

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:45 * Cycle 45 CS Paola Carreno	<b>7:00 - 7:45 * Studio Cycling Keith Harvey</b>	7:15 - 8:00 * Barre Bootcamp YS Louisa Drake	7:00 - 7:45 Whipped! MS Anthony Fletcher	7:00 - 7:45 Boxing Boot Camp BR Anthony Fletcher	<b>8:15 - 9:15 * ETC Coming Soon Equinox Trainers</b>	9:30 - 10:30 Definitions MS Hugo Diez
7:00 - 7:45 METCON3 MS Ted Stockton-Smith	7:00 - 8:00 Tabata MS Hugo Diez	7:15 - 8:15 * Precision Running® TR Rory Knight	9:00 - 9:45 H.I.T. Full Body Conditioning MS Hugo Diez	7:00 - 8:00 Tabata MS Alex Lawson	9:15 - 10:00 * Studio Cycling CS Karl McCreath	10:00 - 10:45 * Cycle Beats CS Paola Carreno
7:15 - 8:00 Pilates Body Burn YS Pennie Holloway	7:00 - 8:00 Rise! and Flow YS Amy Slevin	9:30 - 10:15 * Studio Cycling CS Rory Knight	9:30 - 10:15 * Studio Cycling CS Sonja Moses	9:00 - 9:45 * Studio Cycling CS Sonja Moses	9:15 - 10:00 Tabata MS Alex Lawson	10:00 - 11:00 Boxing Boot Camp BR Robert Lynch
9:00 - 9:45 Tabata MS Rory Knight	9:30 - 10:30 Body Sculpt MS Hugo Diez	9:30 - 10:15 Chisel'd MS Caitlin McGowan	9:30 - 10:30 Dynamic Vinyasa Yoga YS Julie Montagu	9:00 - 10:00 Barre Fit Cardio YS Miranda Menzies	10:00 - 11:00 Pilates YS Will Weatherall	10:30 - 11:00 Ab Lab MS Hugo Diez
9:30 - 10:30 Barre Bootcamp YS Louisa Drake	9:30 - 10:30 Dynamic Vinyasa Yoga YS Sarah Thompson	9:30 - 10:30 * Inside Out Barre YS Nicola Geismar	9:45 - 10:15 Ab Lab MS Hugo Diez	9:30 - 10:30 * Precision Running® TR Anthony Fletcher	10:15 - 11:15 Counter Attack BR Lex	10:30 - 12:00 Vinyasa Flow Yoga YS Ralica Gineva
9:45 - 10:30 * Studio Cycling CS Rory Knight	9:45 - 10:30 * Studio Cycling CS Keith Harvey	10:30 - 11:30 Power Yoga YS Celest Pereira	10:15 - 11:15 Kickboxing BR Alex Lawson	9:45 - 10:30 Streamline Sculpt MS Sonja Moses	10:15 - 11:15 Whipped! MS Hugo Diez	11:00 - 12:00 Sweet MS Georgie Starkie
10:30 - 12:00 Power Yoga (L2/3) YS Amme Poulton	10:30 - 11:30 Dance! MS AJ O'Neill		10:15 - 11:00 Definitions MS Hugo Diez	10:30 - 11:30 Dance! MS AJ O'Neill	<b>10:15 - 11:00 * Tread and Shred Caitlin McGowan</b>	11:30 - 12:15 * Tread and Shred TR Hugo Diez
	10:45 - 11:45 Pilates YS Will Weatherall		10:45 - 11:45 Pilates YS Jayne O'Brien	10:30 - 11:45 Power Yoga YS Anastasia Cambitzi	11:00 - 12:00 Barre Bootcamp YS Louisa Drake	
					11:30 - 12:15 * Interval Cycling CS Keith Harvey	
