

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45 * Studio Cycling CS Jaime Morales 7:30 - 8:30 Power Vinyasa Yoga YS Melinda Abbott 8:00 - 8:45 body SHAPER MS Jaime Morales 10:00 - 11:00 Rock Solid: Pilates YS Jewel Elizabeth	6:15 - 7:00 Precision Running TR Linette Guelen 6:30 - 7:30 Vinyasa Yoga YS Mary Horne 6:45 - 7:30 * Studio Cycling CS Lindsay Carson 7:00 - 7:45 30/60/90® MS Kevin VerEecke 7:45 - 8:30 Deep EXtreme MS Alicia Archer 8:00 - 9:00 Vinyasa Yoga YS Sarra Morton 9:00 - 9:45 Barre Burn MS Caroline Strong	6:15 - 7:00 * Studio Cycling CS Jamal Smith 6:30 - 7:20 Pilates YS Jeffrey Morris 6:45 - 7:30 METCON3 MS Amber Edwards 7:30 - 8:15 * Studio Cycling CS Danielle Hopkins 7:30 - 8:15 Barre Burn MS Amber Edwards 7:30 - 8:30 Vinyasa Yoga YS Nadia Zaki 8:30 - 9:15 Eliminator MS Danielle Hopkins 9:00 - 9:45 * Titan Ride CS Omar Sandoval 10:00 - 11:00 Powerstrike! MS Omar Sandoval 10:00 - 11:00 Pilates YS Emma Rivera	6:15 - 7:00 Inten-Sati MS Darbi Worley 6:45 - 7:30 * Cyclesanity® CS Jillian Wright 7:00 - 7:45 30/60/90® MS Darbi Worley 7:30 - 8:45 Life Aligned® Yoga YS Jordan Mallah 7:45 - 8:35 Barre Burn MS Lindsay Davis 9:30 - 10:30 R.I.P.P.E.D. MS Dawn Parker 10:00 - 11:00 Vinyasa Yoga YS Johan Montijano	7:00 - 7:45 * Studio Cycling CS Jamal Smith 7:00 - 7:45 Barre Burn MS Maria Malanga 7:45 - 8:45 Yoga Tune Up® YS Taylor Dunham 8:00 - 8:45 Whipped! MS Danielle Hopkins 9:00 - 9:45 * Studio Cycling CS Matthew Pasqua 10:00 - 11:00 Pilates MS Rodrick Covington 11:00 - 12:00 YogaSati YS Patricia Moreno	9:00 - 9:50 Barre Burn MS Liz LeFrois 10:00 - 10:55 Body Conditioning MS Liz LeFrois 10:00 - 11:00 Vinyasa Yoga YS Iyala Berley 10:30 - 11:15 * Studio Cycling CS Faris 11:00 - 12:00 Powerstrike! MS Liz LeFrois 11:15 - 12:10 Rock Solid: Pilates YS Jewel Elizabeth 11:30 - 12:15 * Studio Cycling CS Jamal Smith	9:30 - 10:30 Vinyasa Yoga YS Lindsay Carson 10:30 - 11:30 Cardio Kick MS Maris Madeira 10:45 - 11:30 * Studio Cycling CS Lindsay Carson 11:00 - 11:50 Pilates YS Abigail Taylor 11:30 - 12:15 Boot Camp (L2/3) MS Greg James
12:15 - 1:00 Barre Burn MS Lindsay Davis 12:30 - 1:45 Vinyasa Yoga YS Francesca Bove 1:15 - 2:15 Whipped! MS Gerren Liles	12:15 - 1:00 * Studio Cycling CS Russell Smith 12:30 - 1:15 Tabata MS Luis Weber 1:00 - 2:00 Pilates YS Jeffrey Morris	12:00 - 1:00 Barre Burn MS Becca Pace 12:15 - 1:00 * Amy's A.R.M.Y.™ CS Cycling Amy Amato 12:15 - 1:30 Anusara Yoga YS Jackie Prete 1:00 - 2:00 Deep EXtreme MS Becca Pace 1:00 - 1:50 * Precision Running TR Damian Vella	12:00 - 12:45 * Tread and Shred TR Matthew Pasqua 12:30 - 1:15 * SpeedCycle® CS Steve Feinberg 1:00 - 1:45 30/60/90® MS Gerren Liles 1:00 - 2:00 Pilates YS Matthew Pasqua	12:15 - 1:15 Inten-Sati MS Patricia Moreno 12:30 - 1:15 * Studio Cycling CS Reza Pazooki 12:30 - 1:30 Vinyasa Yoga YS Sarra Morton	12:15 - 1:15 Barre Burn MS Maria Malanga 12:20 - 1:20 Vinyasa Yoga (L2/3) YS Benn Rasmussen 3:00 - 3:50 METCON3 MS Greg James 3:00 - 3:50 Pilates YS Lindsay Smith 4:00 - 4:45 * Studio Cycling CS Chayanne Joel	12:15 - 12:30 Ab Lab MS Greg James 12:15 - 1:15 Vinyasa Yoga YS Johan Montijano 1:20 - 2:20 Alignment Flow Yoga YS Julia Starobin 2:20 - 3:10 Pilates YS Julia Starobin 3:15 - 4:00 * Studio Cycling CS Arthur Tang
5:00 - 6:00 Vinyasa Yoga YS Michael Hewett 5:55 - 6:40 Tabata MS Colleen Conlon 6:15 - 7:00 * Studio Cycling CS Wil Ashley 6:15 - 7:30 Power Vinyasa Yoga YS Sam Chase 6:45 - 7:30 METCON3 MS Phoenix Carnevale 7:15 - 8:00 * Studio Cycling CS Chayanne Joel 7:30 - 7:45 Ab Lab MS Phoenix Carnevale 7:30 - 8:30 Yoga Fundamentals YS (L1) Jessie Barr 7:45 - 8:30 Boot Camp MS Eilon Kedem	5:45 - 6:30 30/60/90® MS Kristi Molinaro 5:45 - 7:00 Sacred Strength® Yoga 4 Life Stephanie Culen YS 6:15 - 7:00 * Studio Cycling CS Randi Eisenshtat 6:30 - 7:00 30/60/90® Core MS Kristi Molinaro 7:00 - 7:45 30/60/90® MS Kristi Molinaro 7:15 - 8:00 * Studio Cycling CS BJ Olson 7:15 - 8:15 Yoga Core YS Patricia Pinto 8:00 - 8:50 Barre Burn MS Cindya Davis	6:00 - 6:30 Ab Lab MS Antonio Hudson 6:15 - 7:00 Pilates Fusion YS Caroline Strong 6:30 - 7:15 * Studio Cycling CS Kimberly Wong 6:30 - 7:00 Booty Blast MS Antonio Hudson 7:00 - 7:30 Upper-Cuts MS Antonio Hudson 7:30 - 8:30 Zumba® MS Emily Naim 7:30 - 9:00 Vinyasa Yoga (L2/3) YS Domenic Savino	5:30 - 6:15 Eliminator MS CeCe Marizu 5:30 - 6:20 Pilates YS Emma Rivera 6:15 - 7:00 * Studio Cycling CS Shanda Woods 6:15 - 7:30 DANCEology MS James Ervin 6:30 - 7:30 Vinyasa Yoga YS Mary Dana Abbott 7:30 - 8:30 Tai Sculpt MS James Ervin	5:30 - 6:15 Kettlebell Power MS Rachel Vaziralli 6:00 - 7:30 Vinyasa Yoga YS Domenic Savino 6:30 - 7:15 * Studio Cycling CS Rachel Vaziralli 6:30 - 7:30 Barre Burn MS Lindsay Davis	5:00 - 6:30 Vinyasa Yoga YS Francesca Bove	5:00 - 5:30 30/60/90® Core MS Anthony Cunanan 5:00 - 6:30 Sacred Strength® Yoga 4 Life Stephanie Culen YS 5:30 - 6:15 30/60/90® MS Anthony Cunanan

