



**33RD ST. @ PARK AVE.**  
**WINTER 2 2010**  
**Schedule Effective:**  
 Feb 1, 2010 - Mar 31, 2010

**GROUP FITNESS PHONE:** 646-871-7483  
 Daily listings of classes, instructors and substitutes  
**GROUP FITNESS MANAGER:** Arnold Patricio  
 arnold.patricio@equinox.com



Use our new iPhone app or mobile website for blackberry users. Learn more at equinox.com/mobile

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 * Studio Cycling CS Beth Zacher 7:00 - 8:00 Inten-Sati MS Lindsay Davis 7:00 - 8:00 Vinyasa Yoga (L1/2) YS Lara Benusis	6:45 - 7:30 * Studio Cycling CS Matthew Pasqua <b>6:45 - 7:45 Body Sculpt</b> <b>MS John Tarmaggiore</b> 7:15 - 8:00 Pilates Mat YS Bonnie Crellin <b>7:45 - 8:30 * Studio Cycling</b> <b>CS Matthew Pasqua</b>	6:30 - 7:15 * Studio Cycling CS Faris 7:00 - 8:00 Inten-Sati MS Lindsay Davis 7:30 - 8:30 EarthRise Yoga (L2/3) YS Derek Beres	<b>6:45 - 7:30 * Studio Cycling</b> <b>CS Joanna Stahl</b> 7:00 - 8:00 Cardio Sculpt MS Marcus Jackson 7:15 - 8:00 Pilates Mat YS Sasha Dmochowski	6:30 - 7:15 * Studio Cycling CS Laura Cozik <b>6:45 - 7:30 Powerstrike!</b> <b>MS Amber Edwards</b> 7:00 - 8:00 Vinyasa Yoga YS Kristin McGee	9:30 - 10:15 Body Conditioning MS Phoenix Carnevale 9:30 - 10:30 Pilates Mat YS Marianne Ferrari 10:00 - 10:45 * Studio Cycling CS Wil Ashley 10:15 - 10:30 Abdominals MS Phoenix Carnevale 10:30 - 11:15 Cardio Kickbox MS Phoenix Carnevale 10:30 - 11:30 Vinyasa Yoga (L2/3) YS Tevis Rose 11:15 - 12:00 * Studio Cycling CS Tracey Grossman <b>11:15 - 1:15 * Studio Cycling (2/13 only)</b> <b>CS Clif S &amp; Jaime M</b> 11:15 - 12:00 30/60/90® MS Arnold Patricio 11:30 - 1:00 Alignment Flow Yoga (L2) YS Jennifer Burch	10:00 - 10:45 * Studio Cycling CS Amanda Shapin 11:00 - 12:00 Cardio Sculpt MS Arnold Patricio 11:00 - 12:15 Vinyasa Yoga YS Vienna Wilson
12:30 - 1:15 Strengthworks MS Angie Lee 12:30 - 1:30 Yoga Flow YS Jeremy Fahey	12:15 - 1:00 Cardio Sculpt MS Gerard Calvo 12:30 - 1:15 * Studio Cycling CS Dawn Parker 12:30 - 1:30 Pilates Mat YS Jackie Bachor 1:00 - 1:30 Abdominals MS Gerard Calvo	12:00 - 1:00 Vinyasa Yoga YS Jason Olson 12:30 - 1:15 * Studio Cycling CS Matthew Pasqua 12:30 - 1:15 Body Conditioning MS Monique Dash 1:15 - 1:30 Stretch MS