

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00 * Studio Cycling CS Beth Shane 7:15 - 8:00 Boot Camp MS Danielle Hopkins 9:00 - 10:00 Iyengar Yoga YS Witold Fitz-Simon 10:00 - 11:00 Barre Burn MS Kimberly McFerron	6:30 - 7:15 * Studio Cycling CS Renee Pesante 7:30 - 8:15 Barre Burn MS Cindya Davis 7:30 - 8:30 Slow Flow Yoga YS Lisa Landphair 9:15 - 10:00 * TERRAcycle! CS Gregg Cook 10:15 - 11:00 Whipped! MS Gregg Cook 11:15 - 12:15 Feldenkrais Method® YS Frederick Schjang	7:00 - 8:00 Vinyasa Yoga YS Mardi Sykes 7:15 - 8:00 * Studio Cycling CS Stacey Grant 7:15 - 8:00 METCON3 MS John Cianca 9:30 - 10:30 Liquid Strength® MS Story VonHolzhausen 10:00 - 11:00 Pilates/Bartenieff Fusion YS Laura Ward	7:15 - 8:00 30/60/90® MS Jack McGowan 7:30 - 8:30 Slow Flow Yoga YS Lisa Landphair 9:15 - 10:00 * Studio Cycling CS Alie Giaime 10:00 - 11:15 Alignment Flow Yoga YS Mindy Bacharach	7:00 - 8:00 Vinyasa Yoga YS Jen Guarnieri 7:15 - 8:00 Whipped! MS Milian Gotovac 9:30 - 10:15 Athletic Conditioning MS Ajia Maximillian 10:15 - 11:15 Pilates YS Taylor Phillips	9:00 - 10:00 Yoga Fundamentals YS Lisa Landphair 9:30 - 10:15 * Studio Cycling CS Danielle Hopkins 9:30 - 10:15 Stacked! MS Francesca Meccariello 10:30 - 11:15 * Studio Cycling CS BJ Olson 10:30 - 11:30 Whipped! MS Danielle Hopkins 10:30 - 11:30 Vinyasa Yoga YS Melinda Abbott 10:30 - 11:15 * Precision Running TR Kevin St. Fort 11:30 - 12:15 30/60/90® MS Sabrina Nieves-Greenstein	9:30 - 10:45 Sacred Strength® Yoga 4 Life YS Stephanie Culen 10:15 - 11:00 Tabata MS Amber Edwards 10:30 - 11:15 * Studio Cycling CS Frank Louis 11:15 - 12:15 Barre Burn MS Amber Edwards 11:30 - 12:15 * Amy's A.R.M.Y.™ Cycling CS Amy Amato
12:30 - 1:15 * Studio Cycling CS Jay Dantzer 1:30 - 2:30 Vinyasa Yoga YS Narween Otto	12:15 - 1:15 Pilates YS Frederick Schjang 12:30 - 1:30 Cardio Sculpt MS Marcus Jackson	12:30 - 1:15 * Studio Cycling CS Randi Eisenshtat 1:30 - 2:30 Vinyasa Yoga YS Jen Guarnieri	12:15 - 1:15 Barre Burn MS Becca Pace 12:30 - 1:15 Precision Running TR Francesca Meccariello 1:15 - 2:00 METCON3 MS John Cianca	12:30 - 1:15 * Studio Cycling CS Renee Pesante 1:30 - 2:30 Vinyasa Yoga YS Mardi Sykes	12:15 - 1:15 Pilates YS Loi Jean Kail	12:15 - 1:15 Deep EXtreme MS Becca Pace 12:30 - 1:30 Vinyasa Yoga YS Serena Tom
6:30 - 7:15 * Studio Cycling CS Danielle Hopkins 6:30 - 7:15 CARDIO Burn! MS Garry Baddal 6:30 - 7:30 Pilates YS Taylor Phillips 7:15 - 8:00 The Training System MS Garry Baddal 7:30 - 8:15 * Studio Cycling CS Frank Louis 7:30 - 8:30 Vinyasa Yoga YS Lisa Bermudez	6:15 - 7:15 Barre Burn MS Jason Olson 6:30 - 7:15 * Studio Cycling CS Rico Wesley 6:30 - 7:30 Vinyasa Yoga YS Elaine O'Brien 7:20 - 8:10 METCON3 MS Rico Wesley 7:30 - 8:30 Pilates YS Sara Pauley	6:30 - 7:15 * Studio Cycling CS Frank Louis 6:30 - 7:15 Tabata MS Marcus Jackson 6:30 - 7:30 Pilates YS Laura Ward 7:20 - 8:05 30/60/90® MS Carl Lauro 7:30 - 8:30 Vinyasa Yoga YS Johan Montijano	6:30 - 7:15 * Studio Cycling CS Beth Shane 6:30 - 7:15 Boot Camp MS Danielle Hopkins 6:30 - 7:45 Sacred Strength® Yoga YS Stephanie Culen	6:00 - 6:45 Barre Burn MS Becca Pace 6:30 - 7:15 * Studio Cycling CS Noel Nociolo 6:30 - 7:30 Vinyasa Yoga YS Nicola Yvette 6:45 - 7:45 Deep EXtreme MS Becca Pace	5:00 - 6:30 Restorative Yoga YS Narween Otto	

## JANUARY 2015 - CLASS DESCRIPTIONS

### PRINTING HOUSE

421 Hudson St.  
New York NY 10014  
212.243.7600  
equinox.com

### CLUB HOURS

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

#### 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.

#### 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.

#### 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.

#### 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 BURN!

Calorie-burning cardio...simple, fast & fun. Be ready for intervals that may include plyometrics, jump rope, athletic drills & more. Elevate your heart rate, your spirits & sweat yourself into that fit body.

#### 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.

#### 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.

#### FELDENKRAIS METHOD®

The Feldenkrais Method™ Awareness Through Movement® practice developed by martial artist/physicist Moshe Feldenkrais, integrates movement, breath, & vision to increase flexibility & coordination, & reduce pain.

#### 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.

#### LIQUID STRENGTH®

Liquid Strength®: "Best New Fusion Class"(NY Magazine). Take off your shoes and blast your upper AND lower body (especially targeted) w/every fluid Liquid Strength® move. Posture-Power-Peace=a whole new you.

#### 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/BARTENIEFF FUSION

Laura Ward's signature class guides the body into optimal structural, energetic and functional alignment. The "Basic Six" (simple exercises developed by Irmgard Bartenieff) are fused with Pilates to encourage neuro-muscular repatterning, improve joint mobility and overall structural strength

#### 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.

#### RESTORATIVE YOGA

Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of yoga props helps to support and ease the body into poses held over extended time. As body relaxes, the mind grows still.

#### 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.

#### SLOW FLOW YOGA

Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

#### 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.

#### TERRACYCLE!

Gregg Cook's cycling class is terrain based allowing you to transfer the studio experience to the outdoors. Perfect for the cyclist or tri-athlete.

#### THE TRAINING SYSTEM

Garry Baddal's signature program is a workout that produces results. His high-calorie burning class will make you run, jump, push and pull with more power and endurance. Open to all levels, Garry will coach and motivate you to reach your full fitness potential.

#### 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.

#### WILLPOWER & GRACE™

Experience a unique, full-body, barefoot cardio-sculpting workout with the intensity of boot-camp, the self-awareness of yoga, and the discipline of Pilates. Formatted movement sequences are matched with positive, uplifting philosophy to increase your self-confidence and show you results.

#### 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.