

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 CS ◆ The Pursuit: Burn <i>Sara Hogrefe</i>	6:00-6:45 TR ◆ Precision Running@ <i>Jennifer Taveras</i>	6:30-7:20 CS ◆ The Pursuit: Burn <i>Selena Dorans</i>	6:30-7:15 MS ◆ Boot Camp <i>Patrick Tae</i>	6:30-7:30 BR ◆ Boxing <i>Katie Machin</i>	8:45-9:35 TR ◆ Precision Running@ <i>Peter Galen</i>	9:15-10:00 CS ◆ Studio Cycling <i>Jewlz VerHage</i>
7:15-7:45 MS ◆ Firestarter <i>Or Artzi</i>	6:30-7:15 MS ◆ Tabata <i>Amy Amato</i>	7:00-8:00 BR ◆ Boxing (L2) <i>Curtis Summit</i>	7:15-8:15 YS ◆ True Barre <i>Genieve Gordon</i>	6:30-7:15 CS ◆ Cycle Beats <i>Lisa Bosalvage</i>	9:00-9:45 CS ◆ Studio Cycling <i>Brian Robinson</i>	9:45-10:30 MS ◆ Shockwave <i>Amy Amato</i>
7:30-8:15 YS Pilates <i>Krysta Parker</i>	6:30-7:25 YS ◆ True Barre <i>Lori Celeste</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Chris Norvell</i>	7:30-8:15 CS ◆ Cycle Beats <i>Patrick Tae</i>	7:30-8:15 MS Tabata <i>Lisa Raphael</i>	9:15-10:00 MS THE CUT <i>Mara Gabrielle</i>	10:30-11:45 YS Alignment Flow Yoga <i>Sarah Girard</i>
7:45-8:15 MS Ab Lab <i>Or Artzi</i>	7:00-7:45 CS ◆ Studio Cycling <i>Amanda Katz</i>	7:30-8:30 YS ◆ Hot Vinyasa Yoga <i>Rika Henry</i>	9:30-10:15 MS Stacked! <i>Matt Ortel</i>	9:15-10:05 TR ◆ Precision Running@ <i>Jennifer Taveras</i>	9:30-10:30 YS ◆ True Barre <i>Khaleah London</i>	10:35-11:20 MS ◆ Tabata <i>Amy Amato</i>
9:15-10:15 YS ◆ True Barre <i>Lori Celeste</i>	7:30-8:15 MS METCON3 <i>Teddy Sanchez</i>	8:15-8:30 MS Ab Lab <i>Chris Norvell</i>	12:15-1:00 MS Boot Camp <i>Chris Norvell</i>	9:15-10:00 YS Pilates <i>Jennifer Benesch</i>	10:00-10:30 MS Ab Lab <i>Mara Gabrielle</i>	12:00-1:00 YS ◆ True Barre <i>Sam Rothermel</i>
12:00-1:00 YS Vinyasa Yoga <i>Danielle Dugan</i>	7:30-8:30 YS Vinyasa Yoga <i>Jena Maenius</i>	9:15-10:15 YS ◆ True Barre <i>Genieve Gordon</i>	12:15-1:05 TR ◆ Precision Running@ <i>Miriam Wasmund</i>	12:15-1:00 MS METCON3 <i>Or Artzi</i>	10:35-11:20 MS ◆ METCON3 <i>Alyssa Cerrachio</i>	3:30-4:30 YS ◆ Hot Athletic Yoga (L3) <i>Serena Tom</i>
12:15-1:00 MS ◆ Athletic Conditioning <i>Jennifer Taveras</i>	9:30-10:15 MS ◆ PURE STRENGTH <i>Chris Norvell</i>	12:15-1:05 CS ◆ The Pursuit: Burn <i>Melissa Morin</i>	12:30-1:30 YS ◆ Hot Athletic Yoga (L3) <i>Serena Tom</i>	12:15-1:10 YS ◆ True Barre <i>Alexis Sweeney</i>	11:00-12:00 YS Vinyasa Yoga <i>Felicia Csolak</i>	5:00-6:00 YS ◆ Hot Athletic Yoga (L3) <i>Serena Tom</i>
12:30-1:20 CS ◆ The Pursuit: Build <i>Arthur Tang</i>	12:00-12:55 BR ◆ Boxing <i>Sabrina Cohen</i>	12:15-1:00 MS THE CUT <i>Mary O</i>	1:00-2:00 BR ◆ Boxing <i>Champ Parris</i>	12:30-1:15 CS ◆ Studio Cycling <i>Mike Harris</i>	11:30-12:15 MS ◆ Tabata <i>Alyssa Cerrachio</i>	
1:05-2:05 YS ◆ True Barre <i>Or Artzi</i>	12:00-12:45 MS Zumba@ <i>Diana Albuajar</i>	12:30-1:30 YS ◆ Barre + Band <i>James Ervin</i>	5:30-6:20 TR ◆ Precision Running@ <i>Mike Harris</i>	1:00-1:15 MS Ab Lab <i>Or Artzi</i>	12:15-1:00 YS ◆ THE MUSE™ <i>Felicia Csolak</i>	
4:00-5:00 YS Heated Pilates <i>Khaleah London</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>	1:15-2:00 YS Pilates <i>Khaleah London</i>	12:30-1:00 MS ◆ Firestarter <i>Khaleah London</i>	
