

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆ Cyclesanity® <i>Jillian Wright</i>	6:15-7:00 MS Boot Camp <i>Nyree Brown</i>	6:15-7:00 MS Best Butt Ever <i>Sarah Starkweather</i>	6:15-6:45 MS Firestarter <i>Sandy Wasserbach</i>	6:30-7:15 CS ◆ Studio Cycling <i>Alie Giaime</i>	6:30-7:15 MS Studio Cycling <i>Sandy Wasserbach</i>	6:30-7:15 CS ◆ Studio Cycling <i>Laura Cozik</i>	8:45-10:00 MS Vinyasa Yoga <i>Ariel Kiley</i>	9:45-10:30 MS Tabata <i>Sara Hogrefe</i>					
7:15-8:00 MS Athletic Conditioning <i>Marcus Jackson</i>	7:00-7:50 TR ◆ Precision Running® <i>KT Goldthorpe</i>	6:30-7:15 CS ◆ Studio Cycling <i>Alie Giaime</i>	6:45-7:00 MS Best Abs Ever <i>Sandy Wasserbach</i>	7:00-7:50 TR ◆ Precision Running® <i>Miriam Shestack</i>	7:30-8:15 MS Athletic Conditioning <i>Chris Norvell</i>	9:30-10:15 CS ◆ Studio Cycling <i>Avery Washington</i>	10:15-11:00 CS ◆ Studio Cycling <i>Stephanie Virchaux</i>						
8:15-9:00 CS ◆ Studio Cycling <i>Sara Hogrefe</i>	7:15-8:00 MS Pilates Power <i>Genevieve Gordon</i>	7:15-8:00 MS METCON3 <i>Jan Erik Navoa</i>	7:00-7:50 TR ◆ Precision Running® <i>Miriam Shestack</i>	9:00-9:45 MS THE CUT <i>Tracey G</i>	10:00-10:15 MS Meditation <i>Ariel Kiley</i>	11:00-12:00 MS ◆ EQX Barre Burn Elgin McCargo							
9:00-9:45 MS EQX Barre Burn <i>Or Artzi</i>	7:30-8:15 CS ◆ Studio Cycling <i>Tim McMullan</i>	8:15-9:00 MS EQX Barre Burn <i>Daigi-Ann Thompson</i>	7:15-8:00 MS EQX Barre Burn <i>Sarah Starkweather</i>	10:00-11:00 MS Vinyasa Yoga <i>Nick Potenzieri</i>	10:30-11:15 MS ◆ METCON3 <i>Kelsey Stalter</i>	12:15-1:00 CS ◆ Studio Cycling <i>Elgin McCargo</i>							
10:00-11:00 MS Vinyasa Yoga <i>Jena Maenius</i>	8:15-9:00 MS Best Butt Ever Abbey Hunt	9:00-9:45 CS ◆ Studio Cycling <i>Mike Harris</i>	7:30-8:15 CS ◆ Studio Cycling <i>Sandy Wasserbach</i>	12:30-1:15 MS Ropes and Rowers <i>Miriam Wasmund</i>	11:00-11:45 CS ◆ Studio Cycling <i>Avery Washington</i>	12:15-1:15 MS Vinyasa Yoga <i>Josh Mathew- Meier</i>							
12:30-1:15 MS THE CUT <i>Nikita Chaudhry</i>	9:15-10:00 MS Athletic Conditioning Lulu Faria	10:00-11:00 MS Vinyasa Yoga <i>Rika Henry</i>	9:15-10:00 MS Best Butt Ever <i>Mary O</i>	1:30-2:20 TR ◆ Precision Running® <i>Miriam Wasmund</i>	11:30-12:15 MS Pilates <i>Jennifer Tarentino</i>	1:30-2:00 MS ◆ Firestarter <i>Elgin McCargo</i>							
1:30-2:15 MS Pilates <i>Dara Spitalny</i>	12:15-1:00 CS ◆ Studio Cycling <i>Sandy Wasserbach</i>	12:30-1:15 MS Stacked! <i>Erin Sanders</i>	12:15-1:00 CS ◆ Studio Cycling <i>Alie Giaime</i>	5:45-6:45 MS Vinyasa Yoga <i>Rika Henry</i>	12:00-12:50 TR ◆ Precision Running® <i>Avery Washington</i>	5:00-6:00 MS Vinyasa Yoga <i>Mikee Richardson</i>							
4:30-5:30 MS Vinyasa Yoga Johan Montijano	1:00-1:50 TR ◆ Precision Running® <i>Ted Gjone</i>	1:30-2:15 MS EQX Barre Burn <i>Or Artzi</i>	1:15-2:15 MS Vinyasa Yoga <i>Kristina Erikson</i>	6:30-7:15 CS ◆ Studio Cycling <i>Stephanie Virchaux</i>	12:30-1:30 MS Boot Camp <i>Amanda Baker</i>								
5:45-6:30 MS EQX Barre Burn <i>Elgin McCargo</i>	1:15-2:15 MS Vinyasa Yoga <i>Colleen Breeckner</i>	4:15-5:15 MS Vinyasa Yoga <i>Josh Mathew- Meier</i>	5:30-6:15 MS ◆ TRX MAX <i>Nyree Brown</i>	6:30-7:15 MS Studio Cycling <i>David Donofrio</i>	1:30-1:45 MS Best Arms Ever <i>Amanda Baker</i>								
6:45-7:30 MS METCON3 <i>Chris Norvell</i>	5:40-6:25 MS METCON3 <i>Kelsey Stalter</i>	5:45-6:30 MS THE CUT <i>Nikita Chaudhry</i>	6:30-7:15 CS ◆ Studio Cycling <i>David Donofrio</i>	6:30-7:15 MS EQX Barre Burn <i>Daigi-Ann Thompson</i>									
7:00-7:45 CS ◆ Cycle Beats Elgin McCargo	6:30-7:15 CS ◆ Studio Cycling <i>Mike Harris</i>	6:15-7:00 CS ◆ Studio Cycling <i>Stephanie Virchaux</i>	6:30-7:15 MS EQX Barre Burn <i>Daigi-Ann Thompson</i>	7:30-8:30 MS Vinyasa Yoga <i>Charlene Lite</i>									
7:30-8:00 MS Core Conditioning <i>Chris Norvell</i>	6:30-7:30 MS Yoga Fundamentals <i>Michael Gervais</i>	6:35-7:00 MS Core Conditioning <i>Declan Julien</i>											
8:15-9:15 MS Power Yoga <i>Kristina Erikson</i>	7:30-8:20 TR ◆ Precision Running® <i>Mike Harris</i>	7:15-8:00 MS Boot Camp <i>Declan Julien</i>											
	7:35-8:20 MS Pilates <i>Dara Spitalny</i>	8:15-9:15 MS Vinyasa Yoga <i>Mikee Richardson</i>											

DUMBO

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MON - THU: 5:30 AM - 10:00 PM
FRI: 5:30 AM - 9:00 PM
SAT - SUN: 7:00 AM - 8:00 PM

GROUP FITNESS MANAGER

DARA SPITALNY
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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
TR	Treadmill Area

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.

CYCLESANITY® A high-energy ride, created by Jillian Wright, designed to inspire and motivate. She brings her cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills and the end result is euphoria!

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

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

POWER YOGA Our most athletic Vinyasa 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.

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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

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

CONDITIONING

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.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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 rearview.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle.

Enhances abdominal definition, core strength, core stability and flexibility.

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

PILATES

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.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

BOXING & MARTIAL ARTS

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.