

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:20 CS◆ The Pursuit: Build <i>Sara Hogrefe</i>	6:30-7:15 MS◆ Tabata <i>Amy Amato</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Eniko Kiraly</i>	6:30-7:15 MS◆ METCON3 <i>Jamal</i>	6:15-7:15 BR◆ Boxing <i>Nick Olson</i>	9:00-9:45 CS◆ Studio Cycling <i>Brian Robinson</i>	9:15-10:00 CS◆ Studio Cycling <i>Shanda Woods</i>
7:15-7:45 MS◆ Firestarter <i>Or Artzi</i>	6:30-7:25 YS◆ True Barre <i>Lori Celeste</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>D Gunnz</i>	9:15-10:00 MS THE CUT <i>Mara Gabrielle</i>	9:45-10:30 MS◆ Shockwave <i>Amy Amato</i>
7:30-8:15 YS Pilates <i>Caroline Strong</i>	7:15-8:00 CS◆ <b>Studio Cycling</b> <i>David Donofrio</i>	7:30-8:15 MS Athletic Conditioning <i>Chris Norvell</i>	7:30-8:20 CS◆ The Pursuit: Build <i>Jamal</i>	7:30-8:15 MS Tabata <i>Lisa Raphael</i>	9:30-10:30 YS◆ True Barre <i>Khaleah London</i>	10:30-11:45 YS Alignment Flow Yoga <i>Sarah Girard</i>
7:45-8:15 MS Ab Lab <i>Or Artzi</i>	7:30-8:15 MS <b>METCON3</b> <i>Teddy Sanchez</i>	7:30-8:30 YS◆ Hot Vinyasa Yoga <i>Shanda Woods</i>	9:30-10:15 MS Stacked! <i>Matt Orte</i>	9:15-10:00 YS Pilates <i>Jennifer Benesch</i>	10:00-10:30 MS Ab Lab <i>Mara Gabrielle</i>	10:35-11:20 MS◆ METCON3 <i>Alyssa Cerrachio</i>
9:15-10:15 YS◆ <b>True Barre</b> <i>Lori Celeste</i>	7:30-8:30 YS Vinyasa Yoga <i>Rika Henry</i>	8:15-8:30 MS Ab Lab <i>Chris Norvell</i>	9:30-10:30 YS Vinyasa Yoga <i>Paul Keoni Chun</i>	12:15-1:00 MS METCON3 <i>Or Artzi</i>	10:35-11:20 MS◆ METCON3 <i>Alyssa Cerrachio</i>	12:00-1:00 YS◆ True Barre <i>Sam Rothermel</i>
12:00-1:00 YS Vinyasa Yoga <i>Lisa Anzelmo</i>	9:30-10:15 MS◆ <b>PURE STRENGTH</b> <i>Chris Norvell</i>	9:15-10:15 YS◆ True Barre <i>Genieve Gordon</i>	12:15-1:00 MS Boot Camp <i>Chris Norvell</i>	12:15-1:10 YS◆ True Barre <i>Alexis Sweeney</i>	10:45-11:45 YS <b>Vinyasa Yoga</b> <i>Erin Barry</i>	12:00-1:00 YS◆ True Barre <i>Sam Rothermel</i>
12:15-1:00 MS◆ Athletic Conditioning <i>Jennifer Taveras</i>	12:00-12:55 BR◆ Boxing <i>Boyd Melson</i>	12:15-1:05 CS◆ The Pursuit: Burn <i>Melissa Morin</i>	12:15-1:05 TR◆ Precision Running@ <i>Miriam Wasmund</i>	12:30-1:15 CS◆ Studio Cycling <i>Mike Harris</i>	11:35-12:20 MS Gold Barre <i>Khaleah London</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>	12:00-12:45 MS Zumba@ <i>Diana Albuja</i>	12:15-1:00 MS THE CUT <i>Mary O</i>	12:30-1:30 YS◆ Hot Athletic Yoga (L3) <i>Serena Tom</i>	1:00-1:15 MS Ab Lab <i>Or Artzi</i>	12:30-1:00 MS◆ Firestarter <i>Khaleah London</i>	
1:05-2:05 YS◆ <b>True Barre</b> <i>Or Artzi</i>	12:15-1:05 TR◆ Precision Running@ <i>Arthur Tang</i>	12:30-1:30 YS◆ Barre + Band <i>James Ervin</i>	1:00-2:00 BR◆ Boxing <i>Champ Parris</i>	1:15-2:00 YS Pilates <i>Khaleah London</i>	1:15-2:00 MS◆ <b>PURE STRENGTH</b> <i>Sam Rothermel</i>	
