

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:30-7:20 The Pursuit: Build CS◆ <i>Sara Hogrefe</i>	6:30-7:15 MS◆ Tabata <i>Amy Amato</i>	6:30-7:20 CS◆ The Pursuit: Burn <i>Shanda Woods</i>	9:30-10:30 YS Pilates Jennifer Tarentino	6:30-7:15 CS◆ Studio Cycling <i>Lisa Bosalvage</i>	9:00-9:45 CS◆ Studio Cycling <i>Brian Robinson</i>	9:15-10:00 CS◆ Studio Cycling <i>Jewlyz VerHage</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>	10:30-11:15 MS Tabata Dominic Manfredi	7:30-8:15 MS Tabata <i>Lisa Raphael</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◆ Studio Cycling <i>David Donofrio</i>	7:30-8:15 MS Athletic Conditioning <i>Tim Flores (SUB)</i>	11:30-12:20 TR◆ Precision Running@ Dominic Manfredi	9:15-10:00 YS Pilates <i>Krysta Parker (SUB)</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 METCON3 <i>Teddy Sanchez</i>	7:30-8:30 YS◆ Hot Vinyasa Yoga <i>Shanda Woods</i>	12:00-1:00 YS Gratitude Yoga Rika Henry	12:15-1:00 MS METCON3 <i>Or Artzi</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◆ True Barre <i>Lori Celeste</i>	7:30-8:30 YS Vinyasa Yoga <i>Rika Henry</i>	8:15-8:30 MS Ab Lab <i>Tim Flores (SUB)</i>		12:15-1:10 YS◆ Barre <i>Katherine Menna (SUB)</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◆ PURE STRENGTH <i>Natasha Ross (SUB)</i>	9:15-10:15 YS◆ True Barre <i>Genieve Gordon</i>		12:30-1:15 CS◆ Studio Cycling <i>Mike Harris</i>	11:00-12:00 YS Vinyasa Yoga <i>Erin Barry</i>	5:00-6:00 YS◆ Hot Vinyasa Yoga <i>Eli Walker (SUB)</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: Build <i>Melissa Morin</i>		1:00-1:15 MS Ab Lab <i>Or Artzi</i>	11:35-12:20 MS Gold Barre <i>Khaleah London</i>	
12:30-1:20 CS◆ The Pursuit: Burn <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>		1:15-2:00 YS Pilates <i>Kara Hestevold (SUB)</i>	12:30-1:00 MS◆ Firestarter <i>Khaleah London</i>	
1:05-2:05 YS◆ True Barre <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>		5:00-5:30 YS Meditation <i>Damien Alexander</i>	1:15-2:00 MS◆ PURE STRENGTH <i>Sam Rothermel</i>	
4:00-5:00 YS Heated Pilates <i>Khaleah London</i>	12:30-1:30 YS◆ Hot Vinyasa Yoga <i>Jena Maenius (SUB)</i>	1:15-2:00 MS◆ PURE STRENGTH <i>Mary O</i>		5:30-6:30 YS Happy Hour Yoga <i>Damien Alexander</i>		
4:45-5:35 TR◆ Precision Running@ <i>Whitney Tucker</i>	1:00-1:15 MS Ab Lab <i>Boyd Melson</i>	4:00-5:00 YS◆ Hot Vinyasa Yoga <i>Jen Guarnieri</i>		6:00-6:45 MS Boot Camp <i>Boyd Melson (SUB)</i>		
5:15-6:00 MS Barre <i>Mathew Makings (SUB)</i>	1:15-2:00 MS Boot Camp <i>Boyd Melson</i>	4:45-5:35 TR◆ Precision Running@ <i>Arthur Tang</i>		6:45-7:45 YS◆ True Barre <i>Felicia Csolak</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>				
5:45-6:35 CS◆ The Pursuit: Build <i>Christian Ramos</i>	5:30-6:15 MS◆ Tabata <i>Nyree Brown</i>	5:30-6:30 YS◆ Hot Vinyasa Yoga <i>Kristina Erikson (SUB)</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◆ Ab Lab <i>Laura Hayes (SUB)</i>	6:15-7:00 MS◆ Shockwave <i>Amy Amato</i>				
7:00-7:45 CS◆ Cycle Beats <i>Arthur Tang (SUB)</i>	6:35-7:35 YS◆ True Barre <i>Betsy Mallonee</i>	7:00-8:00 YS◆ Hot Power Yoga (L2) <i>Heather Ashley (SUB)</i>				
7:00-8:00 YS◆ Hot Vinyasa Yoga <i>Jill Green</i>	6:45-7:30 CS◆ Studio Cycling <i>Alfonso Alchaer</i>	7:15-8:00 MS Barre <i>Will Taylor</i>				
7:10-7:55 MS◆ METCON3 <i>John Cianca</i>	6:55-7:25 MS◆ Firestarter <i>Laura Hayes (SUB)</i>					
	7:30-8:15 MS Chisel'd <i>Lulu Faria</i>					
	7:40-8:40 YS◆ True Barre <i>Genieve Gordon</i>					

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

ARTHUR TANG
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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

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

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.

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

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 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.

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.

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.