4:45-5:35 TR ◆ Precision Running@ <i>Ashley Underwood</i>	12:30-1:30 YS ◆ Hot Vinyasa Yoga <i>Kevin Lamb</i>	4:45-5:30 TR ◆ Precision Running@ <i>Jennifer Taveras</i>	5:45-6:30 MS Zumba@ <i>Yenny Barona</i>	5:00-5:30 YS Meditation <i>Eddie Teboul</i>	1:15-2:00 MS ◆ PURE STRENGTH <i>Sam Rothermel</i>	
5:15-6:00 MS EQX Barre Burn <i>Dexter Carter</i>	1:00-1:15 MS Ab Lab <i>Sabrina Cohen</i>	5:15-6:00 MS METCON3 <i>Alexander Charles</i>	6:30-7:15 CS ◆ Studio Cycling <i>Mike Harris</i>	5:30-6:20 CS ◆ The Pursuit: Build <i>Arthur Tang</i>		
5:30-6:30 YS ◆ Hot Power Yoga (L2) <i>Rika Henry</i>	1:15-2:00 MS Boot Camp <i>Sabrina Cohen</i>	5:30-6:30 YS ◆ Hot Vinyasa Yoga <i>Kevin Lamb</i>	6:45-7:30 MS ◆ PURE STRENGTH <i>Amanda Baker</i>	5:30-6:30 YS Happy Hour Yoga <i>Eddie Teboul</i>		
5:45-6:35 CS ◆ The Pursuit: Burn <i>Christian Ramos</i>	5:30-6:15 CS ◆ Cycle Beats <i>Ryan Lingle</i>	6:15-7:00 MS ◆ Shockwave <i>Amy Amato</i>	6:45-7:45 YS Heated Pilates <i>Khaleah London</i>	6:00-6:45 MS METCON3 <i>Chris Norvell</i>		
6:15-7:00 MS ◆ Stacked! <i>John Cianca</i>	5:30-6:15 MS ◆ Tabata <i>Nyree Brown</i>	6:45-7:30 CS ◆ Cycle Beats <i>Leah Platt</i>		6:45-7:45 YS ◆ True Barre <i>Felicia Csolak</i>		
6:30-7:30 BR ◆ Boxing <i>Champ Parris</i>	5:30-6:30 YS Vinyasa Yoga <i>Yanik Faylayev</i>	7:00-8:00 YS ◆ Hot Power Yoga (L2) <i>Stormy Barbara</i>				
7:00-7:45 CS ◆ Cycle Beats <i>Tara McKiernan</i>	6:20-6:50 MS Best Abs Ever <i>Andrew Slane</i>	7:15-8:00 MS Barre <i>Will Taylor</i>				
7:00-8:00 YS ◆ Hot Vinyasa Yoga <i>Jill Green</i>	6:35-7:35 YS ◆ True Barre <i>Dexter Carter</i>					
7:10-7:55 MS ◆ METCON3 <i>John Cianca</i>	6:45-7:30 CS ◆ Studio Cycling <i>Ryan Lingle</i>					
	6:55-7:25 MS ◆ Firestarter <i>Andrew Slane</i>					
	7:30-8:15 MS Chisel'd <i>Lulu Faria</i>					
	7:45-8:30 YS ◆ THE MUSE™ <i>Genieve Gordon</i>					

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT - SUN: 8:00AM - 8:00PM

GROUP FITNESS MANAGER
 ALEXANDER CHARLES
 alexander.charles@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
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
BR	Boxing 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

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

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 ATHLETIC YOGA A heated yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

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.

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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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.

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.

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.

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.

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 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!

BARRE

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 + 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.

LONG + LEAN

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.

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

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 Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.