4:00-5:00 YS Heated Pilates <i>Khaleah London</i>	12:30-1:30 YS◆ Hot Vinyasa Yoga <i>Kevin Lamb</i>	1:15-2:00 MS◆ <b>PURE STRENGTH</b> <i>Mary O</i>	5:30-6:30 YS Vinyasa Yoga <i>Rika Henry</i>	5:00-5:30 YS Meditation <i>Damien Alexander</i>		
4:45-5:35 TR◆ Precision Running@ <i>Shanda Woods</i>	1:00-1:15 MS Ab Lab <i>Boyd Melson</i>	4:00-5:00 YS◆ Hot Vinyasa Yoga <i>Jen Guarnieri</i>	5:45-6:30 MS Zumba@ <i>Yenny Barona</i>	5:30-6:20 CS◆ The Pursuit: Build <i>Arthur Tang</i>		
5:15-6:00 MS <b>EQX Barre Burn</b> <i>Kelsey Stalter</i>	1:15-2:00 MS Boot Camp <i>Boyd Melson</i>	4:45-5:35 TR◆ Precision Running@ <i>Arthur Tang</i>	6:30-7:15 CS◆ Studio Cycling <i>Mike Harris</i>	5:30-6:30 YS Happy Hour Yoga <i>Damien Alexander</i>		
5:30-6:30 YS◆ Hot Power Yoga (L2) <i>Rika Henry</i>	5:30-6:15 CS◆ Cycle Beats <i>Betsy Mallonee</i>	5:15-6:00 MS Boot Camp <i>Jennifer Taveras</i>	6:45-7:30 MS◆ <b>PURE STRENGTH</b> <i>Amanda Baker</i>	6:00-6:45 MS METCON3 <i>Chris Norvell</i>		
5:45-6:35 CS◆ The Pursuit: Burn <i>Christian Ramos</i>	5:30-6:15 MS◆ Tabata <i>Nyree Brown</i>	5:30-6:30 YS◆ Hot Vinyasa Yoga <i>Kevin Lamb</i>	6:45-7:45 YS Heated Pilates <i>Khaleah London</i>	6:45-7:45 YS◆ True Barre <i>Kevin VerEecke</i>		
6:15-7:00 MS◆ Stacked! <i>John Cianca</i>	5:30-6:30 YS Vinyasa Yoga <i>Yanik Faylayev</i>	5:45-6:30 CS◆ Studio Cycling <i>Meg Mauro</i>				
6:30-7:30 BR◆ Boxing <i>Champ Parris</i>	6:20-6:50 MS◆ Best Abs Ever <i>Andrew Harper</i>	6:15-7:00 MS◆ Shockwave <i>Amy Amato</i>				
7:00-7:45 CS◆ <b>Studio Cycling</b> <i>Tara McKiernan</i>	6:35-7:35 YS◆ True Barre <i>Betsy Mallonee</i>	7:00-8:00 YS◆ Hot Power Yoga (L2) <i>Stormy Barbara</i>				
7:00-8:00 YS◆ Hot Vinyasa Yoga <i>Jill Green</i>	6:45-7:30 CS◆ Studio Cycling <i>David Donofrio</i>	7:15-8:00 MS <b>Barre</b> <i>Will Taylor</i>				
7:10-7:55 MS◆ METCON3 <i>John Cianca</i>	6:55-7:25 MS◆ Firestarter <i>Andrew Harper</i>					
	7:30-8:15 MS Chisel'd <i>Lulu Faria</i>					
	7:40-8:40 YS◆ True Barre <i>Genieve Gordon</i>					

# EQUINOX

## BROOKFIELD PLACE

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

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

**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

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

#### WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

#### 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 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 VINAYASA 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.

**VINAYASA 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 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.

**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 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.

**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** 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.