FEBRUARY 2015 - CLASS DESCRIPTIONS

SOHO

69 Prince Street
New York NY 10012
212.334.4631
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
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.

AMY'S A.R.M.Y.™ CYCLING

Amy Really Motivates You to push beyond your limits in a heart-racing, adrenalin-flowing, absolutely-no-excuses cycling class. Expect to climb and race up steep hills and sprint as she gets you past your "finish line" with her "yes you can, yes you will, yes you are" mantra.

ANUSARA YOGA

Founded by John Friend, this style integrates the celebration of the heart, principles of alignment, and balanced energetic action. By "following your heart" each student's abilities & limitations are explored, respected & honored.

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 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.

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 BLAST

Dedicated to the bottom half: gluts, hips, thighs and abs. Burnin buns and a blast!

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.

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!

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.

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.

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.

KETTLEBELL POWER

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

LIFE ALIGNED® YOGA

Life Aligned® Yoga teaches you how to prevent pain, reduce strain, and up your game. This alignment based approach to yoga is powerfully transformative, with an educational, playful and creative vibe. Experience its therapeutic benefits that include greater strength and flexibility, reduced stress, increased sleep, and clearer thinking.

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 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.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...

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.

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.

SPEEDCYCLE®

A fun, powerful, and progressive athletic training ride, created and guided by Steve Feinberg. Rhythm riding, challenging endurance intervals, appropriate recovery, short duration HIIT sets, just the right amount of motivation, and soundtracks that'll take you back and bring you forward.

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.

TAI SCULPT

This is a barefoot total conditioning class based on the principals of basic ballet, yoga, pilates, tai-chi and traditional sculpt with weights. This fusion class unites western and eastern philosophy to challenge your mind and body in deep focused movement.

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.

TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

UPPER-CUTS

Sculpt and strengthen your arms, shoulders and back while working through a powerful cardio blast.

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.

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 CORE

Full practice session of fiery and fierce core heating, strengthening exercises and asanas to get move you towards a yoga 6-pack.

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.

YOGA TUNE UP®

Refreshing movements from yoga, body therapy and evolved core conditioning systemically and intelligently prime and explore every part of your body. Designed by Jill Miller.

YOGASATI

A combination of flowing yoga series' and functional core exercises combined with uplifting and heart opening teachings. A practice that leads to thinner peace.

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.