					11:30 - 12:15 Stacked! MS Hugo Diez	
					11:45 - 12:45 * The WORKX TR Hendrick Famutimi	
12:30 - 1:15 Stacked! MS Caitlin McGowan	12:30 - 1:15 R.I.P.P.E.D. MS Tana Von Zitzewitz	12:30 - 1:15 Adrenaline MS Hendrick Famutimi	12:30 - 1:15 Whipped! MS Rory Knight	12:30 - 1:15 Lights Out! BR Lex	12:15 - 1:15 Zumba® MS Ewa Golan	<b>12:15 - 1:15 * Inside Out Barre Miranda Menzies</b>
12:30 - 1:30 * The WORKX TR Alex Lawson	1:00 - 2:00 Vinyasa Flow Yoga YS Amme Poulton	12:30 - 1:30 * Inside Out Barre YS Anne-Mette Friis	1:00 - 2:00 Lunchtime Yoga Flow YS Dionne James	12:30 - 1:20 METCON3 MS Caitlin McGowan	12:15 - 1:15 Hot Power Yoga YS Rachel Okimo	12:30 - 1:15 Roll & Release MS Hugo Diez
			1:30 - 2:15 * Tread and Shred TR Rory Knight	12:30 - 1:30 * Inside Out Barre YS Anne-Mette Friis		
6:00 - 6:45 Whipped! MS Rory Knight	6:15 - 7:00 Tabata MS Caitlin McGowan	6:00 - 6:45 Kettlebell Power MS Hugo Diez	6:15 - 7:15 Strength & Sweat MS Tana Von Zitzewitz	6:00 - 6:45 * Studio Cycling CS Rory Knight		5:00 - 5:45 * Studio Cycling CS Daz Parker
6:15 - 7:15 * Barre Fit Cardio YS Louisa Drake	6:15 - 7:00 Pilates YS Marsha Lindsay	<b>6:00 - 6:30 Runner's Reset® YS Agneta Lindberg</b>	6:30 - 7:15 * Studio Cycling CS Keith Harvey	6:00 - 7:00 Yoga Vybz YS Chris Salton		5:00 - 6:30 Yoga Flow YS Ferdi Skoberla
6:30 - 7:15 * Studio Cycling CS Sonja Moses	6:30 - 7:15 * Cycle: Climb Hard! CS Shannon Cunningham	6:30 - 7:15 * Studio Cycling CS Sonja Moses	<b>7:15 - 8:15 * ETC Coming Soon Equinox Trainers</b>	6:45 - 7:30 Tabata MS Rory Knight		
6:45 - 7:30 Adrenaline MS Hendrick Famutimi	7:00 - 7:45 Elimin8tor MS Caitlin McGowan	6:30 - 7:30 * Inside Out Barre YS Agneta Lindberg	7:15 - 8:30 Dynamic Vinyasa Yoga YS Rachel Okimo			
7:00 - 8:00 * Precision Running® TR Rory Knight	7:00 - 8:15 Yoga for the Inflexible YS James Chapman	6:45 - 7:30 Definitions MS Hugo Diez	7:30 - 8:30 Lights Out! BR Lex			
7:30 - 8:15 * Cycle Beats CS Mindee Grimes	<b>7:15 - 8:15 * ETC Coming Soon Equinox Trainers</b>	7:30 - 8:15 Boxing Boot Camp BR Sonja Moses				
7:30 - 8:15 Streamline Sculpt MS Sonja Moses	7:30 - 8:30 Lights Out! BR Lex	7:30 - 8:15 Zumba® MS Ewa Golan				
7:30 - 8:30 Yoga Flow YS Florence Lefebvre		7:30 - 8:30 Dynamic Vinyasa Yoga YS Sarah Thompson				
		<b>7:30 - 8:15 * Tread and Shred Anthony Fletcher</b>				

