

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 * Studio Cycling CS Diane Finkelday 7:00 - 7:45 Barre Burn YS Diane Finkelday 8:30 - 9:15 * Studio Cycling CS Colleen Conlon 8:30 - 9:30 Body Conditioning MS Peyton Bryant 8:30 - 9:15 Pilates YS Emma Rivera 9:30 - 10:15 * Studio Cycling CS Colleen Conlon 9:30 - 10:30 Shockwave MS Jennifer Hamlin 9:30 - 10:30 Barre Burn YS Melinda Abbott 10:30 - 11:30 Dance Grooves MS T.B.D.	6:30 - 7:15 * SpinDurance® CS Harlan Matusow 7:15 - 8:00 METCON3 MS Marie Jasmin 8:30 - 9:15 * Studio Cycling CS Avery Washington 8:30 - 9:30 Cardio Sculpt MS Gerard Calvo 8:30 - 9:30 Pilates YS Cathe Thompson 9:30 - 10:15 * Studio Cycling CS Avery Washington 9:30 - 10:15 Zumba® MS Jamie Drye 9:30 - 10:30 Energy Stretch YS Kevin Bin Zhou 10:30 - 11:15 Body Conditioning MS Flex Cabral 10:30 - 11:30 Warrior Flow™ YS Adrian Molina	6:30 - 7:15 * Studio Cycling CS Warren Perry 6:30 - 7:15 Cardio Sculpt MS Marcus Jackson 8:30 - 9:15 * Studio Cycling CS Chayanne Joel 8:30 - 9:30 Body Conditioning MS Jessica Davis 8:30 - 9:30 Vinyasa Yoga YS Elitza Ivanova 9:30 - 10:15 * Studio Cycling CS Vicky Massoud 9:30 - 10:15 Cardio Sculpt MS Stephanie Levinson 10:30 - 11:15 Dance Grooves MS T.B.D. 10:30 - 11:15 Barre Burn YS Diane Finkelday	6:30 - 7:15 * Studio Cycling CS Amanda Shapin 7:15 - 8:00 METCON3 MS Nicolas Panebianco 7:30 - 8:30 Flow Play Vinyasa YS Samantha Debicki 8:30 - 9:15 * Team Lipstick Cycling LAURA COZIK 8:30 - 9:30 Body Conditioning MS Miri Greenberg 8:30 - 9:30 Pilates YS Niki Kramer 9:30 - 10:15 * Team Lipstick Cycling LAURA COZIK 9:30 - 10:30 Zumba® MS Diego Chauca 9:30 - 10:30 Barre Burn YS Miri Greenberg 10:30 - 11:30 Best Body Breakthru MS Marie Jasmin 10:30 - 11:30 Vinyasa Yoga YS Benn Rasmussen	6:30 - 7:15 * Studio Cycling CS Chayanne Joel 6:30 - 7:15 Boot Camp MS Will Jackson 8:30 - 9:15 * Studio Cycling CS Danielle Wettan 8:30 - 9:30 Cardio Sculpt MS Antonio Hudson 8:30 - 9:30 Pilates YS Caroline Strong 9:30 - 10:15 * Studio Cycling CS Jay Dantzler 9:30 - 10:30 Nia MS Jayne Mielo 9:30 - 10:30 Deep EXtreme YS Alicia Archer 10:30 - 11:30 Barre Burn YS Alicia Archer	8:00 - 9:00 DANCE THE DECADES!™ YS Yvonne Puckett 8:30 - 9:15 * Studio Cycling CS Matt Wilpers 8:30 - 9:15 Cardio Sculpt MS Stephanie Levinson 9:00 - 9:45 Barre Burn YS Alicia Archer 9:15 - 10:00 Cardio Core Ball MS Stephanie Levinson 9:30 - 10:15 * Studio Cycling CS Matt Wilpers 9:45 - 10:30 Barre Burn YS Alicia Archer 10:00 - 10:30 Core Strength & Stretch MS Stephanie Levinson 10:30 - 11:15 * Studio Cycling CS Rebecca Alexander 10:30 - 