

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:35 TR * Precision Run® <i>Candace Peterson</i>	6:30-7:15 CS * Beats Ride <i>Mario Martinez</i>	6:45-7:30 MS * MetCon3 <i>Justin Flexen</i>	6:30-7:20 TR * Precision Run® <b>Andrew Briedis</b>	6:45-7:30 MS * Stacked <i>Maddie Myers</i>	8:45-9:35 TR * Precision Run® <i>Cooper Mann</i>	8:45-9:35 TR * Precision Run® <i>Paula Calabrese</i>
7:00-7:45 MS * MetCon3 <i>Lisa Raphael</i>	6:45-7:30 MS * Athletic Conditioning <i>Kyle O'Brien</i>	7:00-7:50 TR * Precision Run® <i>Evan Wood</i>	7:00-7:45 MS * Stronger <i>Bryce Vaewsorn</i>	7:00-7:45 CS * Beats Ride <i>Candace Peterson</i>	9:00-9:50 YS * Pilates Rise <i>Emilee Theno</i>	9:30-10:30 YS * Slow Flow Yoga <i>Kelly Raspberry</i>
7:15-8:00 YS * Pilates Mat <i>Kylie Treacy</i>	7:15-8:00 YS * Vinyasa Yoga <i>Alison O'Connor</i>	7:15-8:00 YS * Bala Bangle Barre Burn <i>Angela Joy</i>	7:15-8:00 YS * Pilates Fusion <i>Vivian Jonokuchi</i>	7:00-8:00 YS * Vinyasa Yoga <b>Jena Maenius</b>	9:45-10:30 CS * Beats Ride <i>Michael Keeney</i>	9:45-10:30 MS * Atletica <i>Paula Calabrese</i>
9:30-10:15 YS * Vinyasa Yoga <b>Lipe</b>	8:00-8:45 MS * Ropes and Rowers <b>Kyle O'Brien</b>	8:00-8:45 MS * Pure Strength <b>Lauren Anthony</b>	9:30-10:15 YS * Sculpted Yoga™ <i>Nicole Uribarri</i>	7:45-8:30 MS * Rounds: Boxing Circuit <i>Maddie Myers</i>	10:00-10:45 MS * Stronger <i>Bryce Vaewsorn</i>	10:45-11:35 CS * Precision Ride <i>Amanda Katz</i>
12:00-12:45 YS * Bala Bangle Barre Burn <i>Kelsey Stalter</i>	9:30-10:15 YS * Barefoot Sculpt <i>Maureen Duke</i>	9:30-10:15 CS * Beats Ride <i>Nadia Zaki</i>	10:30-11:30 MS * Studio Dance: Contemporary <i>Rosie Fiedelman</i>	9:30-10:20 YS * Pilates Rise <i>Richel Ruiz</i>	10:15-11:15 YS * Vinyasa Yoga (L2) <i>Lisa-Marie Lewis</i>	10:45-11:30 MS * Pure Strength <i>Kyle O'Brien</i>
12:15-1:00 MS * Stronger <i>David Miller</i>	11:00-12:00 PD * Swim Team <i>TomJohn Mershon</i>	9:30-10:15 YS * Pilates Mat <i>Khaleah London</i>	11:00-12:00 PD * Swim Team <i>Margaret Schwarz</i>	12:15-1:00 YS * Vinyasa Yoga <i>Colleen Murphy</i>	11:00-11:45 MS * MetCon3 <i>Molly Day</i>	11:00-11:45 YS * Barefoot Sculpt <i>James Ervin</i>
1:00-1:45 YS * Vinyasa Yoga <i>Jade Alexis</i>	12:00-12:45 YS * Power Vinyasa <i>Robert Nguyen</i>	10:30-11:30 YS * Inner Power Flow <i>Nadia Zaki</i>	12:15-1:00 MS * Stronger <i>Sarah Cucuzzella</i>	12:30-1:20 CS * Precision Ride <i>Amanda Katz</i>	11:00-11:45 PD * Aqua Sculpt <i>Robin Mandel</i>	11:45-12:30 MS * MetCon3 <i>Amanda Katz</i>
4:45-5:30 YS * Barefoot Sculpt <i>Stephen Bel Davies</i>	12:15-1:00 MS * Atletica <i>Ilaria Montagnani</i>	10:45-11:45 PD * Aqua Athlete <b>Lisa Raphael</b>	12:15-1:15 YS * Vinyasa Yoga <i>Mindy Frenkel</i>	12:30-1:15 MS * Athletic Conditioning <b>LR Davidson</b>	11:30-12:15 YS * Bala Bangle Barre Burn <i>Kevin VerEecke</i>	12:00-1:00 YS * Vinyasa Yoga <i>Kristin Bilella</i>
5:15-6:00 MS * Circuit Training (L2) <i>Tracy Gordon</i>	12:30-1:20 TR * Precision Run® <i>Cooper Mann</i>	12:00-12:45 YS * Pilates Mat <i>Beth Bardin</i>	12:30-1:20 TR * Precision Run® <i>Candace Peterson</i>	1:15-2:00 YS * EQX Barre Burn <i>Kevin VerEecke</i>	12:00-12:45 MS * Ropes and Rowers <b>Molly Day</b>	1:30-2:30 PD * Swim Team Pro <i>Jason Strong</i>
5:45-6:45 YS * Vinyasa Yoga <i>Jade Alexis</i>	1:15-2:00 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	12:15-1:00 MS * MetCon3 <i>Kyle O'Brien</i>	4:45-5:30 YS * Power Vinyasa <b>Jessie Wren</b>	4:00-5:00 YS * Yin Yoga <i>Kelly Raspberry</i>	12:30-1:30 YS * Vinyasa Yoga <i>Suzanne Taylor</i>	1:30-2:15 YS * Pilates Mat <i>Alex Dill</i>
6:15-7:00 MS * MetCon Monday <i>Rob Lavecchia</i>	4:45-5:30 YS * Barre Beyond <i>Robert Burke</i>	1:15-2:00 MS * Cardio Dance <i>Shmulik Stell</i>	5:30-6:15 MS * Forza! <i>Ilaria Montagnani</i>	4:15-5:05 TR * Precision Run® <i>Christopher Howard</i>	1:30-2:15 MS * Circuit Training (L2) <i>Tracy Gordon</i>	1:45-2:45 MS * Athletic Stretch <i>Johnnie P</i>
6:30-7:15 CS * Beats Ride <i>Kris Wilkins</i>	5:30-6:15 MS * Powerstrike! <i>Christopher Vo</i>	4:45-5:30 YS * Pilates Mat <i>Kimberly Bridgewater</i>	5:45-6:35 YS * Pilates Rise <i>Alison Mathis</i>	5:00-6:00 PD * Swim Team <i>Victor Howard-Rodriguez</i>	2:00-2:45 PD * EQX H2O: Swim Basics <i>Ester Kim</i>	3:30-4:15 MS * Body Sculpt <i>James Ervin</i>
7:00-8:00 PD * Swim Team <i>Ester Kim</i>	5:45-6:45 YS * Vinyasa Yoga <i>Kira McCarthy</i>	5:30-6:15 MS * Whipped! <i>Michael Keeney</i>	6:30-7:15 MS * Powerstrike! <i>Ilaria Montagnani</i>	5:15-6:05 MS * Stronger <i>Christopher Howard</i>	2:30-3:15 MS * Best Butt Ever <i>Tracy Gordon</i>	4:00-5:00 YS * Power Vinyasa <i>James Donegan</i>
7:00-7:45 YS * Pilates Mat <i>Itsy Rachatasumrit</i>	6:30-7:15 CS * Beats Ride <i>Lisa Raphael</i>	5:45-6:35 YS * Vinyasa Yoga <i>Ali Cramer</i>	7:00-8:00 PD * Swim Team Pro <i>Hilary Hebrank</i>	5:45-6:30 YS * Pilates Mat <i>Kimberly Bridgewater</i>	3:30-4:30 YS * Weekend Wind Down Yoga <i>Kavi Patel</i>	4:30-6:00 MS * Studio Dance: DANCEology <i>James Ervin</i>
7:15-8:00 MS * Stronger <i>Chris Yeoh</i>	6:30-7:15 MS * Atletica <i>Paula Calabrese</i>	6:30-7:15 CS * Beats Ride <i>Michael Keeney</i>	7:00-8:00 YS * Vinyasa Yoga <i>Robert Nguyen</i>	6:15-7:00 CS * Anthem Ride <i>Cara Leggio</i>		
8:00-8:30 MS * Athletic Stretch <i>Chris Yeoh</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Maureen Duke</i>	6:30-7:15 MS * Stacked <i>Bransen Gates</i>	7:30-8:15 MS * Atletica <i>Ilaria Montagnani</i>	6:30-7:15 MS * Best Stretch Ever <i>Robert Nguyen</i>		
	7:30-8:15 MS * Body Sculpt <b>Lisa Raphael</b>	7:00-7:45 YS * Pilates Fusion <i>Andre Rivera</i>	7:30-8:20 TR * Precision Run® <i>Christina Lee</i>			
	7:30-8:20 TR * Precision Run® <i>Paula Calabrese</i>	7:30-8:15 MS * Cardio Dance: Zumba® <i>Diego Chauca</i>	8:15-8:30 MS * Best Abs Ever <i>Ilaria Montagnani</i>			
	8:15-8:30 MS * Best Abs Ever <i>Lisa Raphael</i>	7:45-8:35 TR * Precision Run® <i>Shaun Anthony</i>				

