

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 * Studio Cycling CS Randi Eisenshtat	6:15 - 7:00 * Studio Cycling CS Jamal Smith	6:30 - 7:15 * Studio Cycling CS Reza Pazooki	6:15 - 7:00 * Studio Cycling CS Jaime Morales	6:30 - 7:15 * Studio Cycling CS Frank Salzone	8:15 - 9:05 Precision Running TR Tiffany Boucher	9:30 - 10:15 * Studio Cycling CS Wil Ashley
6:30 - 7:20 METCON3 MS Frank Salzone	6:30 - 7:15 Cardio Kick MS Akin Williams	7:30 - 8:15 * Studio Cycling CS Muri Assunção	6:30 - 7:15 pureMUSCLE MS Joanna Stahl	6:30 - 7:30 Inten-Sati MS Natalia Petrzela	8:45 - 9:45 Definitions MS Iliaria Montagnani	9:30 - 11:00 Iyengar Yoga YS Debby Green
7:00 - 8:00 Vin-Hatha Yoga (L1/2) YS Diana Rilov	7:00 - 8:00 Vinyasa Yoga YS Lisa Anzelmo	7:30 - 8:15 30/60/90® MS Kristi Molinaro	7:00 - 8:00 Vinyasa Yoga YS Francesca Bove	7:00 - 8:00 Vinyasa Yoga YS Ana Sussmann	9:00 - 10:30 INNER Power Flow YS Nadia Zaki	10:00 - 11:00 Zen Combat MS Violet Zaki
7:30 - 8:15 30/60/90® MS Randi Eisenshtat	7:15 - 7:45 Core SHAPER MS Jaime Morales	7:30 - 8:30 Vinyasa Yoga YS Arnold Patricio	7:15 - 7:45 Core SHAPER MS Jaime Morales	7:30 - 8:30 Deep EXtreme MS Alicia Archer	9:15 - 10:00 * Studio Cycling CS Jamal Smith	11:00 - 11:45 * Studio Cycling CS Reza Pazooki
9:00 - 10:00 Zumba® MS Diego Chauca	7:45 - 8:30 body SHAPER MS Jaime Morales	9:00 - 10:00 Pilates YS Bonnie Crellin	7:30 - 8:15 * Studio Cycling CS Nadia Zaki	9:00 - 10:00 Deep EXtreme MS Ryan Beck	9:45 - 10:45 Powerstrike! MS Iliaria Montagnani	11:00 - 11:45 Asset Management MS Violet Zaki
10:00 - 11:00 Water Workout PD Nina Carras	8:00 - 9:00 Iyengar Yoga YS Debby Green	9:15 - 10:00 Athletic Conditioning MS Antonio Hudson	7:45 - 8:30 Booty Shaper MS Jaime Morales	10:00 - 11:00 Barre Burn MS Ryan Beck	10:30 - 11:15 * Studio Cycling CS Nadia Zaki	11:00 - 12:30 Vin-Hatha Yoga (L2) YS Diana Rilov
	9:00 - 9:45 * Studio Cycling CS Danielle Hopkins	10:00 - 10:45 Zumba® MS Antonio Hudson	8:00 - 9:00 Iyengar Yoga YS Debby Green	10:00 - 11:00 Water Workout PD Ellis Peters	10:30 - 11:30 Pilates Fusion YS Taylor Phillips	
	9:15 - 10:15 Inten-Sati MS Natalia Petrzela	10:00 - 11:00 Water Workout PD Randi Eisenshtat	9:00 - 9:45 * Studio Cycling CS Rachel Vaziralli	11:15 - 12:05 Precision Running TR Tiffany Boucher	10:45 - 11:45 Atletica MS Iliaria Montagnani	
	11:00 - 11:30 30/60/90® Core MS Kristi Molinaro	11:15 - 12:05 Precision Running TR Tiffany Boucher	9:00 - 10:00 Inten-Sati MS Patricia Moreno		11:30 - 1:00 INNER Warrior YS Nadia Zaki	
	11:30 - 12:15 30/60/90® MS Kristi Molinaro		11:00 - 11:30 30/60/90® Core MS Kristi Molinaro		11:45 - 12:30 * Studio Cycling CS Tarek Cotran	
