-9:45**
  - Dance Grooves: Lauren Fitzgerald
- **9:30-10:30**
  - Ballet Barre: Joan Wesson
- **10:00-10:45**
  - Lower Body Blast: Jason Hardy
- **10:45-11:30**
  - Tabata: Jason Hardy
- **11:00-12:00**
  - True Flow Yoga (L2): Brynn Rybacke
- **12:00-12:45**
  - Performance Cycling: Jason Hardy
- **12:05-1:05**
  - True Flow Yoga (L2): Paul DaSilva
- **12:15-1:00**
  - Barre: Zsofia Banki
- **12:40-1:00**
  - Pilates Power: Norma Shechtman
- **13:00-15:00**
  - Performance Cycling: Wes Pedersen
- **13:00-15:00**
  - Power Yoga: Andy Park
- **13:00-15:00**
  - Cardio Dance: Jana Lewison

### Wednesday
- **6:00-6:50**
  - Studio Cycling: Karri Urdoe-Abe
- **6:30-7:30**
  - Cross Fusion: Doug Katona
- **6:30-7:30**
  - Yoga Flow: Newton Campbell
- **6:30-7:30**
  - Cross Fusion: Joan Wesson
- **6:30-7:30**
  - Best Ever: Anthony Campbell
- **6:30-7:30**
  - Upper Body Conditioning: Mark Garcia
- **6:30-7:30**
  - Cardio Dance: Joanne Tener
- **6:30-7:30**
  - Dance Grooves: Rucky McKinley
- **6:30-7:30**
  - Cardio Dance: Jana Lewison

### Thursday
- **6:00-6:50**
  - Studio Cycling: Karri Urdoe-Abe
- **6:30-7:30**
  - Cross Fusion: Doug Katona
- **6:30-7:30**
  - Yoga Flow: Newton Campbell
- **6:30-7:30**
  - Cross Fusion: Joan Wesson
- **6:30-7:30**
  - Best Ever: Anthony Campbell
- **6:30-7:30**
  - Upper Body Conditioning: Mark Garcia
- **6:30-7:30**
  - Cardio Dance: Joanne Tener
- **6:30-7:30**
  - Dance Grooves: Rucky McKinley
- **6:30-7:30**
  - Cardio Dance: Jana Lewison

### Friday
- **6:00-6:50**
  - Studio Cycling: Karri Urdoe-Abe
- **6:30-7:30**
  - Cross Fusion: Doug Katona
- **6:30-7:30**
  - Yoga Flow: Newton Campbell
- **6:30-7:30**
  - Cross Fusion: Joan Wesson
- **6:30-7:30**
  - Best Ever: Anthony Campbell
- **6:30-7:30**
  - Upper Body Conditioning: Mark Garcia
- **6:30-7:30**
  - Cardio Dance: Aaron Davis
- **6:30-7:30**
  - Cardio Dance: Jana Lewison

### Saturday
- **7:30-8:30**
  - Equinox Run Club: Wes Pedersen
- **8:00-9:00**
  - Rhythm Revolution: Andrew Vo
- **8:00-9:00**
  - Power Yoga: Emily Strombom
- **8:00-9:00**
  - Cardio Sculpt: Joan Wesson
- **8:00-9:00**
  - Best Ever: Tracy Bauer
- **8:00-9:00**
  - Elevate: Norma Shechtman
- **8:00-9:00**
  - True Barre: Shaye blonde Benson
- **8:00-9:00**
  - Cardio Dance Fusion: Aaron Davis
- **8:00-9:00**
  - Cardio Dance Fusion: Jana Lewison

### Sunday
- **8:30-9:30**
  - Studio Cycling: Karri Urdoe-Abe
- **8:30-9:30**
  - Precision Revolution: Newt Campbell
- **9:00-9:30**
  - Step Challenge: Holly Howard
- **9:00-9:30**
  - Dynamic Vinyasa Yoga: Sheline Kavian
- **9:00-9:30**
  - Dynamic Vinyasa Yoga: Sheline Kavian
- **10:00-11:15**
  - TRX MAX: Anthony Campbell
- **11:00-11:50**
  - Barre Fit Cardio: Zsofia Banki
- **11:00-11:50**
  - Power Yoga: Jana Lewison
SCHEDULE EFFECTIVE

Pool Deck
A
A

A broad and inclusive workout to challenge
tuesday

Whether fine-tuning major muscle groups.

–

A total body workout with exercises that transition

Thursday

RD
L3
CLASS LEVEL GUIDE

GROUP FITNESS MANAGER

MON - THU: 6:00AM - 10:00PM
SAT - SUN: 7:00AM - 7:30PM

KD'S CLUB HOURS

MON - THU: 8:00 AM - 1:30 PM
MON - THU: 4:30 PM - 8:00 PM
FRI: 8:00 AM - 1:30 PM
SAT & SUN: 8:00 AM - 1:00 PM

GROUP FITNESS MANAGER

WESLEY PEDERSEN

wesley.pedersen@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

CS
Cycling Studio

RD
Roof Deck

S3
Studio 3

YS
Yoga Studio

TR
Treadmill Area

MS
Main Studio

PD
Pool Deck

PG
The Playground

OL
Offsite Location

STUDIO CYCLING

PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

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.

