

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 YS * Bala Bangle Barre Burn <i>Lucas Blankenhorn</i>	6:30-7:20 CS * Precision Ride <i>Renee Pesante</i>	6:15-7:00 YS * Off The Barre <i>Kelsey Whallon</i>	6:30-7:15 YS * Pilates Rise <i>Pavee Kwun</i>	7:00-8:00 YS * Vinyasa Yoga <i>Josh Mathew-Meier</i>	8:30-9:15 YS * Pilates Fusion <i>Emily Snouffer</i>	8:45-9:30 YS * Barefoot Sculpt <b>Lipe</b>
6:30-7:20 MS * Stronger <i>Bransen Gates</i>	6:30-7:15 YS * Pilates Fusion <i>Anna Ciambrone</i>	6:30-7:15 MS * MetCon3 <i>Makena Diehl</i>	6:45-7:30 MS * Tabata Max <i>Molly Day</i>	7:30-8:20 TR * Precision Walk: Elevate <i>Amy Amato</i>	8:45-9:35 CS * Precision Ride <i>LR Davidson</i>	9:45-10:30 YS * Bala Bangle Barre Burn <i>Emily Naim</i>
7:15-8:00 YS * Pilates Mat <i>Jake Thereault</i>	6:45-7:30 MS * Tabata Max <i>Amy Amato</i>	7:15-8:00 YS * Pilates Mat <i>Caroline Strong</i>	7:30-8:20 TR * Precision Run® <i>Jaimie Austin</i>	7:45-8:30 MS * MetCon3 <i>John Cianca</i>	9:00-9:50 MS * Stronger <i>Michelle Sim</i>	10:00-10:45 TR * Precision Walk: Elevate <i>Amy Amato</i>
7:30-8:20 TR * Precision Run® <i>Evan Wood</i>	7:30-8:20 TR * Precision Run® <i>Ally Raisian</i>	7:30-8:20 TR * Precision Run® <i>Amy Amato</i>	7:30-8:20 YS * EQX Barre Burn <i>Andy Santana</i>	8:00-8:45 CS * Beats Ride <i>Fred Smith</i>	9:45-11:00 YS * Vinyasa Yoga <i>Jill Weinstein</i>	10:15-11:00 MS * Best Butt Ever <i>Lindsey Delbello</i>
7:45-8:30 MS * MetCon Monday <i>Annalise Northway</i>	7:30-8:15 YS * Bala Bangle Barre Burn <i>Kyla Lloyd</i>	7:45-8:30 MS * Stronger <i>Dyan Tsiumis</i>	8:00-8:45 MS * Best Butt Ever <b>Molly Day</b>	8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i>	10:00-10:45 CS * Beats Ride <i>Jaimie Austin</i>	10:30-11:30 CS * Beats Ride 60 <i>Frank Louis</i>
8:00-8:45 CS * Beats Ride <i>Aaron Albert</i>	8:00-8:45 MS * Cardio Sculpt <i>Annalise Northway</i>	8:45-9:30 YS * Barefoot Sculpt <i>Dyan Tsiumis</i>	8:45-9:45 YS * Sculpted Yoga™ <i>Jaimie Austin</i>	9:00-9:50 MS * Stronger <i>Renee Pesante</i>	10:15-11:05 MS * Knockout <i>Michelle Sim</i>	10:45-11:45 YS * Power Vinyasa <i>Babette Godefroy</i>
8:45-9:30 YS * EQX Barre Burn <i>Cindya Davis</i>	8:45-9:30 YS * Pilates Mat <i>Caroline Strong</i>	9:00-9:45 MS * Cardio Sculpt <i>Makena Diehl</i>	9:15-10:00 MS * Body Sculpt <i>Isabelle Luongo</i>	10:45-11:30 YS * Bala Bangle Barre Burn <b>Paige Bodnar</b>	10:30-11:20 TR * Precision Run® <i>LR Davidson</i>	11:30-12:15 MS * Body Sculpt <i>Lindsey Delbello</i>
9:00-9:45 MS * Body Sculpt <i>Alex Ware</i>	9:15-10:00 MS * Stronger <i>Sarah Cucuzzella</i>	9:15-10:00 CS * Beats Ride <i>Jaimie Austin</i>	10:15-11:00 YS * Best Stretch Ever <i>Jaimie Austin</i>	12:15-1:15 YS * Vinyasa Yoga <i>Mardi Sykes</i>	11:15-12:00 YS * Barefoot Sculpt <i>Jill Weinstein</i>	12:00-12:45 YS * Pilates Fusion <i>Dara Adler</i>
9:45-10:00 MS * Best Abs Ever <i>Alex Ware</i>	10:15-11:00 YS * Best Stretch Ever <i>Sarah Cucuzzella</i>	10:30-11:15 YS * Pilates Mat <i>Ron Tal</i>	11:15-12:15 YS * Vinyasa Yoga <i>Reed Ridgley</i>	2:00-2:45 YS * EQX Barre Burn <i>Jill Weinstein</i>	11:30-12:00 MS * Best Butt Ever <i>LR Davidson</i>	1:00-1:50 YS * Pilates Rise <i>Dara Adler</i>
10:30-11:20 YS * Pilates Rise <i>Alex Ware</i>	11:15-12:15 YS * Sculpted Yoga™ <i>Annalise Northway</i>	12:15-1:15 YS * Vinyasa Yoga <i>Kristin Bilella</i>	12:30-1:20 YS * Bala Bangle Barre Burn <i>Alisha Wickering</i>	3:00-3:45 YS * Pilates Fusion <i>Emily Snouffer</i>	12:00-12:20 MS * Best Abs Ever <i>LR Davidson</i>	2:30-3:30 YS * Slow Flow Yoga <b>Mindy Bacharach</b>