			11:30 - 12:15 30/60/90® MS Kristi Molinaro		11:45 - 12:30 30/60/90® MS Anthony Cunanan	
12:15 - 1:15 Vinyasa Yoga YS Sarra Morton	12:15 - 1:15 Vinyasa Yoga YS Arnold Patricio	12:15 - 1:05 Precision Running TR Tiffany Boucher	12:30 - 1:15 * Studio Cycling CS Wil Ashley	12:00 - 12:45 * Studio Cycling CS Nadia Zaki	12:45 - 1:45 Water Workout PD Lisa Raphael	12:00 - 1:00 Barre Burn MS Alicia Archer
12:30 - 1:30 Barre Burn MS Alicia Archer	12:30 - 1:15 * Studio Cycling CS Jaime Morales	12:30 - 1:30 Barre Burn MS Cindya Davis	12:30 - 1:30 Vinyasa Yoga YS Jason Olson	12:45 - 1:30 30/60/90® Strength MS Kristi Molinaro	2:15 - 3:15 Power Yoga YS Arnold Patricio	1:00 - 2:00 Deep EXtreme MS Alicia Archer
		12:30 - 1:30 Ashtanga Style Vinyasa YS Jenny Meyer		1:00 - 2:00 INNER Power Flow YS Nadia Zaki	4:15 - 5:15 Vinyasa Yoga YS Melinda Abbott	4:00 - 4:45 Pilates Fusion YS Julia Starobin
5:15 - 6:15 Deep EXtreme MS Alicia Archer	5:30 - 6:30 INNER Warrior MS Nadia Zaki	5:30 - 6:30 Basic Flow Yoga (L1/2) YS Johan Montijano	5:30 - 6:15 30/60/90® Strength MS Kristi Molinaro	5:30 - 6:15 30/60/90® MS Kristi Molinaro	5:30 - 6:30 Rock Solid: Pilates YS Jewel Elizabeth	5:00 - 5:45 * Studio Cycling CS Muri Assunção
5:30 - 6:30 Basic Flow Yoga (L1/2) YS Marjorie Nass	5:30 - 6:30 Pilates Fusion YS Michael Johnson	5:45 - 6:45 Zen Combat MS Violet Zaki	5:30 - 6:30 Pilates Fusion YS Michael Johnson	6:15 - 7:30 Anusara Yoga YS Challenge (L2) Jackie Prete		6:00 - 7:00 Vinyasa Yoga YS Elaine O'Brien
6:25 - 7:25 Dance! MS Tootsie Olan	6:30 - 7:15 * Studio Cycling CS Tarek Cotran	6:30 - 7:15 * Studio Cycling CS Wil Ashley	6:30 - 7:15 * Studio Cycling CS Muri Assunção	6:20 - 7:05 30/60/90® MS Kristi Molinaro		
6:30 - 7:15 * Studio Cycling CS Jaime Morales	6:30 - 7:20 METCON3 MS John Cianca	6:45 - 7:30 Asset Management MS Violet Zaki	6:30 - 8:00 Vinyasa Yoga (L2/3) YS Lara Benusis	6:30 - 7:15 * Studio Cycling CS Reza Pazooki		
6:30 - 7:30 Aqua Boot Camp PD Ellis Peters	6:30 - 7:45 Vinyasa Yoga YS Ana Sussmann	6:45 - 8:15 Vinyasa Yoga (L2/3) YS Francesca Bove	8:30 - 9:30 * Swim Team (L2/3) PD Ellis Peters			
6:30 - 7:30 Rock Solid: Pilates YS Jewel Elizabeth	7:30 - 9:00 DANCEology (L2/3) MS James Ervin	7:30 - 8:30 NYC Dance Project MS Abby Goldenberg				
7:30 - 8:00 ABsession™ MS Violet Zaki	7:45 - 8:30 * Studio Cycling CS Tarek Cotran					
7:40 - 8:40 Flow Play Vinyasa YS Jessica Stickler	7:45 - 8:45 Power Yoga YS Arnold Patricio					
7:45 - 8:30 * Studio Cycling CS Wil Ashley	8:30 - 9:30 * Swim Team (L2/3) PD Ellis Peters					
8:00 - 8:45 Power Trip MS Violet Zaki						

JANUARY 2015 - CLASS DESCRIPTIONS

GREENWICH AVE. @ 12TH ST.