RUNNING

EQUINOX RUN CLUB

Whether you’re a marathoner, running purist or occasional enthusiast, our outdoor Run Club will inspire more from your run. Improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve results. Created by Wes Pedersen for Equinox.

PRECISION RUNNING®

You don’t have to go outside to blaze new trails. Innovated by David Silk, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

TREAD AND SHRED

Re up your run in a thrilling treadmill redefining class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

DYNAMIC VINAYASA YOGA

Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vibrant, more athletic approach to yoga techniques.

POWER YOGA

Our most athletic Vinaysa 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.

RESTORATIVE YOGA

Repair your muscles, ease your mind, relax and realigned your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

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.

THEAPEUTIC YOGA FLOW

Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

TRUE FLOW YOGA™

Traditional yogic disciplines into unique & vigorous flow sequences, synchronizing breath with movement. Classes are characterized by anatomical precision, philosophical eloquence & spiritual curiosity. Guided into ease, students easily challenge their boundaries.

VINAYASA YIN YOGA

A class that gently stretch and rehabilitate the connective tissues that form your joints combined with a flowing vinayasa yoga.

YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. A flow into the next and the presence of mind from one moment to the next.

ATHLETIC TRAINING

CROSS FUSION

A broad and inclusive workout to challenge your entire fitness level. Each workout is designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.

FIRESTARTER

Prepare for the next generation of cardio HIT 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.

FULL THROTTLE

Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

I.T.V. INTERVAL TRAINING

Interval training has never been this much fun! Join us for a mixture of muscle conditioning and high energy cardio exercises that will shape and define. Class format will vary, so expect the unexpected!

INDOROW

Celebrated by athletes & celebrities alike for “the perfect calorie burn,” A one-of-a-kind indoor rowing workout to truly change the way you think about group exercise. Team work & total body challenges focus the mind & push your fitness level in an exhilarating race that leaves you breathless!

METCON

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.

PLAYGROUND EXPERIENCE - PGX

A supercharged team-on-team class that catapults you through the most challenging circuit-training program we’ve ever developed. Only available at The Playground, our groundbreaking in-club training space.

TAGATA

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!

BARRE

BALLETT BARRE WORKOUT

No prior dance training required. A stretch and ballet technique class that develops long, lean limbs as well as usable skill. Benefits your overall cardiovascular conditioning.

BARRE

Realize the dream of the dancer’s body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

BARRE FIT CARDIO

Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

GOLD BARRE

Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

TRUE BARRE

Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer’s physique.

CONDITIONING

AB LAB

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

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 reaveal.

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.

CARDIO BLITZ

Anything goes in this fat burning, heart pumping class. Cardiovascular training at its best.

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.

CENTERGY

Change the way you think about your body and Center Your Energy with Centergy. A fusion of Yoga, Pilates, Dance and traditional exercise done to amazing music. A true experience.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

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.

FITBODY WORKOUT

A cardiovascular workout that uses a variety of equipment to great music. Timeless and effective fun for all fitness levels.

HIKE CLUB

Train for your next hike in a team environment along some of the most beautiful area trails. All levels welcome.

LOWER BODY BLAST!

Buff your ASSets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

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.

STEP CHALLENGE

This step class is all about choreography and fun. If you love step, you‘ll love this heart pounding, blood pumping, high intensity workout. This one-hour class will keep you stepping through the combinations for 45-50 minutes with a cool down and stretch to make your day.

TRX MAX

Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

UPPER BODY CONDITIONING

In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.
<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Class Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00</td>
<td>CS</td>
<td>Cardio Blitz</td>
</tr>
<tr>
<td>7:15</td>
<td>MS</td>
<td>Tread and Shred</td>
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<tr>
<td>7:30</td>
<td>CS</td>
<td>Power Yoga</td>
</tr>
<tr>
<td>8:00</td>
<td>CS</td>
<td>True Flow Yoga™</td>
</tr>
<tr>
<td>8:15</td>
<td>CS</td>
<td>Cardio Sculpt</td>
</tr>
<tr>
<td>8:30</td>
<td>CS</td>
<td>Barre</td>
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<tr>
<td>9:00</td>
<td>CS</td>
<td>IndoRow</td>
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<tr>
<td>9:30</td>
<td>MS</td>
<td>Yoga</td>
</tr>
<tr>
<td>10:00</td>
<td>CS</td>
<td>Dynamic Vinyasa</td>
</tr>
<tr>
<td>10:30</td>
<td>MS</td>
<td>Natural Flow Vinyasa</td>
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</tbody>
</table>

This class is designed with your tank top arms in mind. Launching in July in select locations.