# EQUINOX

## COLUMBUS CIRCLE

Deutsche Bank Center (60th and Broadway)

NEW YORK NY 10019

EQUINOX.COM

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**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

## GROUP FITNESS MANAGER

kyle.obrien@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**Beats Ride** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run**® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

## Yoga

**Inner Power Flow** Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## Athletic Training

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Atletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**Forza!** Created by global fitness expert, Ilaria Montagnani, this intense martial arts workout uses wooden swords. Learn the strikes and perform fluid movements that train precision, agility, and strength.

**MetCon Monday** Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox Exclusive.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

## Barre

**Bala Bangle Barre Burn** This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Studio Dance: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

**Studio Dance: DANCEology** An advanced choreographed dance class created by Broadway veteran dancer and fitness expert James Ervin. Improve your technique, challenge your inhibitions and allow your spirit to soar.

## Boxing and Kickboxing

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Pool

**Aqua Athlete** An intense water fitness workout developed by Lisa Raphael. Interval training, low impact plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility. The perfect pair of cardio and strength training in the pool. Swim cap required.

**Aqua Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

**EQX H2O: Swim Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**Swim Team** Build your skills in this team-based class where the basics are reviewed and reinforced. Focus on drills, technique, stamina, strength and form. Swim cap and goggles required.

**Swim Team Pro** Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour. Swim cap and goggles required.

## Stretch and Recovery

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.