

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31		
6:30-7:15 MS	METCON3 <i>Jamal</i>	6:30-7:15 CS◆	Cycle Beats <i>D Gunnz</i>	9:30-10:30 YS◆	True Barre <i>Khaleah London</i>	9:15-10:00 CS◆	Studio Cycling <i>Shanda Woods</i>	9:15-10:00 MS	Summer Slam <i>Amy Amato</i>	6:30-7:15 MS	Tabata <i>Amy Amato</i>	6:30-7:20 CS◆	The Pursuit: Burn <i>Eniko Kiraly</i>	
7:15-8:15 YS◆	True Barre <i>Genieve Gordon</i>	7:30-8:15 MS	Tabata <i>Lisa Raphael</i>	9:45-10:30 CS◆	Studio Cycling <i>Shane Blouin</i>	9:45-10:30 MS◆	Shockwave <i>Amy Amato</i>	12:00-1:00 YS	Memorial Day Warrior Yoga Nathan Norrington	6:30-7:25 YS◆	True Barre <i>Lori Celeste</i>	7:00-8:00 BR◆	Boxing <i>Curtis Summit</i>	
7:30-8:20 CS◆	The Pursuit: Build <i>Jamal</i>	9:15-10:00 YS	Pilates <i>Jennifer Benesch</i>	10:00-10:30 MS	Ab Lab Tracy Gordon (SUB)	10:30-11:45 YS	Alignment Flow Yoga <i>Sarah Girard</i>			12:00-1:00 YS	12:30-1:20 CS◆	The Pursuit: Burn <i>Arthur Tang</i>	7:15-8:00 CS◆	Studio Cycling <i>Genna Kanago</i>
9:30-10:15 MS	Stacked! <i>Matt Ortel</i>	12:15-1:00 MS	Athletic Conditioning <i>Robbie Darby</i>	10:35-11:20 MS◆	METCON3 <i>Tracy Gordon</i> (SUB)	10:35-11:20 MS◆	Tabata <i>Amy Amato</i>	12:30-1:20 CS◆	The Pursuit: Burn <i>Arthur Tang</i>	7:30-8:30 YS	Vinyasa Yoga <i>Dee Holliday</i>	7:30-8:30 YS◆	Hot Vinyasa Yoga <i>Shanda Woods</i>	
9:30-10:30 YS	Vinyasa Yoga <i>Paul Keoni Chun</i>	12:15-1:10 YS◆	True Barre <i>Alexis Sweeney</i>	10:45-11:45 YS	Pilates Khaleah London	12:00-1:00 YS◆	True Barre <i>Sam Rothermel</i>			7:35-8:20 MS	METCON3 <i>Lori Celeste</i>	9:15-10:15 YS◆	True Barre <i>Genieve Gordon</i>	
12:15-1:00 MS	Boot Camp <i>Chris Norvell</i>	12:30-1:15 CS◆	Studio Cycling <i>Mike Harris</i>	12:00-12:30 MS◆	Firestarter Khaleah London					9:30-10:15 MS◆	PURE STRENGTH <i>Teddy Sanchez</i>	12:15-1:05 CS◆	The Pursuit: Build <i>Melissa Morin</i>	
12:15-1:05 TR◆	Precision Running® <i>Robbie Darby</i>	1:15-2:00 YS	Pilates <i>Khaleah London</i>							12:00-12:55 BR◆	Boxing <i>Phoenix Carnevale</i>	12:15-1:00 MS	THE CUT <i>Mary O</i>	
12:30-1:30 YS◆	Hot Power Yoga <i>Daniela Vuckovic</i>	5:00-5:30 YS	Meditation <i>Damien Alexander</i>							12:00-12:45 MS	Zumba® <i>Diana Albuja</i>	12:30-1:30 YS◆	Barre + Band <i>James Ervin</i>	
1:00-2:00 BR◆	Boxing <i>Champ Parris</i>	5:30-6:20 CS◆	The Pursuit: Burn <i>Arthur Tang</i>							12:15-1:05 TR◆	Precision Running® <i>Arthur Tang</i>	1:15-2:00 MS◆	PURE STRENGTH <i>Mary O</i>	
5:30-6:30 YS	Vinyasa Yoga <i>Rika Henry</i>	5:30-6:30 YS	Happy Hour Yoga <i>Damien Alexander</i>							12:30-1:30 YS◆	Hot Vinyasa Yoga <i>Kevin Lamb</i>	4:00-5:00 YS◆	Hot Vinyasa Yoga <i>Jen Guarnieri</i>	
5:45-6:30 MS	Zumba® <i>Yenny Barona</i>	6:00-6:45 MS	METCON3 <i>Chris Norvell</i>							1:00-1:15 MS	Ab Lab <i>Phoenix Carnevale</i>	4:45-5:35 TR◆	Precision Running® <i>Arthur Tang</i>	
6:30-7:15 CS◆	Studio Cycling <i>Mike Harris</i>	6:45-7:45 YS◆	True Barre <i>Kevin VerEecke</i>							1:15-2:00 MS	METCON3 <i>Phoenix Carnevale</i>	5:15-6:00 MS	Stacked! <i>Lee Jimenez</i>	
6:45-7:30 MS◆	PURE STRENGTH <i>Eric Cobb</i>									5:30-6:15 MS◆	Cycle Beats <i>Betsy Buzaid</i>	5:30-6:30 YS◆	Hot Vinyasa Yoga <i>Kevin Lamb</i>	
6:45-7:45 YS	Heated Pilates <i>Khaleah London</i>									5:30-6:15 MS◆	Tabata <i>Nyree Brown</i>	5:45-6:30 CS◆	Studio Cycling <i>Jewlz VerHage</i>	
										5:30-6:30 YS	Power Yoga <i>Kristina Erikson</i> (SUB)	6:15-7:00 MS◆	Shockwave <i>Amy Amato</i>	
										6:20-6:50 MS	Ab Lab <i>Andrew Slane</i>	7:00-8:00 YS◆	Hot Power Yoga (L2) <i>Stormy Barbara</i>	
										6:35-7:35 YS◆	True Barre <i>Betsy Buzaid</i>	7:15-8:00 MS	EQX Barre Burn <i>Felicia Csolak</i>	
										6:45-7:30 CS◆	Studio Cycling <i>Nyree Brown</i>			
										6:55-7:25 MS◆	Firestarter <i>Andrew Slane</i>			
										7:30-8:15 MS	Chisel'd <i>Lulu Faria</i>			
										7:40-8:40 YS◆	True Barre <i>Genieve Gordon</i>			

BROOKFIELD PLACE

225 LIBERTY STREET
NEW YORK NEWYORK 10281
646-630-7573
EQUINOX.COM
@EQUINOX

MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 08:00 AM - 06:00 PM

MAY 29: 08:00 AM - 07:00 PM

GROUP FITNESS MANAGER

ARTHUR TANG
Arthur.Tang@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

BR	Boxing Studio
TR	Treadmill Area
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio

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.

HAPPY HOUR YOGA A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

HOT POWER YOGA Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones and stretches 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

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.

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.

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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!

BARRE

BARRE + BAND The next evolution in Barre. Prepare to elevate ballet-inspired techniques with a triple-barre system and resistance bands for a workout that challenges every muscle.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

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.

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.

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

HEATED PILATES An intense Pilates experience incorporating the classical mat series designed by Joseph Pilates. Class links breath, flexibility, toning, and core strength in a heated environment.

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.

DANCE

ZUMBA Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba fuses Latin, international and popular music to create a dynamic and effective workout.

BOXING & MARTIAL ARTS

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

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.

ACTIVE REGENERATION

MEDITATION Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.