## MARCH 2015 - CLASS DESCRIPTIONS

### KENSINGTON

99 Kensington High Street  
Kensington - W85SA  
207 666 6000  
equinox.com

#### CLUB HOURS

Mon - Fri 06:00 - 22:00  
Sat & Sun 08:00 - 21:00

#### KIDS's CLUB HOURS

Mon - Fri 08:00 - 18:00  
Sat & Sun 08:00 - 14:00

#### 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  
BR Boxing Studio  
MS Main Studio  
YS Yoga Studio  
TR Treadmill Area

#### AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

#### ADRENALINE

Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

#### BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

#### BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

#### BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

#### BOXING BOOT CAMP

Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

#### 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.

#### COUNTER ATTACK

Thai and Kick Boxing basics combine in a strike combination class. Specialised coaches drill your technique through shadow boxing, heavy bags and focus pads to further your own fight training. Expect to sweat.

#### CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

#### CYCLE BEATS

Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience. Cycling 'out-of-the-saddle' is an option for advanced cyclists.

#### CYCLE: CLIMB HARD!

Challenge yourself to a terrain of ever changing hills. This ride will take you to your threshold, while strengthening your heart, legs and lungs. Be prepared to climb hard!

#### 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.

#### DEFINITIONS

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

#### DYNAMIC VINYASA YOGA

Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

#### ELIMINATOR

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.

#### ETC COMING SOON

Lace up and bare arms for our latest boot camp-esque group training. ETC, aka Equinox Training Camp, is a revolutionary workout that brings old-school military training up to speed with modern science. ETC is a 6-week committed lifestyle makeover and registration for this program is required.

#### H.I.T. FULL BODY CONDITIONING

Hugo Diez's "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

#### HOT POWER YOGA

Expect a sweat! This class intensifies the workout of your power yoga class by performing familiar power yoga strengthening and stretching combinations in a heated room.

#### INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

#### INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

#### 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

#### KICKBOXING

An aerobic interval workout that teaches kickboxing and boxing skills to energized music. This class uses heavy bags and boxing gloves. Be prepared to have fun and work hard!

#### LIGHTS OUT!

Take your training to a new level! Rico has designed this class to help you learn the basics of boxing and improve your overall skill level. Come ready to sweat! Check with the front desk to see if gloves and wraps are required.

#### LUNCHTIME YOGA FLOW

This hour long class leads you through a flow sequence building greater strength, flexibility and stamina while still providing detailed posture instruction. Posture modifications are provided.

#### 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 BODY BURN

Join creative instructor, Jordanna Dworkin, on a challenging pilates ride that takes you way beyond the classic mat.Expect dynamic movement sequencing, core strengthening, sweet-n-spicy muscle toning and lengthening, with hands-on adjustments for the ultimate form.

#### 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.

#### 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.

#### 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...

#### RISE! AND FLOW

Start your day with an invigorating and uplifting practice! Feel energized from tip to toe as you flow through a sequence of postures and breath exercises designed to reactivate, reawaken and focus body and mind!

#### ROLL & RELEASE

Foam Rolling is a highly effective, proven method for releasing muscles to improve flexibility, manage muscle pain, increase muscle recovery, and maximize muscle performance. Experience the benefits of myofascial release during Roll & Release. Your body will thank you.

#### 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.

#### 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.

#### STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

#### STRENGTH & SWEAT

Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

#### 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.

#### SWEAT

A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

#### 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.

#### THE WORKX

Move from interval based treadmill exhaustion and resistance-training muscle burns, to complete core reconstruction. This class Workx everything and leaves nothing but the sweat and fat behind.

#### 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.

#### VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

#### 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 FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

#### YOGA FOR THE INFLEXIBLE

This nuts and bolts class will take you through the basics of yoga asana (postures), vinyasa (flow) and yogic breathing techniques. This class is specially designed for both beginners and those that just want to revisit the foundation.

#### YOGA VYBZ

Flow with elements of power yoga, contemporary dance and the complementary healing methods of martial arts and Thai yoga therapy. A holistic balance of the inner and outer workings of yoga serves to energise and rebalance for the weekend ahead. The class is accompanied by music.

#### 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.