



74TH ST. @ 2ND AVE.
WINTER 2 2010
Schedule Effective:
 Feb 1, 2010 - Feb 28, 2010

GROUP FITNESS PHONE: 646-871-7490
 Daily listings of classes, instructors and substitutes
GROUP FITNESS MANAGER: Cathe Thompson
 cathe.thompson@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 Phil Nisen 7:20 - 8:20 Vinyasa Yoga YS Adrian Molina 9:30 - 10:15 * TranscendCycle™ CS Darryl Gaines 9:30 - 10:15 Elev8 MS Amanda Young 10:15 - 10:30 Ab Lab MS Amanda Young 10:30 - 11:30 Body Sculpt MS Cathe Thompson 10:30 - 11:45 Vinyasa Yoga YS Lara Benusis	6:45 - 7:30 Cardio Blitz MS Cathe Thompson 7:30 - 7:45 AB Blast MS Cathe Thompson 8:30 - 9:30 Cardio Sculpt MS Miri Greenberg 8:45 - 9:30 * TranscendCycle™ CS Darryl Gaines 9:30 - 10:30 Body Conditioning MS Arnold Patricio 9:30 - 10:45 Vinyasa Yoga YS Maya Ray 10:30 - 11:30 Ritmo Latino MS Ryan Beck	6:30 - 7:15 * Studio Cycling CS Chris Murdoch 9:00 - 9:45 * Studio Cycling CS Laura Cozik 10:00 - 10:45 Cardio Intervals MS Laura Cozik 10:30 - 11:45 SacredStrength YogaFlow YS Cliff Schuman 10:45 - 11:00 Ab Lab MS Laura Cozik	6:30 - 7:15 * Studio Cycling CS Rebecca Alexander 6:30 - 7:15 NFL Training Camp MS Curtis Williams 7:15 - 7:30 AB Blast MS Curtis Williams 8:45 - 9:30 * Studio Cycling CS Cathe Thompson 9:30 - 10:30 SHRED MS Matthew Waszen 10:00 - 11:15 Vinyasa Flow Yoga YS Adam David 10:30 - 11:15 Flabules MS Stephanie Levinson 11:15 - 12:00 Cardio Core Ball MS Stephanie Levinson	6:00 - 6:45 * Studio Cycling CS Chris Murdoch 7:00 - 7:45 CARDIO Burn! MS Peyton Bryant 9:00 - 10:00 Body Conditioning MS Arnold Patricio 9:15 - 10:00 * Studio Cycling CS Amy Amato 10:00 - 10:45 Amy's A.R.M.Y. MS Amy Amato 10:15 - 11:30 Vinyasa Yoga YS Lara Benusis	8:45 - 9:45 Cardio Sculpt MS Peyton Bryant 9:00 - 9:45 * Studio Cycling CS Michael Eisenstadt 9:00 - 10:00 Pilates Mat YS Ellen Shadle 9:45 - 10:45 Zumba® MS Richard Martinez 10:00 - 11:00 * Studio Cycling CS Michael Eisenstadt 10:30 - 11:30 Yoga Basics (L1) YS Jon Keller 10:45 - 11:45 Cardio Sculpt MS Cathe Thompson 11:45 - 1:15 Vinyasa Yoga (L2/3) YS Jon Keller	8:30 - 9:30 BOSU Breakout MS Terrell Pruitt 9:00 - 9:45 * Studio Cycling CS Avery Washington 9:00 - 10:00 Move and Groove YS James Darling 10:00 - 10:45 * Studio Cycling CS Avery Washington 10:00 - 11:00 Pilates Mat (Modern) YS James Darling 10:15 - 11:00 Sculpt MS Stephanie Levinson 11:00 - * Breathless: The Ride 12:00 2/21 CS Kristen Gagne 11:00 - 11:45 Cardio Core Ball MS Stephanie Levinson 11:15 - 12:30 Vinyasa Yoga YS Adrian Molina
12:00 - 1:00 Pilates Body Burn YS Jordanna Dworkin 1:30 - 2:30 Fit N Fun With Baby YS Janet Cook 4:45 - 5:30 Ultimate Workout MS Stephanie Levinson	12:15 - 1:15 EarthRise Yoga YS Derek Beres	12:00 - 1:00 Pilates Mat YS James Darling	12:15 - 1:15 Vinyasa Flow Yoga YS Adrian Molina	12:00 - 1:00 Pilates Body Burn YS Jordanna Dworkin	12:00 - 1:00 Body Sculpt MS Craig Smith 4:00 - 5:00 Pilates Mat (Modern) YS Michelle Roth	12:15 - 1:15 SHRED MS Matthew Waszen 1:15 - 2:00 * Studio Cycling CS Matthew Waszen
5:30 - 6:15 Cardio Core Ball MS Stephanie Levinson 6:15 - 7:00 * Studio Cycling CS Rebecca Alexander 6:15 - 7:15 BoxCamp MS Boyd Melson 6:30 - 7:30 Rock Solid: Body MS Jewel Elizabeth 6:30 - 7:45 Vinyasa Flow Yoga CS Jon Keller 7:15 - 8:00 * Studio Cycling CS Victoria Brumfield 7:30 - 8:15 Rock Solid: Pilates MS Jewel Elizabeth	5:45 - 6:30 Flabules MS Stephanie Levinson 6:00 - 6:45 * Studio Cycling CS Michael Eisenstadt 6:30 - 7:15 Cardio Kickbox MS Phoenix Carnevale 6:30 - 7:30 Pilates Mat YS Loi Jean Kail 7:00 - 7:45 * Studio Cycling CS Michael Eisenstadt 7:15 - 8:00 ASHES to ATHLETE MS Phoenix Carnevale 7:30 - 8:30 Vinyasa Yoga YS Iyala Berley	5:30 - 6:15 BoxCamp BR Angel Alicea 6:30 - 7:15 Speedball MS Steve Feinberg 6:30 - 7:45 Vinyasa Yoga YS Adrian Molina 7:15 - 8:00 * Studio Cycling CS Al Sipzener 7:15 - 8:00 NFL Training Camp MS Curtis Williams 8:00 - 8:15 AB Blast MS Curtis Williams	5:45 - 6:45 Zumba® MS Colleen Zieser 6:00 - 7:00 Vinyasa Yoga YS Ruah Bhay 6:15 - 7:15 Boxing BR Tony Ortiz 6:45 - 7:30 * Studio Cycling CS Villy Grigoriadis 6:45 - 7:30 Purgatory BootCamp MS Angel Alicea 7:30 - 8:00 Ab Lab MS Angel Alicea	5:30 - 6:30 Restorative Yoga YS Eve Seltzer 6:00 - 6:45 * Studio Cycling CS Debra Strougo 6:00 - 6:45 NFL Training Camp MS Curtis Williams 6:45 - 7:00 AB Blast MS Curtis Williams	5:15 - 6:00 * Studio Cycling CS Michelle Roth	5:00 - 6:30 Vinyasa Yoga YS Ruah Bhay 6:15 - 7:00 * Studio Cycling CS Jason Rabinowitz

