

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45 - 7:30 * Studio Cycling CS Arthur Tang 7:00 - 7:50 METCON3 MS Greg James	7:00 - 7:45 Whipped! MS Doug Schwartz	6:45 - 7:30 * Studio Cycling CS Dave M. 7:00 - 8:00 Rise and Shine Yoga MS Lauren Blandin 7:15 - 8:05 * Precision Running® TR Colleen Conlon	7:00 - 7:45 Tabata MS Jennifer Hamlin	7:00 - 8:00 Vinyasa Yoga MS Mary Horne 7:15 - 8:05 * Precision Running® TR Kevin St-Fort		
12:15 - 12:45 * Cycle 30 CS Tracey Grossman 12:15 - 1:00 Powerstrike! MS Liz LeFrois 1:00 - 1:30 * Cycle 30 CS Tracey Grossman 1:00 - 1:45 Athletic Conditioning MS Liz LeFrois	12:15 - 1:00 Tabata MS Dominic Manfredi 12:30 - 1:15 * Studio Cycling CS Colleen Conlon 1:15 - 2:00 Body Sculpt MS John Tarmaggiore	12:00 - 12:45 * Studio Cycling CS Rachel Vaziralli 12:15 - 1:00 Speedball® MS Steve Feinberg 1:15 - 2:00 Shockwave MS Rachel Vaziralli	12:15 - 1:00 METCON3 MS Muri Assunção 12:30 - 1:15 * Studio Cycling CS Shanda Woods 1:05 - 2:05 Vinyasa Yoga MS Johan Montijano	12:15 - 1:00 Boot Camp MS Nicolas Panebianco 12:30 - 1:15 * Studio Cycling CS Avery Washington 1:00 - 1:45 Barre Burn MS Becca Pace		
5:30 - 6:15 * Studio Cycling CS Constance Marie Cohen 5:45 - 6:30 Cardio Kick MS Akin Williams 6:35 - 7:20 Stacked! MS Ben Albertz 7:30 - 8:15 Barre Burn MS Caroline Strong	5:45 - 6:30 * Studio Cycling CS John Tarmaggiore 6:00 - 6:45 Tabata MS Amy Amato 6:45 - 7:45 Vinyasa Flow Yoga MS Lisa Bermudez	5:45 - 6:30 * Studio Cycling CS Arthur Tang 6:00 - 6:45 Barre Burn MS Allison Kimmel	5:45 - 6:30 Whipped! MS Frank Salzone 6:00 - 6:45 * Studio Cycling CS Molly Campe	5:30 - 6:15 METCON3 MS Luis Weber 6:15 - 7:15 Power Yoga MS Victoria Slagter		

MARCH 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
TR Treadmill Area

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!

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.

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.

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.

PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

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 FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

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.