

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45 CS * Studio Cycling Arthur Tang 7:00 - 8:00 MS Vinyasa Yoga Paul Keoni Chun	7:00 - 7:45 MS Whipped! 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	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 Tabata Dominic Manfredi 12:30 - 1:15 CS * Studio Cycling Colleen Conlon 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 METCON3 Muri Assunção 12:30 - 1:15 CS * Studio Cycling Sabrina Cohen 1:05 - 2:05 MS Vinyasa Yoga Johan Montijano	12:15 - 1:00 MS Boot Camp 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 Athletic Conditioning Rachel Shasha 6:35 - 7:20 MS Stacked! Ben Albertz 7:30 - 8:15 MS Barre Burn Caroline Strong	5:45 - 6:30 CS * Studio Cycling John Tarmaggiore 6:00 - 6:45 MS Tabata Amy Amato 7:00 - 7:45 MS Pilates Erin Ginn	5:45 - 6:30 CS * Studio Cycling Arthur Tang 6:00 - 6:45 MS Barre Burn Allison Kimmel	6:00 - 6:45 CS * Studio Cycling Molly Campe 6:00 - 7:00 MS Vinyasa Yoga Jamie Lyn Skolnick	5:30 - 6:15 MS METCON3 Luis Weber 6:15 - 7:15 MS Power Yoga Victoria Slagter		

FEBRUARY 2015 - CLASS DESCRIPTIONS

43RD ST

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

CLASS SCHEDULE LEGEND

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
MS Main Studio

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.

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 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!

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.

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.

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.

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! Sign-up is required at the front desk.

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

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

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.