

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 CS * Studio Cycling Paul Saini	6:00 - 6:45 MS Barre Burn Liz LeFrois	6:00 - 6:45 MS <b>Elimin8tor</b> <b>Amanda Young</b>	6:00 - 6:45 MS Impact! Liz LeFrois	6:30 - 7:15 CS * Studio Cycling Rachel Vaziralli	9:00 - 10:00 MS Cardio Sculpt Wayne Standoloft	9:00 - 9:45 MS <b>Elimin8tor</b> <b>Chrisanthi</b> <b>Hatzantonis</b>
7:00 - 7:45 MS <b>VIPR™</b> <b>Stephen Bel Davies</b>	7:00 - 7:45 MS Impact! Liz LeFrois	6:30 - 7:15 CS * Team Lipstick Cycling Laura Cozik	7:00 - 7:45 MS Athletic Conditioning Liz LeFrois	7:30 - 8:15 MS <b>Tabata (L2/3)</b> <b>Rachel Vaziralli</b>	9:00 - 10:00 YS Vinyasa Yoga Bee Bosnak	9:00 - 10:00 YS <b>Deep EXtreme</b> <b>Allison Kimmel</b>
7:45 - 8:00 MS <b>VIPR CORE</b> <b>Stephen Bel Davies</b>	7:15 - 8:15 YS Yoga Power Hour Elaine O'Brien	7:00 - 7:45 MS Stacked! Amanda Young	7:15 - 8:15 YS Yoga Power Hour Jen Guarnieri	9:30 - 10:30 MS <b>Barre Burn</b> <b>Kimberly McFerron</b>	10:00 - 11:00 CS * Cyclesanity® Jillian Wright	9:30 - 10:15 CS * Studio Cycling <b>Marc Selden</b>
8:30 - 9:15 MS <b>Aletica</b> <b>Stephen Bel Davies</b>	7:15 - 8:05 TR * Precision Running Michael Olzinski	7:45 - 8:00 MS Ab Lab Amanda Young	7:15 - 8:05 TR * Precision Running Susan Simon	9:30 - 10:30 YS Warrior Flow™ Adrian Molina	10:10 - 10:55 MS 30/60/90® (L2/3) Anthony Cunanan	10:00 - 10:50 TR * Precision Running Susan Simon
9:30 - 10:30 MS <b>Barre Burn</b> <b>Alisa DeLosReyes</b>	7:45 - 8:00 MS Ab Lab Liz LeFrois	8:30 - 9:15 CS * Studio Cycling Tracey Grossman	7:45 - 8:00 MS Ab Lab Liz LeFrois		10:10 - 11:00 YS Barre Burn Alisa DeLosReyes	10:15 - 11:10 MS Barre Burn Allison Kimmel
	9:30 - 10:15 CS * Cyclesanity® Jillian Wright	9:30 - 10:15 MS <b>METCON3</b> <b>Allison Kimmel</b>	9:30 - 10:15 CS * Studio Cycling Chayanne Joel		11:00 - 12:00 MS Zumba® Antonio Thomas	10:15 - 11:15 YS Vinyasa Yoga Ruah Bhay
					11:15 - 12:15 YS Power Vinyasa Yoga Lisa Bermudez	11:15 - 12:15 MS Powerstrike! Liz LeFrois
						11:30 - 12:15 CS * Studio Cycling Beth Shane
12:30 - 1:15 CS * Studio Cycling Colleen Conlon	12:30 - 1:15 MS METCON3 Antonio Hudson	12:30 - 1:15 CS * Studio Cycling Tracey Grossman	12:30 - 1:15 MS <b>Elimin8tor</b> <b>Joshua Vela</b>	12:30 - 1:15 CS * Studio Cycling Alie Giaime	12:15 - 1:15 MS <b>R&amp;R: Ropes &amp; Rowers</b> <b>Webb Travis</b>	12:30 - 1:30 MS Zumba® Emily Naim
1:15 - 2:15 YS Warrior Flow™ Adrian Molina	12:45 - 1:45 YS Vinyasa Yoga Domenic Savino	1:15 - 2:15 YS Vinyasa Yoga Johan Montijano	12:45 - 1:45 YS Vinyasa Yoga (L2/3) Benn Rasmussen	1:15 - 2:15 MS Vinyasa Yoga Ariel Kiley	12:30 - 1:15 CS * Studio Cycling Tracey Grossman	12:30 - 1:30 YS Pilates Fusion Liz LeFrois
					12:30 - 1:30 YS Barre Burn Gudbjorg Arnalds	4:00 - 5:15 YS <b>Vinyasa Yoga</b> <b>Eddie Teboul</b>
5:45 - 6:30 MS <b>Elimin8tor</b> <b>Marie Jasmin</b>	5:45 - 6:30 MS Barre Burn Ryan Beck	5:45 - 6:45 MS <b>Zumba®</b> <b>Matthew Johnson</b>	5:45 - 6:30 MS <b>Best Body Breakthru</b> <b>Marie Jasmin</b>	6:00 - 6:45 CS * Cyclesanity® Jillian Wright		
6:00 - 7:00 YS Yoga Power Hour Alexa Silvaggio	6:30 - 7:25 MS Deep EXtreme Ryan Beck	6:30 - 7:00 YS <b>Vinyasa Yoga</b> <b>Ariel Kiley</b>	6:15 - 7:00 CS * Studio Cycling Alie Giaime	7:00 - 8:15 YS Candlelight Flow Yoga Eddie Teboul		
6:30 - 7:15 MS Zumba® Vanessa Agudelo	6:35 - 7:05 CS * Interval Cycling (L2/3) Tracey Grossman	6:00 - 6:50 TR * Precision Running Jamal Smith	6:30 - 7:30 MS <b>Barre Burn</b> <b>Lindsay Davis</b>			
7:00 - 7:45 CS * Studio Cycling Kimberly Wong	7:15 - 8:15 YS Flow Play Vinyasa Ruah Bhay	6:45 - 7:30 MS <b>Athletic Conditioning</b> <b>Chrisanthi</b> <b>Hatzantonis</b>	7:15 - 8:15 YS Power Flow Yoga Bee Bosnak			
7:15 - 8:00 MS Tabata (L2/3) Greg James	7:30 - 8:15 MS <b>METCON3</b> <b>Amanda Young</b>	7:00 - 7:45 CS * Studio Cycling Jamal Smith				
7:15 - 8:00 YS <b>Pilates</b> <b>Sara Pauley</b>	8:15 - 8:45 MS <b>Core Conditioning</b> <b>Amanda Young</b>	7:00 - 7:45 YS <b>Pilates</b> <b>Martine Shandies</b>				
8:00 - 8:45 MS <b>Cardio Sculpt</b> <b>Amira Lamb</b>		7:45 - 8:30 MS <b>Barre Burn</b> <b>Allison Kimmel</b>				