Monique Dash	12:15 - 1:00 Total CORE Sculpt MS Corey Hill 12:30 - 1:30 Pilates Mat YS Shauna Hansen 1:00 - 1:30 CORE Ab Blast MS Corey Hill	12:00 - 1:00 Yoga Flow YS Lara Benusis 12:30 - 1:15 * Studio Cycling CS Constance Marie Cohen 12:30 - 1:30 FitBody Workout MS Michelle Adams		12:00 - 12:45 Cardio Kickbox MS Akin Williams 4:30 - 5:30 Pilates Mat YS Sasha Dmochowski
5:30 - 6:00 Abdominals MS Marcus Jackson 5:30 - 6:30 * INKA YS Laura Ward 5:45 - 6:30 * Studio Cycling CS Joanna Stahl 6:00 - 6:45 Cardio Sculpt MS Marcus Jackson 6:30 - 7:30 Pilates/Bartenieff Fusion YS Laura Ward 6:45 - 7:45 * Studio Cycling CS Joanna Stahl 6:45 - 7:30 CORE Ab & Booty Blast MS Corey Hill 7:30 - 8:15 Kettlebell Cardio MS Corey Hill 7:30 - 8:30 EarthRise Yoga (L2/3) YS Derek Beres	5:45 - 6:30 Kettlebell Power MS Michael Barrett <b>6:00 - 6:45 * TranscendCycle™</b> <b>CS Darryl Gaines</b> 6:15 - 7:30 Warrior Flow Yoga YS Adrian Molina 6:30 - 7:15 WillPower & Grace™ MS Joana Meneses <b>7:00 - 7:45 * TranscendCycle™</b> <b>CS Darryl Gaines</b> <b>7:15 - 7:45 Brazilian BUTT Lift™</b> <b>MS Leandro Carvalho</b> 7:30 - 8:15 Pilates Mat Fusion YS Joana Meneses <b>7:45 - 8:15 Brazilian UPPER Cuts</b> <b>MS Leandro Carvalho</b> <b>8:15 - 8:45 Brazilian TUMMY</b> <b>Tuck™</b> <b>MS Leandro Carvalho</b>	5:45 - 6:30 Cardio Sculpt MS Arnold Patricio 5:45 - 6:30 Pilates Mat YS Jamie Graham 6:30 - 6:45 Abdominals MS Arnold Patricio <b>6:30 - 7:30 Vinyasa Yoga</b> <b>YS Adam David</b> 6:45 - 7:30 * Studio Cycling CS Laura Cozik 6:45 - 7:30 Cardio Kickbox MS Akin Williams 7:30 - 8:30 Inten-Sati MS Erika Shannon <b>7:30 - 8:30 Yoga Basics</b> <b>YS Ali Schechter</b>	5:45 - 6:30 BOSU Burn! MS Rachel Buschert 6:15 - 7:30 Vinyasa Yoga YS Mindy Frenkel 6:30 - 7:15 Zumba!® MS Edmee Cherdieu d'Alexis 6:45 - 7:30 * Studio Cycling CS Rachel Buschert 7:15 - 7:45 Abdominals MS Michael Barrett 7:45 - 8:30 Power Sculpt MS Michael Barrett	5:30 - 6:00 Kettlebell Power MS Marcus Jackson 5:30 - 6:15 Pilates Mat YS Lindsay Lopez 6:00 - 6:45 Cardio Sculpt MS Marcus Jackson 6:30 - 7:45 Restorative Flow Yoga YS Jason Olson		5:00 - 5:45 Fit, Fierce & Fabulous MS Dawn Parker 5:45 - 6:15 Abdominals MS Dawn Parker 6:00 - 7:15 Warrior Flow Yoga YS Adrian Molina