97 Greenwich Avenue
New York NY 10014
212.620.0103
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.

30/60/90® STRENGTH

Kristi Molinaro turns her popular HIIT class upside down! Longer and slower strength intervals with shorter cardio bursts help participants increase their strength, improve their form and learn low impact options for most high intensity cardio moves.

ABSESSION™

Violet's signature class, is a highly efficient and concentrated workout which combines core strengthening and stabilizing exercises that not only give you leaner abs and a stronger back, but will help improve posture and balance. It's not all about crunches!

ANUSARA YOGA CHALLENGE

This upbeat challenging Anusara Yoga class addresses the needs of the athletes as well as the intermediate to advanced yoga student who wants to move their practice to the next level. Instead of competition, the spirit of this class is one of shared mutual respect and deep camaraderie.

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

ASHTANGA STYLE VINYASA YOGA

A Vinyasa style class sequenced off the Ashtanga primary and intermediate series. Ashtanga Style Vinyasa includes correct breathing, posture, and gazing point. While the class is mostly physical in nature, it's ultimate aim is to calm the mind.

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.

ATLETICA

Sculpt and train your body like An Athlete for an hour. Iliara'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!

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.

BASIC FLOW YOGA

An introduction to a flowing yoga practice. Using the time-honored wisdom of yoga, this practice is a dynamic combination of strength, sweat and spirituality.

BODY SHAPER

A high intensity interval conditioning class that burns tons of calories and shapes the full body with exercises like woodchops, squat jumps and curlpress. This is Jaime Morales system to training/shaping upper, lower and core areas with every single move.

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!

BOOTY SHAPER

A high intensity cardio conditioning class that burns tons of calories and shapes the butt, legs and thighs. This is Jaime Morales system to shaping and toning the butt and core areas with every single move.

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.

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.

CORE SHAPER

A high intensity class that burns tons of calories and shapes the core area with exercises like crunches leg lifts and planks. This is Jaime Morales system to shaping the core areas with every single move, while getting a great sweaty workout.

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.

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.

DEFINITIONS

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

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.

INNER POWER FLOW

Using elements from various Yoga traditions, this class will challenge you and will focus on core flexibility and breath. Each movement is linked with breath to work your entire body, refresh your mind, and soothe your soul. Created by Nadia Zaki.

INNER WARRIOR

Find the Warrior within through strength in knowledge of body and mind. Inner Warrior is a practice that requires a commitment from your mind and body. It is a fusion of styles inspired from multiple martial art forms and yoga practices, all of which are brought to you in a pure fitness format.

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.

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.

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 TRIP

Going on a "Power Trip" with Violet will maximize both your time and effort by combining strength and cardio into one calorie-burning workout. You can't get more efficient than this.

POWER YOGA

Our most athletic vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different yoga styles.

POWERSTRIKE!

Developed by Iliara 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.

PUREMUSCLE

Enjoy this muscular workout that will tighten and tone for a lean body. This resistance class uses equipment like barbells and hand weights and is a great counterbalance to all other muscle conditioning classes and is perfect for all levels.

ROCK SOLID: PILATES

Heighten your Pilates experience with Jewel Elizabeth's signature non-stop mat class. Her 3-dimensional format flows from one exercise to the next, giving you a deeper integration of muscles, incredible physical awareness, and higher caloric output. Efficient and effective for every level.

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.

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.

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.

WATER WORKOUT

A combination of cardiovascular and muscle conditioning drills using water resistance. Pool is reserved for class participants only