

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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 Victoria Brumfield 6:45 - 7:35 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 R.I.P.P.E.D. MS Dawn Parker 10:00 - 11:00 Barre Burn YS Alicia Archer	6:30 - 7:15 * Studio Cycling CS Randi Eisenshtat 6:45 - 7:30 Tabata MS Milian Gotovac 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 9:00 - 10:00 TRX MAX MS Flex Cabral 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	6:45 - 7:30 METCON3 MS Geoff Bagshaw 7:00 - 8:00 Vinyasa Yoga YS Arnold Patricio 7:30 - 8:15 * Studio Cycling CS Ben Green 10:00 - 11:00 Barre Burn YS Janine Boland	8:15 - 9:05 * Precision Running TR Cooper Mann 9:00 - 10:30 Vin-Hatha Yoga YS Diana Rilov 9:15 - 10:15 * Studio Cycling CS Richard McDonald 9:15 - 10:00 METCON3 MS Luis Weber 10:15 - 11:15 Zen Combat MS Violet Zaki 10:30 - 11:25 Barre Burn YS Kimberly Dawn Neumann 11:00 - 1:00 * Cycle: Endurance! (L2/3) CS Chris Griffin 11:15 - 12:00 Atonement MS Violet Zaki 11:30 - 12:30 PilateSTRENGTH YS Frederick Schjang	9:00 - 9:45 * Studio Cycling CS Loi Jordon 9:00 - 10:00 Bodystrikes! MS Ilaria Montagnani 9:00 - 10:15 Power Vinyasa Yoga YS (L2) Melinda Abbott 10:00 - 11:00 Powerstrike! MS Ilaria Montagnani 10:30 - 11:30 Barre Burn YS Lynze Schiller 10:45 - 11:45 * Studio Cycling CS Wil Ashley 11:15 - 12:15 Tabata MS Flex Cabral 11:45 - 1:00 Alignment Flow Yoga YS Jennifer Burch
12:00 - 1:00 Dance! MS Lashawn Jones 12:15 - 1:00 Barre Burn YS Becca Pace 12:30 - 1:15 * Studio Cycling CS Randi Eisenshtat 1:05 - 1:50 Whipped! MS John Cianca 1:15 - 2:15 Sacred Strength® Yoga YS 4 Life 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 * Cyclesanity® CS Jillian Wright 12:30 - 1:15 METCON3 MS Marie Jasmin 1:30 - 2:30 Pilates YS Robin Powell	12:00 - 12:30 Shockwave: 30 MS Joshua Vela 12:15 - 1:00 Barre Burn YS Diane Finkelday 12:30 - 1:15 * Terrier Tri™ CYCLING CS Robert Pennino 12:30 - 1:15 Eliminator MS Joshua Vela 1:15 - 2:15 Warrior Flow™ (L1/2) YS Adrian Molina	12:00 - 12:15 Ab Lab MS Gerard Calvo 12:15 - 1:00 Cardio Sculpt MS Gerard Calvo 12:15 - 1:00 Pilates YS Nicola Yvette 1:05 - 1:50 Zumba® MS Jamie Drye 1:15 - 2:30 Vinyasa Yoga (L1/2) YS Mindy Frenkel	12:15 - 1:00 Barre Burn YS Kimberly Dawn Neumann 12:30 - 1:15 * Studio Cycling CS Noel Nocciolo 12:30 - 1:15 Tabata MS Milian Gotovac 1:15 - 2:15 Flow Play Vinyasa YS Erica Robinson	12:00 - 1:00 Aqua Boot Camp PD Ellis Peters 12:15 - 1:00 Shockwave MS John Cianca 12:30 - 1:30 Yoga Fundamentals YS Iyala Berley 1:30 - 2:30 Runner's Reset YS Taylor Dunham 4:00 - 5:00 Barefoot Body YS Conditioning Lynze Schiller	12:15 - 12:45 Ab Lab MS Flex Cabral 1:00 - 2:00 Swim Basics PD Katie Kopajtic 4:00 - 5:30 DANCEology (L2) MS James Ervin 4:00 - 5:00 Pilates YS Robin Powell
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) MS 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 8:15 - 9:15 Vinyasa Yoga YS Alexa Silvaggio	5:30 - 6:30 Yoga Fundamentals YS Iyala Berley 5:30 - 6:15 * Precision Running TR Cooper Mann 6:15 - 7:00 Asset Management MS Violet Zaki 6:30 - 7:45 Power Vinyasa Yoga YS (L2) Melinda Abbott 6:45 - 7:45 * Studio Cycling CS Wil Ashley 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 Jamie Drye 6:45 - 7:30 * Studio Cycling 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 8:30 - 9:30 * Swim Team (L2) PD Ellis Peters	6:00 - 7:00 * FORZA! MS Ilaria Montagnani 6:00 - 7:00 Alignment Flow Yoga YS Mindy Bacharach 6:30 - 7:15 * Studio Cycling CS Alex Lepinsky 7:00 - 8:00 Powerstrike! (L1/2) MS Ilaria Montagnani 7:00 - 7:55 Barre Burn YS Melinda Abbott 8:00 - 9:00 Definitions MS Ilaria Montagnani 8:00 - 9:00 Power Vinyasa Yoga YS (L2) Melinda Abbott	5:30 - 7:00 Vin-Hatha Yoga (L2/3) YS Diana Rilov 5:45 - 6:15 Ab Lab MS Dawn Parker 6:15 - 7:00 R.I.P.P.E.D. MS Dawn Parker 7:15 - 8:00 Zumba® MS Joshua Vela	5:00 - 6:00 Vinyasa Yoga YS Serena Tom	5:00 - 5:45 * CYCLEtherapy™ CS Craig Hunter 5:00 - 5:30 Stretch and Relax YS Robin Powell 5:30 - 6:30 Body Sculpt MS James Ervin 6:00 - 7:00 Terrier Tri™ Team PD (Swim Closed) 6:00 - 7:30 Vinyasa Yoga (L2) YS Lisa Anzelmo