## JANUARY 2015 - CLASS DESCRIPTIONS

### BROOKLYN HEIGHTS

194 Joralemon Street  
Brooklyn NY 11201  
718.522.7533  
equinox.com

#### CLUB HOURS

Mon-Wed: 5:30am - 11:00pm  
Thurs: 5:30am - 10:00pm  
Fri: 5:30am - 9:00pm  
Sat-Sun: 7:00am - 8:00pm

#### 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  
TR Treadmill Area

#### 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.

#### 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.

#### 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.

#### 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!

#### CANDLELIGHT FLOW YOGA

Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

#### 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 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.

#### 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!

#### 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.

#### 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.

#### 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.

#### 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.

#### INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

#### 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.

#### 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 FLOW YOGA

Stephanie's signature yoga class choreographed to soulful music blending Ashtanga, Vinyasa, Power and Restorative yoga. A transformational experience designed for all levels.

#### 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.

#### 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. Sign-up is required at the front desk. Make sure to bring your own headphones.

#### R&R: ROPES & ROWERS

This is not your typical R&R. Created by Webb Travis & Mike Diaz, this high calorie burning, circuit & interval training class teams you up with other members to push, pull, and shake your body to its full potential! A HIIT total body workout that uses all your energy systems.

#### 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.

#### 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!

#### 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.

#### VI PR CORE

NEW and Revolutionary: One up your Core Training with ViPR Core. Fundamental core training for increased stability, strength and definition utilizing the ViPR.

#### VI PR™

Vitality, Performance & Reconditioning for more energy, enhanced movement skills, & incredible strength. ViPR delivers a progressive & fun variety of real-life movement & whole body integration for maximum metabolic rate & increased caloric expenditure, resistance, endurance & strength.

#### 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.

#### YOGA POWER HOUR

A dynamic sixty-minute yoga class that is physically challenging and spiritually energizing. A great option for a time-efficient but complete yoga class!

#### 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.