EQUINOX

76TH ST. @ AMSTERDAM

PASSOVER/EASTER 2015
Schedule Effective:
Mar 30, 2015 - Apr 5, 2015

GROUP FITNESS MANAGER: James Ervin
james.ervin@equinox.com

Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

MONDAY MAR 30, 2015	TUESDAY MAR 31, 2015	WEDNESDAY APR 1, 2015	THURSDAY APR 2, 2015	FRIDAY APR 3, 2015	SATURDAY APR 4, 2015	SUNDAY APR 5, 2015
6:15 - 7:00 CS * Studio Cycling Nikki Bucks 6:45 - 7:30 MS Boot Camp Leon Joseph 7:00 - 8:00 YS Vinyasa Yoga Sarah Girard 7:15 - 8:00 CS * Studio Cycling Nikki Bucks 9:00 - 10:00 MS Body Sculpt Jessica Davis 9:00 - 10:00 YS Iyengar Yoga Cheryl Malter 10:00 - 10:45 CS * Studio Cycling Jason Strong 10:00 - 11:00 MS Powerstrike! Omar Sandoval 10:00 - 11:00 YS Pilates Robin Powell 11:00 - 12:00 MS Titan Method (L1/2) Omar Sandoval 11:00 - 11:30 YS S.O.S.(stretch out stress) Robin Powell	6:30 - 7:15 CS * Studio Cycling Diane Finkelday 7:00 - 7:45 MS METCON3 Jay Dantzler 8:00 - 9:00 YS Anusara Yoga Jackie Prete 9:00 - 9:45 CS * Studio Cycling Constance Marie Cohen 9:00 - 10:00 MS Tai Sculpt James Ervin 10:00 - 10:45 MS METCON3 Luis Weber 10:00 - 11:00 YS Vinyasa Yoga Samantha Debicki 10:15 - 11:00 CS * Studio Cycling Marie Jasmin 11:00 - 12:00 MS Barre Burn Lynze Schiller 11:00 - 12:00 YS Pilates Band Linda Farrell	6:15 - 7:00 CS * Studio Cycling Ben Green 7:15 - 8:00 CS * Studio Cycling Ben Green 8:00 - 9:00 YS Hatha Yoga Mindy Bacharach 9:00 - 10:00 MS Body Conditioning Liz LeFrois 10:00 - 11:00 CS * Studio Cycling (L2/3) Chris Griffin 10:00 - 11:00 MS Powerstrike! Liz LeFrois 11:00 - 12:00 YS Pilates Fusion Liz LeFrois	6:30 - 7:15 CS * Studio Cycling Sarah May Epstein 7:00 - 8:00 MS Elimin8tor Marie Jasmin 8:00 - 9:00 YS Iyengar Yoga Kavi Patel 9:00 - 9:45 CS * Studio Cycling Rico Wesley 9:00 - 10:00 MS Tai Sculpt James Ervin 10:00 - 11:00 MS Nia Kevin VerEecke 10:00 - 11:00 YS Vinyasa Yoga Eddie Teboul 10:15 - 11:00 CS * Studio Cycling Constance Marie Cohen 11:00 - 12:00 MS Barre Burn Kevin VerEecke 11:00 - 12:00 YS Pilates Band Linda Farrell	6:30 - 7:30 CS * Studio Cycling Constance Marie Cohen 6:45 - 7:30 MS M*PWR® Lynze Schiller 8:00 - 9:00 YS Hatha Yoga Mindy Bacharach 9:00 - 9:45 CS * Cyclesanity® Jillian Wright 9:00 - 9:45 MS METCON3 Mario Godiva 9:45 - 10:00 MS Ab Lab Mario Godiva 10:00 - 11:00 MS FORZA! Lynze Schiller 10:00 - 11:00 YS Feldenkrais Method® Frederick Schjang 10:15 - 11:00 CS * Studio Cycling Mario Godiva 11:30 - 12:30 YS Pilates Frederick Schjang	8:00 - 8:45 CS * Studio Cycling Russell Smith 8:00 - 9:00 YS Vinyasa Yoga Cliff Schuman 9:00 - 9:45 CS * Studio Cycling Chelsea Amengual 9:15 - 10:00 MS Tabata Mario Godiva 9:15 - 10:15 YS Pilates Robin Powell 10:00 - 10:45 CS * Studio Cycling Arthur Tang 10:00 - 10:30 MS Ab Lab