JANUARY 2015 - CLASS DESCRIPTIONS

COLUMBUS CIRCLE @ 60TH STREET

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

CLUB HOURS

Mon-Thu: 5:30am - 11:00pm
Fri: 5:30am - 10:00pm
Sat & Sun: 8:00am - 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
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.

ALIGNMENT YOGA

Alignment Yoga emphasizes precision and purity of form. Based on the teachings of B.K.S. Iyengar, this practice enhances flexibility and alignment.

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.

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.

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.

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!

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!

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!

CYCLETHERAPY™

Connect to the 7 energy centers of the body with this innovative approach to cycling. A challenging yet meditative practice of spiritual athleticism that balances your body & mind, while aligning with your body's energetic system. Unleash the power within!

DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop. Benefits include overall cardiovascular conditioning.

DANCEOLOGY

From hip hop to jazz to funk to lyrical and modern James's dance class gives you everything. This diverse class will challenge your inhibitions, make you move and groove and allow your spirit to soar.

DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

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 VINAYASA

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

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.

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 without 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.

PILATESTRENGTH

Find your core power in this athletic fusion of Pilates, conditioning and conscious movement. Take your form, flexibility and strength to the next level using only your body weight as resistance. Class is designed to be as challenging as possible for athletes, and inviting to new comers.

POWER VINAYASA 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.I.P.P.E.D.

The One Stop Body Shock! A fun high-energy total body conditioning class that incorporates Resistance, Interval, Power, Plyometric, and Endurance training. This class targets all muscle groups by combining free weights and anaerobic conditioning. Come and get R.I.P.P.E.D...

RUNNER'S RESET

Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.

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.

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.

SHOCKWAVE: 30

30 minutes of 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!

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.

STRETCH AND RELAX

Wind down by stretching out the major muscle groups using a variety of stretch techniques. Increase flexibility while relaxing your mind.

STUDIO CLOSED

Studio Closed - Invited Attendees Only

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 BASICS

Master the basic swim strokes and techniques you need to learn to swim laps. The perfect class for those wishing to improve their lap swimming skills. Participants must be able to swim 100 yards freestyle without stopping. Pool reserved for class participants only.