11:30 Body Conditioning MS Abby Goldenberg 10:30 - 11:15 Deep EXtreme YS Alicia Archer 11:30 - 12:15 * Studio Cycling CS Lauren Berman 11:30 - 12:30 NYC Dance Project MS Abby Goldenberg 11:30 - 12:15 Energy Stretch YS Kevin Bin Zhou	8:00 - 8:45 * Studio Cycling CS Avery Washington 9:00 - 9:45 * Studio Cycling CS Avery Washington 9:00 - 10:00 Cardio Sculpt MS Gerard Calvo 9:00 - 10:00 Warrior Flow™ YS Adrian Molina 10:00 - 10:45 * Studio Cycling CS Avery Washington 10:00 - 10:45 Boot Camp MS Eilon Kedem 10:00 - 11:00 Warrior Flow™ YS Adrian Molina 11:00 - 11:30 Core Strength & Stretch MS Diane Finkelday 11:15 - 12:15 Pilates YS Cathe Thompson 11:30 - 12:15 Body Conditioning MS Diane Finkelday
12:00 - 1:15 Vinyasa Yoga YS Mindy Frenkel	12:15 - 1:00 Whipped! MS Gerren Liles 1:15 - 2:15 Vinyasa Yoga YS Benn Rasmussen	12:00 - 1:15 Iyengar Yoga YS Cheryl Malter	12:00 - 12:45 Pilates YS Emma Rivera	12:00 - 1:15 Vinyasa Yoga YS Ana Sussmann	12:15 - 1:15 Pilates YS Diane Finkelday 12:45 - 1:45 Zumba® MS Lashawn Jones 1:15 - 2:15 Vinyasa Yoga (L2) YS Samantha Debicki 2:15 - 3:15 Yoga Fundamentals MS Marci Rubin 3:15 - 4:00 Whipped! MS Flex Cabral 4:00 - 4:15 Ab Lab MS Flex Cabral 4:00 - 5:30 Yoga and Meditation YS Elitza Ivanova	12:15 - 1:15 Zumba® MS Juliana Estrella 12:30 - 1:30 Barre Burn YS Diane Finkelday 3:00 - 3:45 Tabata MS Greg James 3:45 - 4:00 Ab Lab MS Greg James 4:00 - 5:00 * Studio Cycling (L2/3) CS Chris Griffin
6:00 - 7:00 Zumba® MS Richard Martinez 6:00 - 7:00 Barre Burn YS Allison Kimmel 6:30 - 7:15 * Studio Cycling CS Nora Herbstman 7:00 - 7:45 Athletic Conditioning MS Rachel Shasha 7:45 - 8:45 Vinyasa Yoga YS Jamie Lyn Skolnick	6:00 - 6:30 Titan Method Phantom MS Omar Sandoval 6:00 - 7:00 Barre Burn YS Bridget Maginity 6:30 - 7:15 * Studio Cycling CS Warren Perry 6:30 - 7:30 Titan Method (L2/3) MS Omar Sandoval 7:00 - 7:45 Pilates YS Emma Rivera 7:30 - 8:30 Powerstrike! MS Omar Sandoval 8:00 - 9:00 Vinyasa Yoga YS Mary Horne	6:00 - 7:00 Zumba® MS Lashawn Jones 6:15 - 7:00 * Studio Cycling CS Jay Dantzler 6:30 - 7:30 Barre Burn YS Kathryn Blaze 7:15 - 8:00 Shockwave MS Jay Dantzler 7:45 - 8:45 Vinyasa Yoga YS Sarah Girard	6:15 - 7:15 METCON3 MS Marcus Jackson 6:30 - 7:15 * Studio Cycling CS Caroline Kaczor 6:30 - 7:30 DANCE THE DECADES!™ YS Yvonne Puckett 7:30 - 8:30 Vinyasa Yoga YS Samantha Debicki	5:30 - 6:30 Warrior Flow™ YS Adrian Molina 5:45 - 6:40 Bodystrikes! MS Omar Sandoval 6:45 - 7:30 * Titan Ride CS Omar Sandoval	5:00 - 6:15 Slow Flow Yoga YS Jamie Lyn Skolnick	

JANUARY 2015 - CLASS DESCRIPTIONS

85TH ST. @ 3RD AVE.