Mario Godiva 10:15 - 11:15 YS Pilates Robin Powell 10:30 - 11:30 MS Zumba® Joanna Romero 11:15 - 12:30 CS * Cycle 75 Jason Strong 11:30 - 12:30 MS Body Conditioning James Ervin 11:30 - 12:45 YS Vinyasa Yoga (L2) Susan Malcolm	9:00 - 10:00 CS * Studio Cycling (L2/3) Chris Griffin 9:00 - 10:00 MS Powerstrike! Sabrina Cohen 9:00 - 10:00 YS Vinyasa Yoga (L1/2) Mindy Bacharach 10:00 - 10:45 MS Body Conditioning Sabrina Cohen 10:00 - 11:15 YS Vinyasa Yoga (L2/3) Mindy Bacharach 10:30 - 11:15 CS * Studio Cycling Sarah May Epstein 10:45 - 11:00 MS Ab Lab Sabrina Cohen 11:00 - 12:00 MS * Impact! Sabrina Cohen 11:15 - 12:15 YS Pilates Lenny Reisner 11:30 - 12:15 CS * Studio Cycling Lisa Raphael
12:00 - 1:00 YS Slow Flow Yoga Susan Malcolm 1:00 - 1:45 YS Meditation Craig Hunter	12:30 - 1:30 YS Iyengar Yoga Cheryl Malter	12:00 - 1:00 YS Alignment Flow Yoga Marci Rubin 12:15 - 1:00 CS * Studio Cycling Colleen Conlon 1:00 - 1:45 YS Cycle Reset Marci Rubin	12:30 - 1:30 YS Vinyasa Yoga Dina Ivas	12:30 - 1:30 YS Vinyasa Flow Yoga Elitza Ivanova	12:30 - 1:15 MS METCON3 Luis Weber 12:45 - 2:00 YS Vinyasa Yoga (L2/3) Melinda Abbott 1:30 - 2:30 MS * Impact! Ilaria Montagnani 2:15 - 3:15 YS Yoga Fundamentals Tara Dhyani Purswani 2:30 - 3:30 MS * FORZA! Ilaria Montagnani	12:00 - 1:00 MS Atletica Stephen Bel Davies 12:30 - 1:30 YS Gentle Yoga Alexa Silvaggio 2:30 - 3:30 YS Power Vinyasa Yoga Serena Tom
6:00 - 6:45 MS Fit, Fierce & Fabulous Dawn Parker 6:00 - 7:00 YS Slow Flow Yoga (L1/2) Serena Tom 6:30 - 7:15 CS * Studio Cycling Philippe Bowgen 6:45 - 7:00 MS Ab Lab Dawn Parker 7:00 - 8:00 MS Barre Burn Kimberly Dawn Neumann 7:00 - 8:05 YS Vinyasa Yoga Serena Tom 8:00 - 9:00 MS Powerstrike! Sabrina Cohen 8:15 - 9:00 YS Pilates Gabe Villanueva	6:00 - 7:00 MS Atletica Ilaria Montagnani 6:00 - 7:00 YS IY: Power Practice Michael Lechonczak 7:00 - 7:45 CS * Studio Cycling Lindsay Carson 7:00 - 8:00 MS Bodystrikes! Ilaria Montagnani 7:00 - 8:00 YS Pilates Anna Upton 8:00 - 9:00 MS * FORZA! Sabrina Cohen 8:00 - 9:00 YS Healing Light Meditation Kristin Degroat	6:00 - 7:00 YS Alignment Flow Yoga Mindy Bacharach 6:15 - 7:00 CS * Studio Cycling Christian Ramos 6:15 - 7:00 MS Zumba® Joanna Romero 7:00 - 7:45 MS Body Conditioning James Ervin 7:00 - 8:00 YS Pilates Band Paul Liberti 7:15 - 8:00 CS * Studio Cycling Christian Ramos 7:45 - 8:00 MS Ab Lab James Ervin 8:00 - 8:45 MS Barre Burn Lynze Schiller 8:00 - 9:00 YS Vinyasa Flow Yoga Bee Bosnak	6:00 - 7:00 MS Barre Burn Ryan Beck 6:00 - 7:00 YS Pilates Evgenia Ilienko 6:30 - 7:30 CS * Studio Cycling (L2/3) Chris Griffin 7:00 - 7:45 MS METCON3 Luis Weber 7:30 - 8:30 YS Restorative Flow Yoga Jessica Willis 7:45 - 8:00 MS Ab Lab Luis Weber 8:00 - 8:45 MS Zumba® Laura Wagner			