**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



## 33RD ST. @ PARK AVE.

1 Park Ave  
New York NY 10016  
212.779.1727  
equinox.com

### CLUB HOURS

Mon-Thu: 5:30am - 11:00pm  
Fri: 5:30am - 10:00pm  
Sat - Sun: 8:00am - 9:00pm

### 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.

### ABDOMINALS

An intense non-aerobic conditioning class focusing on the abdominal and lower back region. This class will hit you where it counts!

### 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.

### 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 SCULPT

Body Sculpt is a classic "old-school" workout that tones and strengthens the entire body and is as popular now as it ever was. Varying types of equipment may be used in this class to target all the major muscle groups. Fun and effective for all fitness levels.

### BOSU BURN!

A BOSU training class that combines cardio and sculpt.

### BRAZILIAN BUTT LIFT™

Class starts with high intensity cardio drills & ends with strength & flexibility exercises designed to sculpt & lift those hard to reach areas. Cancel your plastic surgery appointment & take Leandro Carvalho's signature class! Voted "Best Bikini Prep Class" by NEW YORK MAGAZINE 2004.

### BRAZILIAN TUMMY TUCK™

Cancel your plastic surgery appointment & take Leandro Carvalho's signature class! An intense 30 minute conditioning class that focuses on the abdominal and lower back region.

### BRAZILIAN UPPER CUTS

Develop & define your chest, back, shoulders & arms in Leandro's Brazilian BODY series.

### CARDIO KICKBOX

An aerobic workout that teaches basic kickboxing skills choreographed to energizing music. Be prepared to have fun and work hard!

### 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.

### CORE AB & BOOTY BLAST

Wanna look cute in your new jeans or fit into your old ones? Corey's classes combine a comprehensive lower body workout, that will tone and tighten from your hips to your heels and intense exercises to strengthen and stabilize the abdominals and lower back which target your CORE.

### CORE AB BLAST

Corey Hill's ab class strengthens and stabilizes the abdominals and lower back through intense exercises targeting the CORE.

### EARTHRISE YOGA

Derek Beres's signature vinyasa style yoga class that includes elements from martial arts and dance. An invigorating class with emphasis on alignment and breath work to the beat of world tunes.

### FIT, FIERCE & FABULOUS

If you loved Red Carpet Ready, then you'll love this dynamic A-list inspired class created by fitness champion Dawn Parker. This workout includes strength, endurance, plyo, core & functional movement.

### FITBODY WORKOUT

A cardiovascular workout with steps, dumbbells, body bars, stability and medicine balls to great music makes this class timeless, as well as fun and effective for all fitness levels.

### INKA

Inspired by Inka Warrior Athletes, this is performance training at its best. Create strength, flexibility and total body coordination as you master your body against gravity with the innovative Inka Straps support that suspend your bodyweight in space. A workout to enhance any discipline.

## WINTER 2 2010 - CLASS DESCRIPTIONS

### 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 that builds physical, mental, and spiritual muscle.

### KETTLEBELL CARDIO

Cardio drills to keep your heart rate up! Use the Kettlebells for weight as you experience simple drills that keep your heart pumping, and body burning! This shore and sweet class packs it in and will keep you sweating

### 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

### PILATES MAT

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, & agility.

### PILATES MAT 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.

### 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

### POWER SCULPT

An intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body

### POWERSTRIKE!

Developed Ilaria Montagnani & taught by Powerstrike! instructors this karate/ kickboxing workout fuses authentic martial arts movements to energizing music.

### RESTORATIVE FLOW YOGA

Restore the body and renew the spirit. Postures are experienced with longer holds and quality transitions link the postures with awareness to slower movements, alignment and breath work.

### STRENGTHWORKS

Angie Lee's intense performance of back-to-back traditional strength moves, for overall body conditioning and high caloric burn.

### STRETCH

Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.

### 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.

### STUDIO CYCLING (2/13 ONLY)

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.

### TOTAL CORE SCULPT

Get it all from your heels to your head! Corey Hill's total body workout will strengthen, tone, and tighten your whole body through a series of conditioning exercises.

### TRANSCENDCYCLE™

Darryl Gaines leads, inspires and connects in his signature ride for a spirit-infused hour of rhythm and soul. This heart-pounding, drenching workout is often described as "church", "transcendent" and is certain to keep you coming back for more!

### 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.

### WARRIOR FLOW YOGA

Increase flexibility, muscle tone and build strength with Adrian's signature yoga workout. An innovative and challenging system evolved from Ashtanga, Vinyasa and power yoga. Hands-on adjustments for maximum support and high energy sequences designed to explore the active side of yoga.

### WILLPOWER & GRACE™

Created by Stacey Lei Krauss, this class is a cardiovascular fusion of calisthenics, dance principles, yoga and Pilates. You will use your own body weight as resistance to tone your muscles and practice exercises to enhance your posture and walk with more confidence.

### YOGA BASICS

Beginner yoga class which introduces yoga flows, asanas (poses) and language used in many yoga disciplines.

### 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.

### 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.