203 East 85th St
New York NY 10028
212.439.8500
equinox.com

CLUB HOURS

Mon-Thru: 5:30am - 11:00pm
Fri: 5:30am - 10:00pm
Sat & Sun: 7:00am - 9:00pm

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.

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.

BEST BODY BREAKTHRU

This program is perfect to BUILD your best body, BOOST fat-burning and JUMP start your energy. Progressive full body strength training meets sweat inducing, heart pumping cardio intervals. Get moving now with a Body Breakthru!

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.

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!

CARDIO CORE BALL

All you need for total body transformation in one workout. Non-stop functional movement with an emphasis on core-definition, fat-burning and strength. You'll be amazed at the intensity... and the results.

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

CORE STRENGTH & STRETCH

An alignment class that focus on two very important components of fitness: core strength and flexibility.

DANCE GROOVES

Unique mix of Jazz dance ,House afro and Hip Hop for all levels. Sweat dance and get your groove on!

DANCE THE DECADES!™

Get ready to shake, wiggle, dance and shout! From Twist to Disco to Hip Hop. Easy to follow high energy dance moves to great music that will pump your heart, make you sweat and allow your spirit to soar!

DEEP EXTREME

The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

ENERGY STRETCH

A combination of Tai Chi, Qi Gong and Yin Yang linked in a flowing stretch for flexibility of the body, improved circulation and stress-reduction and relaxation. Fun music to improve concentration, confidence and overall energy.

FLOW PLAY VINYASA

An energizing Vinyasa class using music and sound healing as a catalyst for better movement, mental clarity and a more efficient practice.

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.

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.

NYC DANCE PROJECT

Leave all your inhibitions at the door! Abby's class has the pulse of NYC, where dance is provocative, fun & flashy. Dare yourself to be truthful & expressive, & dare yourself to really dance!

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.

POWERSTRIKE!

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

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.

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.

SPINDURANCE®

SpinDurance is a rigorous workout specifically designed to improve endurance, cardiovascular health, and aerobic capacity while building muscle, improving strength, and reducing fat. Interval based, emphasis on proper cycling form and technique.

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.

TEAM LIPSTICK CYCLING

Laura Cozik designed Team Lipstick Cycling through pure bike racing principles. Tempo drills, threshold attacks, anaerobic sprints, all merged with killer music that is mixed to perfection. Classes are intelligently planned for serious fitness addicts in New York City who love to Get Racy!

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.

TITAN METHOD PHANTOM

Developed by Omar Sandoval, The Titan Method Phantom incorporates the TM training philosophy of five-minute training rounds, but is done completely with bodyweight. Titan Method Phantom drills are guaranteed to develop your muscular strength, endurance and cardio fitness!

TITAN RIDE

Developed by Omar Sandoval, this is a unique and vigorous cycling experience challenges even the most hard core athletes. Specifically designed to burn calories, increase cardiovascular capacity and endurance, and improve muscle strength using intense combinations of resistance and speed training.

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.

WARRIOR FLOW™

Spice up your yoga practice with Adrian's challenging mind and body workout. A continuous and dynamic flow of breath and movement that will tone your entire body, improve overall fitness, increase flexibility and boost your sense of well being. Warriors Only.

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.

YOGA AND MEDITATION

Heat and wake the body with a gentle yoga flow. Then get centered and energized with a meditation accompanied by live music. Relax, regenerate and re-focus!

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.