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

PASSOVER/EASTER 2015 - CLASS DESCRIPTIONS

76TH ST. @ AMSTERDAM

344 Amsterdam Avenue
New York NY 10024
212.496.2374
equinox.com

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
YS Yoga Studio

AB LAB
Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ALIGNMENT FLOW YOGA
The flowing structure of Ashtanga yoga, including sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

ANUSARA YOGA
Founded by John Friend, this style integrates the celebration of the heart, principles of alignment, and balanced energetic action. By "following your heart" each student's abilities & limitations are explored, respected & honored.

ATLETICA
Sculpt and train your body like An athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

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.

BODYSTRIKES!
Ilaria's newest fitness concept is a total cardio workout designed to shape lean and muscular legs. The routines, based on martial art, ballet and high intensity lower body moves, will improve your flexibility and core strength while burning hundreds of calories.

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!

CYCLE 75
A mini-endurance ride focusing on cadence, heart-rate zones, climbs & sprints which can make an unpredictable ride that is fun and challenging.

CYCLE RESET
RESET. RESTORE. RECOVER. Refine posture and address imbalance caused by the fixed position and repetitive motion of dedicated cycling. Myofascial routines, athletic stretching, breathwork and mindset combine to enhance movement efficiency to have you riding smarter, calmer, faster and further.

CYCLESANITY®
Experience Cyclesanity a high-energy ride created and delivered by Jillian Wright with her unique ability to inspire and motivate. She brings her Cycling principles of tempo drills, intervals, threshold efforts, anaerobic attacks, time trials, sprints and hills. The end result euphoria!

ELIMIN8TOR
An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

FELDENKRAIS METHOD®
The Feldenkrais Method™ Awareness Through Movement® practice developed by martial artist/physicist Moshe Feldenkrais, integrates movement, breath, & vision to increase flexibility & coordination, & reduce pain.

FIT, FIERCE & FABULOUS
If you loved Red Carpet Ready, then you'll love this dynamic A-list inspired class created by fitness champion Dawn Parker. This workout includes strength, endurance, plyo, core & functional movement.

FORZA!
Italian for "strength and power." Also known as Samurai sword training, the one-hour class is a super-charged workout that blends elements of two Japanese Sword Fighting techniques--Kendo and Aikijujitsu. Class size limited. Sign-up 30 minutes prior to start of class.

GENTLE YOGA
Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

HATHA YOGA
A physical approach to the yoga practice connecting postures, movement and breathing.

HEALING LIGHT MEDITATION
A certified Reiki Master, Raven uses guided visualization to relax the body & mind.

IMPACT!
Impact is the evolution of shadow kickboxing. No other workout can bring you the excitement, the intensity and the physical benefits of working on a bag. When striking a bag you are constantly testing your strength, increasing your stamina and are forced to improve your form and technique.

IY: POWER PRACTICE
IY=Intelligent Yoga, an integrated and dogma-free practice developed by team Lechonczak-Levine. The power practice weaves mindfulness, breath, alignment and movement into a synergistic whole. The result is balance: a conscious, calm mind, happy and present in a vibrant, healthy body.

IYENGAR YOGA
Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props such as belts and blocks. Good for students concerned with injuries. Stresses understanding the body and how it works.

M*PWR®
Training of body & brain! Lynze's intense sculpt class fuses challenging workouts with 'Mind Fitness' tools to Motivate & M*PWR®. Focus on functional movement form, metabolic conditioning, creating strength and endurance. Weekly themes help face rigorous exercises and other life challenges.

MEDITATION
Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.

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.

NIA
Music, Movement & Magic: Nia is medicine for your body & soul. Achieve whole-being integration (body, mind, emotions, spirit) using expressive movement designed to heal & condition you from the inside out. A fusion of dance arts, martial arts & healing arts created by Debbie & Carlos Rosas.

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.

PILATES BAND
Enhance your Pilates workout the addition of a resistance band. Challenges core stability in new ways while toning the arms and legs for a total body workout.

PILATES FUSION
Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.

POWER VINYASA YOGA
A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

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

RESTORATIVE FLOW YOGA
Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

S.O.S.(STRETCH OUT STRESS)
Do something special for YOU. A basic stretch class to relax the body, calm the mind and soothe the soul. Release tension, reduce anxiety, improve flexibility as you incorporate breathing, relaxation techniques and meditative visualizations.

SLOW FLOW YOGA
Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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.

TAI SCULPT
This is a barefoot total conditioning class based on the principals of basic ballet, yoga, pilates, tai-chi and traditional sculpt with weights. This fusion class unites western and eastern philosophy to challenge your mind and body in deep focused movement.

TITAN METHOD
Developed by Omar Sandoval. The 'sky's the limit' and you will stretch beyond self-perceived limits towards dream goals only imagined. The Titan Method uses five minute training rounds that alternate resistance & body weight drills to develop muscular strength, endurance & cardio fitness.

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.

YOGA FUNDAMENTALS
For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

ZUMBA®
ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.