

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:30 - 7:15 * Studio Cycling CS BJ Olson 6:45 - 7:30 TRX MAX MS Flex Cabral 7:00 - 8:00 Vinyasa Yoga YS Jena Maenius 7:30 - 7:45 Ab Lab MS Flex Cabral 10:00 - 11:00 Pilates Fusion (L2) YS Michael Johnson 11:00 - 11:45 Stretch YS Michael Johnson 11:15 - 12:15 Aqua Boot Camp PD Ellis Peters	6:30 - 7:15 * Studio Cycling CS Alison Kreideweis 6:45 - 7:30 METCON3 MS Frank Salzone 6:45 - 7:30 Barre Burn YS Allison Kimmel 7:30 - 8:30 Iyengar Yoga YS Cheryl Malter 9:00 - 10:00 Pilates Sculpt MS Jack McGowan 10:00 - 11:00 Barre Burn YS Alicia Archer	6:30 - 7:15 * Studio Cycling CS Randi Eisenshtat 7:00 - 8:00 Vinyasa Yoga (L2) YS Mary Dana Abbott 7:30 - 8:20 * Precision Running® TR Randi Eisenshtat 10:00 - 11:00 Pilates Fusion YS Michael Johnson 11:00 - 11:45 Stretch YS Michael Johnson	6:30 - 7:15 * Studio Cycling CS Melissa Morin 7:00 - 7:45 Whipped! MS John Cianca 7:00 - 8:00 Power Vinyasa Yoga YS (L1/2) Melinda Abbott 10:00 - 11:00 Aqua Boot Camp PD Jenni Patterson 10:00 - 11:00 Barre Burn YS Becca Pace 10:15 - 11:05 * Precision Running® TR Cooper Mann	7:30 - 8:15 * Studio Cycling CS Ben Green 10:00 - 11:00 Barre Burn YS Lindsay Davis 12:15 - 1:00 Barre Burn YS Kimberly Dawn Neumann 12:30 - 1:30 Ropes & Rowers MS Christopher Vo 1:15 - 2:15 Alignment Flow Yoga YS Erica Robinson	8:15 - 9:05 * Precision Running® TR Cooper Mann 9:00 - 10:30 Whipped! YS Vin-Hatha Yoga Diana Rilov 9:15 - 10:00 METCON3 MS Luis Weber 10:15 - 11:15 Zen Combat MS Violet Zaki 10:30 - 11:25 Barre Burn YS Christopher Vo 11:00 - 12:30 * Cycle: Endurance! (L2/3) CS Chris Griffin 11:15 - 12:00 Atonement MS Violet Zaki	9:00 - 9:50 * The Pursuit: Build CS Jamal Smith 9:00 - 10:00 Powerstrike! MS Lynze Schiller 10:15 - 11:00 Whipped! MS Jamal Smith 10:30 - 11:30 Barre Burn YS Lynze Schiller 11:45 - 1:00 Alignment Flow Yoga YS Jennifer Burch
12:00 - 12:50 * Precision Running® TR Cooper Mann 12:15 - 1:00 Zumba® MS Diego Chauca 12:15 - 1:00 Barre Burn YS Becca Pace 12:30 - 1:20 * The Pursuit: Build CS Randi Eisenshtat 1:05 - 1:50 Whipped! MS John Cianca 1:15 - 2:15 Sacred Strength® Yoga 4 Life YS Stephanie Culen	12:00 - 12:30 Body Sculpt MS Marie Jasmin 12:15 - 1:15 Vinyasa Yoga YS Lisa-Marie Lewis 12:30 - 1:15 METCON3 MS Marie Jasmin	12:15 - 1:00 Stacked! MS Joshua Vela 12:15 - 1:00 Barre Burn YS Diane Finkelday 12:30 - 1:15 * Rhythm Revolution CS Jason Wimberly 1:15 - 2:15 Warrior Flow™ (L1/2) YS Adrian Molina	12:00 - 12:15 Ab Lab MS Dawn Parker 12:15 - 1:00 Cardio Sculpt MS Dawn Parker 12:15 - 1:00 Pilates YS Nicola Yvette 12:30 - 1:20 * The Pursuit: Burn CS Jamal Smith 1:15 - 2:30 Vinyasa Yoga (L1/2) YS Mindy Frenkel	6:00 - 7:00 Athletic Conditioning MS Leon Joseph 6:00 - 7:00 Alignment Flow Yoga YS Mindy Bacharach 7:00 - 8:00 Cardio Kick MS Leon Joseph 7:00 - 7:55 Barre Burn YS Melinda Abbott 8:00 - 9:00 Power Vinyasa Yoga YS (L2) Melinda Abbott		
5:45 - 6:30 * Swim Team PD Doug Schwartz 6:00 - 7:00 Inten-Sati MS Patricia Moreno 6:00 - 7:15 Vinyasa Yoga (L1/2) YS Mindy Frenkel 6:45 - 7:30 * Studio Cycling CS Doug Schwartz 7:15 - 7:45 30/60/90® Core MS Anthony Cunanan 7:30 - 8:15 Pilates YS Nicola Yvette 7:45 - 8:30 30/60/90® MS Anthony Cunanan	5:30 - 6:30 Yoga Fundamentals YS Marci Rubin 5:30 - 6:20 Precision Running® TR Cooper Mann 5:45 - 6:35 * The Pursuit: Burn CS Jamal Smith 6:15 - 7:00 Asset Management MS Violet Zaki 6:30 - 7:45 Power Vinyasa Yoga YS (L2) Melinda Abbott 7:00 - 8:00 Zen Combat MS Violet Zaki 8:00 - 8:45 Barre Burn YS Melinda Abbott 8:05 - 8:50 Stacked! MS John Cianca	5:45 - 6:30 METCON3 MS Frank Salzone 6:00 - 7:15 Iyengar Yoga YS Cheryl Malter 6:30 - 7:15 Zumba® MS Diego Chauca 6:45 - 7:35 * The Pursuit: Build CS Frank Salzone 7:15 - 7:45 Ab Lab MS Geoff Bagshaw 7:15 - 8:00 Pilates Band YS Linda Farrell 7:45 - 8:30 Chisel'd MS Geoff Bagshaw 8:00 - 9:00 Flow Play® Vinyasa YS (L1/2) Cliff Schuman				

