

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 - 7:30 CS * Studio Cycling Chayanne Joel 7:00 - 8:00 MS Vinyasa Yoga Victoria Slagter	7:00 - 7:45 MS Whipped! Doug Schwartz 8:00 - 8:30 CS * Cycle 30 Doug Schwartz	6:45 - 7:30 CS * Studio Cycling Dave M. 7:00 - 8:00 MS Rise and Shine Yoga Lauren Blandin	7:00 - 7:45 MS Tabata Jennifer Hamlin 8:00 - 8:45 MS Barre Burn Caroline Strong	6:45 - 7:30 CS * Studio Cycling Danielle Wettan 7:30 - 8:15 MS METCON3 Lisa Raphael		
12:15 - 1:00 MS Powerstrike! Liz LeFrois 12:30 - 1:15 CS * Studio Cycling Tracey Grossman 1:00 - 1:45 MS Athletic Conditioning Liz LeFrois	12:15 - 1:00 MS Boot Camp (L2/3) Prince Brathwaite 12:30 - 1:15 CS * Studio Cycling Vicky Massoud 1:15 - 2:00 MS Body Sculpt John Tarmaggiore	12:00 - 12:45 CS * Studio Cycling Rachel Vaziralli 12:15 - 1:00 MS Speedball® Steve Feinberg 1:15 - 2:00 MS Shockwave Rachel Vaziralli	12:15 - 1:00 MS 30/60/90® Kevin VerEecke 12:30 - 1:15 CS * Studio Cycling Sabrina Cohen 1:00 - 2:00 MS Vinyasa Yoga Johan Montijano 1:15 - 2:00 BR Boxing Sabrina Cohen	12:15 - 1:00 MS Athletic Conditioning Nicolas Panebianco 12:30 - 1:15 CS * Studio Cycling Avery Washington 1:00 - 1:45 MS Barre Burn Becca Pace		
5:45 - 6:30 CS * Studio Cycling Constance Marie Cohen 5:45 - 6:30 MS Cardio Kick Akin Williams 6:35 - 7:25 MS METCON3 (L2/3) Ben Albertz 7:30 - 8:15 MS Barre Burn Caroline Strong	5:45 - 6:30 CS * Studio Cycling John Tarmaggiore 5:45 - 6:30 MS Boot Camp (L2/3) Sean Aqareva 6:30 - 7:00 MS Core Conditioning Sean Aqareva 7:15 - 8:00 MS Shockwave Ajia Maximillian	5:45 - 6:30 CS * Studio Cycling Lindsay Carson 5:45 - 6:30 MS Barefoot Body Conditioning Maria Malanga 6:35 - 7:20 MS 30/60/90® Ari Waldman	5:30 - 6:15 MS Body Conditioning Blake Mays 6:15 - 6:45 MS Core Conditioning Blake Mays	6:15 - 7:15 MS Vinyasa Yoga Victoria Slagter		

BOLD New Class, Instructor or Time
* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE
Unless otherwise indicated,
all levels are welcome
L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY
CS Cycling Studio
BR Boxing Studio
MS Main Studio

EQUINOX

43RD ST. @ 5TH AVE.

521 Fifth Avenue
New York NY 10175
212.972.8000
equinox.com

CLUB HOURS
Mon-Thu: 5:30am - 10:00pm
Fri: 5:30am - 9:00pm
Sat & Sun: Closed

BULLETIN BOARD

Special Notice
Friday, 7/11 -- Club closed
2pm-4pm for the Equinox
Employee Picnic.

JULY 2014 - CLASS DESCRIPTIONS

30/60/90®
Created by Kristi Molinaro. A high intensity interval training workout consisting of cardio, strength training, plyometrics and static holds designed to get you into the best shape of your life. Very challenging but modifiable for all levels.

ATHLETIC CONDITIONING
Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits through the use of not only weights but the use of your own body weight.

BAREFOOT BODY CONDITIONING
High intensity circuit style drills in 3 blocks, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

BARRE BURN
A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

BODY CONDITIONING
Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BODY SCULPT
A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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!

BOXING
A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

CARDIO KICK
An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

CORE CONDITIONING
Your core is defined as everything BUT your arms and legs. In this non aerobic conditioning class, focus is placed primarily on the abdominals, lower back, shoulder and hip girdle. Enhance abdominal definition, core strength, core stability and flexibility.

CYCLE 30
Double your results in half the time. 30 minutes of INTENSE Cycling Intervals where you pedal hard with zero down time. We'll have you in and out in 30 minutes. Guaranteed.

METCON3
Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

POWERSTRIKE!
Developed by Ilaria Montagnani and taught by Powerstrike! instructors, this karate/kickboxing workout fuses authentic martial arts movements to energizing music.

RISE AND SHINE YOGA
Wake your body gently with sun salutations and nourishing vinyasa. Flow from posture to posture using the breath to guide you. Leave you feeling refreshed and ready for your day. It's better than a double latte to start your morning!

SHOCKWAVE
Extreme cross training at its best! This total body circuit challenge combines the Indo-Row 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!

SPEEDBALL®
A cardiovascular and muscular endurance class using the medicine ball as an athletic training tool. Increases agility, speed, core strength and stability especially, muscular endurance and functional athletic strength. Designed by Steve Feinberg

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.

TABATA
A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

VINYASA YOGA
A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

WHIPPED!
Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.