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 Room
 MS Main Studio
 YS Yoga Studio



74TH ST. @ 2ND AVE.

1429 2nd Ave
New York NY 10021
212.249.3917
equinox.com

CLUB HOURS

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

KIDS's CLUB HOURS

Mon - Fri 8:00 am - 2:00 pm
Sat & Sun 8:00 am - 1:00 pm

BULLETIN BOARD

HAPPY FEBRUARY

BREATHLESS: THE RIDE

Join Master Instructor, Kristen Gagne on Sunday, February 21 at 11:00am for an hour of breathless CYCLE

MORE NFL TRAINING CAMP

Curtis brings his amazing class to the early AM line up

THURSDAY 6:30am

PILATES BODY BURN

Jordanna Dworkin launches her signature Pilates class on

MON & FRI at 12PM

MORE RUAH BHAY!

Ruah will take on the

THURSDAY night class at

6:00PM with Vinyasa Yoga

MONDAY NIGHT CYCLE

SWITCHAROO

Rebecca will teach at 7:15PM

WELCOME MAYA RAY

TUESDAY 9:30AM Vinyasa

Yoga

WELCOME BACK MIRI

Tuesday 8:30am CARDIO

SCULPT

AB BLAST

Hit your middle with a blast of core conditioning exercises to enhance abdominal definition and stability.

AB LAB

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

AMY'S A.R.M.Y.

