EQUINOX

PRINTING HOUSE

SEPTEMBER 2014
Schedule Effective:
Sep 2, 2014 - Sep 30, 2014

GROUP FITNESS MANAGER: Danielle Hopkins
danielle.hopkins01@equinox.com

Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15 - 8:00 CS * Studio Cycling Beth Shane 7:15 - 8:00 MS Stacked! Joshua Vela 9:00 - 10:00 YS Iyengar Yoga Witold Fitz-Simon **10:00 - 11:00 MS Barre Burn Janine Boland**	6:30 - 7:15 CS * Studio Cycling Renee Pesante 7:30 - 8:15 MS Barre Burn Cindya Davis 7:30 - 8:30 YS Slow Flow Yoga Lisa Landphair 9:15 - 10:00 CS * TERRAcycle! Gregg Cook 10:15 - 11:00 MS Whipped! Gregg Cook **11:15 - 12:15 YS Feldenkrais Method® Frederick Schjang**	7:00 - 8:00 YS Vinyasa Yoga Mardi Sykes 7:15 - 8:00 CS * Studio Cycling Stacey Grant 7:15 - 8:00 MS METCON3 John Cianca 9:30 - 10:30 MS Liquid Strength® Story VonHolzhausen 10:00 - 11:00 YS Pilates/Bartenieff Fusion Laura Ward	6:30 - 7:15 CS * Studio Cycling Jamal Smith 7:15 - 8:00 MS 30/60/90® Jack McGowan 7:30 - 8:30 YS Slow Flow Yoga Lisa Landphair 9:15 - 10:00 CS * Studio Cycling Alie Giaime 10:00 - 11:15 YS Alignment Flow Yoga Mindy Bacharach	7:00 - 8:00 YS Vinyasa Yoga Jen Guarnieri 7:15 - 8:00 MS Whipped! Luis Weber 9:30 - 10:15 MS Tabata Milian Gotovac 10:15 - 11:15 YS Pilates Taylor Phillips	9:00 - 10:00 YS Yoga Fundamentals Lisa Landphair 9:30 - 10:15 CS * Studio Cycling Danielle Hopkins 9:30 - 10:15 MS Stacked! Francesca Meccariello **10:30 - 11:15 CS * Studio Cycling Story VonHolzhausen** **10:30 - 11:30 MS Whipped! Danielle Hopkins** 10:30 - 11:30 YS Vinyasa Yoga Melinda Abbott **11:30 - 12:30 MS Liquid Strength® Story VonHolzhausen**	9:30 - 10:45 YS Sacred Strength® Yoga 4 Life Stephanie Culen 10:30 - 11:15 CS * Studio Cycling Frank Louis 10:30 - 11:15 MS Tabata Amber Edwards 11:30 - 12:30 MS Barre Burn Amber Edwards
12:30 - 1:15 CS * Studio Cycling Jay Dantzler 1:30 - 2:30 YS Vinyasa Yoga Narween Otto	**12:15 - 1:15 YS Pilates Frederick Schjang** 12:30 - 1:30 MS Cardio Sculpt Marcus Jackson	12:30 - 1:15 CS * Studio Cycling Randi Eisenshtat 1:30 - 2:30 YS Vinyasa Yoga Jen Guarnieri	12:15 - 1:15 MS Barre Burn Becca Pace **12:30 - 1:15 TR Precision Running Francesca Meccariello** 1:15 - 2:00 MS METCON3 John Cianca	12:30 - 1:15 CS * Studio Cycling Renee Pesante 1:30 - 2:30 YS Vinyasa Yoga Mardi Sykes	12:15 - 1:15 YS Pilates Loi Jean Kail	12:30 - 1:45 YS Vinyasa Yoga Mariko Hirakawa
6:30 - 7:15 CS * Studio Cycling Danielle Hopkins 6:30 - 7:15 MS CARDIO Burn! Garry Baddal 6:30 - 7:30 YS Pilates Taylor Phillips 7:15 - 8:00 MS The Training System Garry Baddal 7:30 - 8:15 CS * Studio Cycling Frank Louis 7:30 - 8:30 YS Vinyasa Yoga Lisa Bermudez	6:15 - 7:15 MS Barre Burn Jason Olson 6:30 - 7:15 CS * Studio Cycling Rico Wesley 6:30 - 7:30 YS Vinyasa Yoga Elaine O'Brien 7:20 - 8:10 MS METCON3 Rico Wesley **7:30 - 8:30 YS Pilates Travis Sisk**	6:30 - 7:15 CS * Studio Cycling Frank Louis 6:30 - 7:15 MS Stacked! Joshua Vela 6:30 - 7:30 YS Pilates Laura Ward 7:20 - 7:50 MS Shockwave: 30 Joshua Vela 7:30 - 8:30 YS Vinyasa Yoga Johan Montijano	**6:30 - 7:15 CS * Studio Cycling Beth Shane** **6:30 - 7:30 MS Whipped! Danielle Hopkins** 6:30 - 7:45 YS Sacred Strength® Yoga 4 Life Stephanie Culen	6:00 - 6:45 MS Boot Camp Will Jackson **6:30 - 7:15 CS * Studio Cycling Noel Nocciolo** 6:30 - 7:30 YS Vinyasa Yoga Nicola Yvette 6:45 - 7:45 MS Barre Burn Becca Pace	**5:00 - 6:30 YS Restorative Yoga Narween Otto**	

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

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

PRINTING HOUSE

421 Hudson St.
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equinox.com

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

SEPTEMBER 2014 - CLASS DESCRIPTIONS

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.

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.

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. 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.

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!

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.