12:15-1:30 YS * Vinyasa Yoga <i>Jaimie Austin</i>	12:30-1:15 YS * Pilates Fusion <i>Genieve Gordon</i>	12:30-1:15 MS * Body Sculpt <b>Dyan Tsiumis</b>	2:00-2:45 YS * Pilates Fusion <i>Dara Adler</i>	4:00-4:45 YS * Barefoot Sculpt <b>Dyan Tsiumis</b>	12:15-1:00 YS * EQX Barre Burn <i>Zach Eisenberg</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Mindy Bacharach</i>
2:00-2:45 YS * EQX Barre Burn <i>Maureen Duke</i>	4:15-5:00 YS * Barefoot Sculpt <i>Maureen Duke</i>	4:00-4:45 YS * Bala Bangle Barre Burn <i>Katye Stanzak</i>	4:15-5:00 YS * Pilates Rise <i>Claire Goldes</i>	4:00-4:45 YS * Barefoot Sculpt <b>Dyan Tsiumis</b>	1:00-1:45 MS * Body Sculpt <i>Sara Deberry</i>	
4:00-4:45 YS * Pilates Fusion <i>Alex Dill</i>	5:30-6:30 YS * Vinyasa Yoga <i>Rosie DeAngelo</i>	5:15-6:00 YS * Barefoot Sculpt <i>Alisha Wickering</i>	4:45-5:35 MS * Knockout <i>Erika Hammond</i>	4:15-5:00 MS * Cardio Sculpt <i>Zach Eisenberg</i>	1:30-2:30 YS * Power Vinyasa <i>Bee Bosnak</i>	
5:15-6:00 YS * EQX Barre Burn <i>Laeticia Emmanuel</i>	6:00-6:45 MS * Body Sculpt <i>Kyla Lloyd</i>	5:30-6:15 MS * Stronger <i>Isabelle Luongo</i>	5:30-6:45 YS * Vinyasa Yoga <i>Ali Cramer</i>	5:30-6:15 MS * Body Sculpt <i>Dyan Tsiumis</i>	3:00-3:45 YS * Sonic Meditation <i>Ali Cramer</i>	
5:30-6:15 MS * Tabata Max <i>Molly Day</i>	6:15-7:00 CS * Beats Ride <i>Michaela McGowan</i>	5:45-6:35 TR * Precision Run® <i>Ally Raisian</i>	6:00-6:50 MS * Stronger <i>Justin Goldman</i>	5:45-6:45 YS * Vinyasa Yoga <i>Johan Montijano</i>		
5:45-6:30 TR * Precision Run® <i>Jaimie Austin</i>	6:45-7:30 YS * EQX Barre Burn <i>Angela Joy</i>	6:00-6:45 CS * Beats Ride <i>Chris Vernon</i>	7:15-8:00 YS * Sonic Meditation <i>Suzanne Taylor</i>			
6:00-6:45 CS * Beats Ride <i>Alex Lyons</i>	7:00-7:50 MS * MetCon3 <i>Kyla Lloyd</i>	6:15-7:00 YS * Pilates Fusion <i>Alex Dill</i>				
6:15-7:15 YS * Sculpted Yoga™ <i>Kristin Condon</i>	7:45-8:45 YS * Stow Flow Yoga <i>Lisa Landphair</i>	6:45-7:30 MS * Cardio Sculpt <i>Nicky Venditti</i>				
6:45-7:30 MS * Best Butt Ever <b>Molly Day</b>		7:15-8:15 YS * Vinyasa Yoga <i>Jamison Goodnight</i>				
7:30-8:30 YS * Yin Yoga Meditation <i>Kristin Condon</i>						

# EQUINOX

## PRINTING HOUSE

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NEW YORK NY 10014  
EQUINOX.COM  
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**MON-THU** 05:30 AM 10:00 PM

**FRI** 05:30 AM 08:00 PM

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

## GROUP FITNESS MANAGER

jaimie.austin@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

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

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**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 Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## Athletic Training

**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.

**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.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

## 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.

**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.

**Off The Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

## 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.

## Boxing and Kickboxing

**Knockout** Challenge yourself with Erika Hammond's boxing-forward, full-body strength class integrating non-rhythmic shadow boxing combos with targeted strength training. This high energy class will leave you feeling empowered to take on any fight. An Equinox exclusive.

## Stretch and Recovery

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.