Amy Really Motivates You "TO BE ALL THAT YOU CAN BE" by using timed drills for each exercise to challenge and improve cardiovascular, strength, endurance and agility.

ASHES TO ATHLETE

Post re-hab specialist Phoenix Carnevale's evolutionary class will guide you to your inner athlete and help you rise above your expectations in this fusion of athletic disciplines and organic movement.

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 BREAKOUT

Breakout of your old routine and get everything you need in one heart pounding and energetic class! One part cardio, one part strength training with weights, one part balance and stability, and one part surprise make this class an absolute must in creating the perfect recipe for success!

BOXCAMP

Get in shape with the "sweet science." Basic punching combinations of boxing on the heavy bag and with focus mitts. Well chosen bootcamp drills will push you to your ultimate fitness level. Handwraps/gelwraps, boxing gloves, jumpprope are mandatory. Mouthpiece optional.

BOXING

A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

BREATHLESS: THE RIDE 2/21

Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CARDIO BLITZ

Anything goes in this fat burning, heart pumping class. Cardiovascular training at its best.

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 CORE BALL

All you need for total body transformation in one workout. Non-stop functional movement with an emphasis on core-definition, fat-burning and strength. In Michael Carson's dynamic signature workout, you'll use only a 2.5 lb. medicine ball. You'll be amazed at the intensity... and the results.

CARDIO INTERVALS

This class combines all elements of fitness training, cardio and conditioning all in one.

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.

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.

WINTER 2 2010 - CLASS DESCRIPTIONS

ELEV8

Lift, leap, and jump your way to the next level of fitness! A series of 8 rounds focusing on the four variants of interval training to increase your strength and endurance. Elevate your body and mind to take yourself beyond your highest limits!

FIT N FUN WITH BABY

designed for children infant to 1 yr old. Fun and functional training and activities for both parent (moms or dads) and child. Have fun while enjoying the benefits of fitness together.

FLABULESS

The Ultimate Flab-busting, calorie burning class. High Intensity cardio intervals followed by focused circuit training for the major trouble zones. This workout is designed using principles of science-backed research proven to produce results.

MOVE AND GROOVE

A non-stop movement experience for anyone and everyone. Fun fast paced dance oriented cardio workout minus difficult routines to memorize. Learn to love just moving to the music, and enjoying your body.

NFL TRAINING CAMP

Get your game on with former NFL athlete, Curtis Williams. Class consists of dynamic warm up, plyometrics and football drills to build power, speed, Agility and endurance- a perfect blend of cardio, strength, and core conditioning.

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.

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 (MODERN)

A contemporary fusion of classical pilates with stretching and core training, based on instructor's background in dance, exercise physiology and movement.

PURGATORY BOOTCAMP

This intense class encompasses exercises from athletic sports to martial arts with the focus on cardio, balancing drills, circuit training among other core strengthening movements. Towels, body bars, medicine and hand weights as well as a strong mindset will be required.

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.

RITMO LATINO

A low impact workout combining South American dance moves borrowed from Salsa and Merengue with the rhythms and beat of the Latin culture. A cardio workout filled with passion and heat guaranteed to challenge your body and soul!

ROCK SOLID: BODY

Jewel Elizabeth's signature conditioning class hits all the major muscle groups with intensity and soul. Come to focus on proper technique, cardiovascular strength and flexibility. Leave sculpted, sexy and strong.

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.

SACREDSTRENGTH YOGAFLOW

Stephanie's signature class choreographed to soulful music blending Ashtanga, Vinyasa and Restorative styles into an inspirational and therapeutic experience of strength and grace.

SCULPT

Sculpt and condition your entire body using a variety of equipment and exercises to target all muscle groups. This class is fun, effective and timeless.

SHRED

Created by Matthew Waszen. This total body workout will challenge your cardiovascular and strength levels with body weight, free weights, plyometrics and core stability training. Push yourself to new limits by shocking your system and shredding your body fat away.

SPEEDBALL

A cardiovascular and muscular endurance class using the medicine ball as an athletic training tool. Increases agility, speed, core strength and stability especially, muscular endurance and functional athletic strength. Designed by Steve Feinberg

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.

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!

ULTIMATE WORKOUT

The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

VINYASA FLOW YOGA

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

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.

YOGA BASICS

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

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.