4TH OF JULY - CLASS DESCRIPTIONS

COLUMBUS CIRCLE @ 60TH STREET

Time Warner Center (60th and Broadway)
New York NY 10019
212.871.0425
equinox.com

BULLETIN BOARD

4TH JULY WEEKEND CLUB HOURS

Equinox Columbus Circle will have modified hours from Fri, July 3rd through Sunday, July 5th. The hours are as follows:
Friday, July 3rd: 5:30am to 8:00pm; Saturday, July 4th: 8:00am to 6:00pm; Sunday, July 5th: 8:00am to 9:00pm. Please check the holiday class schedule for modified class schedules.

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
PD Pool Deck
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.

30/60/90® CORE

Created by Kristi Molinaro. Kristi combines her Pilates expertise with athletic training to create a whole new way to work the core. Stronger abs, improved posture and injury prevention are just some of the benefits.

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.

AQUA BOOT CAMP

A great fun workout to kick off your new year fitness goals. Get stronger and leaner without impact on your joints with Aqua Boot Camp Training using Water Resistance, Weights and Noodles. Great core training, and total body workout for all levels. Pool is reserved for class participants only

ASSET MANAGEMENT

Violet Zaki's popular class isolates and firms all muscle groups and burns calories, leading to a more balanced body. Get a cardio workout and strengthen your muscles with the weighted exercises yielding tremendous body sculpting results in a very short period of time. One workout fits all.

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.

ATONEMENT

The total reconciliation. 45 min with you, your body & Violet Zaki to bring your best self forward & work it all out. Delivered in her signature fun style, this challenging total body athletic workout uses real resistance & non stop moves to build lean muscle, burn fat & inspire a stronger you.

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.

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.

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.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CYCLE: ENDURANCE!

Build your aerobic base, use your fat as fuel and strengthen your heart with this endurance training ride. Challenge yourself mentally and physically to maintain an uncomfortable but sustainable steady work effort for the duration of the ride. Be ready to sweat!

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.

INTEN-SATI

IntenSati is a revolutionary workout fusing high-energy aerobics, martial arts, dance, yoga, and strength conditioning. Combining spoken affirmations with simple choreography, IntenSati provides a heart-pumping, exhilarating workout that builds physical, mental, and spiritual muscle.

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.

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.

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.

RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

SACRED STRENGTH® YOGA 4 LIFE

Stephanie's signature class is an inspirational and therapeutic blend of strength and flexibility. Based in Ashtanga, Vinyasa and Therapeutic Yoga styles and choreographed to music. Designed for all levels, especially athletes, men, and people recovering from injuries.

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.

STRETCH

Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.

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.

SWIM TEAM

An intermediate/advanced class synonymous with high caliber training sessions. Participants must be able to swim 100 yards freestyle for the hour. Times-BEG: 2:15/INT:1:55/ADV: 1:30. Pool is reserved for class participants only. Class size limited. Sign-up at front desk 30-minutes prior to class.

THE PURSUIT: BUILD

Take on 3 intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN

Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

TRX MAX

Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

VIN-HATHA YOGA

This class combines the flow of Vinyasa with the moving meditation of Hatha. The main emphasis of "Vin-Hatha" is to build strength in order to prepare for a more advanced practice with specific focus on alignment and internal balance.

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 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.

ZEN COMBAT

Created by Black Belt & Fitness Celebrity Violet Zaki, this electric fusion class will kick your cardio fitness to the next level while defining and shaping your body Basic martial arts techniques and strength moves that challenge balance and agility. A serious calorie burn, Zaki-Style.

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.