EQUINOX

MAMARONECK

LABOR DAY | HOLIDAY SCHEDULE EFFECTIVE 08.30.16–09.05.16

KEY

Bold New Class, Instructor, or Time

♦ Advance sign-up required

Studio key on back

TUESDAY 8/30	WEDNESDAY 8/31	THURSDAY 9/1	FRIDAY 9/2	SATURDAY 9/3	SUNDAY 9/4	MONDAY 9/5
5:45 –6:30 CS♦ **End of Summer Spin** ***Christina Collins*** 8:30 –9:15 MS Athletic Conditioning *Eddie Carrington* 8:45 –9:40 YS♦ Gold Barre *Vivian Jonokuchi* 9:15 –10:00 MS THE CUT *Eddie Carrington* 10:00 –11:15 YS Vinyasa Yoga *Melanie Hyman* 10:30 –11:15 TR♦ The WORKX *Jai Mac Neil* 11:20 –12:15 YS♦ True Barre *Vivian Jonokuchi (SUB)*	6:00 –6:55 YS Power Yoga *Roxanne Gamory* 8:45 –9:30 MS Boot Camp *Jai Mac Neil* 9:30 –10:25 MS Superhuman: The Class (L2) *Maurice Johnson* 9:30 –10:25 TR♦ Tread and Shred *Jai Mac Neil* 9:45 –10:30 CS♦ Cycle Beats *PJ Johns* 9:45 –10:40 YS♦ True Barre *Fraser Edwards* 10:35 –11:05 MS Cross Fire *PJ Johns*	5:45 –6:30 CS♦ **End of Summer Spin** ***Kevin Condon*** 8:30 –9:25 MS Tabata (L2) *Joshua Diaz (SUB)* 8:45 –9:30 TR♦ Precision Running® *Jai Mac Neil* 8:45 –9:40 YS♦ True Barre *Pamela Arkin* 9:45 –10:30 CS♦ 3SUM *Jai Mac Neil* 11:15 –12:10 YS♦ True Barre *Maura McIntyre*	8:30 –9:25 MS Cross Fire *PJ Johns* 8:30 –9:15 TR♦ Elevate *Margaret Cunzio* 8:30 –9:25 YS Hatha Yoga *Susan Malcolm* 9:30 –10:45 YS Hatha Yoga *Susan Malcolm* 9:45 –10:30 CS♦ Cycle Beats *PJ Johns* 9:45 –10:40 MS Pilates Power *Vivian Jonokuchi*	8:00 –8:45 MS **End of Summer Slam** ***Kyle Brown*** 8:30 –9:15 CS♦ Cycle Beats *Lailina Nadell* 8:30 –9:25 TR♦ Precision Running® *Margaret Cunzio* 9:00 –9:30 MS♦ **EQX Row 30** ***Kyle Brown*** 9:30 –10:25 YS♦ True Barre *Margaret Cunzio* 9:35 –10:05 MS **Best Abs Ever** ***Kyle Brown***	7:00 –8:15 MS **RunCross®** ***Christina Collins*** 8:30 –9:15 CS♦ Performance Cycling *Christina Collins* 8:30 –9:25 YS Lean Line *Robin Mosca* 9:30 –10:00 MS **Best Abs Ever** ***Kyle Brown*** 10:00 –10:55 MS **Tabata** ***Kyle Brown***	9:30 –10:25 MS **Labor Day Lift** ***Renee Diamond*** 9:45 –10:30 CS♦ **End of Summer Spin** ***Kyle Brown*** 10:30 –11:25 YS **Flow into Fall** ***Renee Diamond*** 10:35 –11:05 MS Best Abs Ever *Kyle Brown*
6:00 –6:30 MS♦ **EQX Row 30** ***Kyle Brown*** 6:00 –6:55 YS **Flow into Fall** ***Franklin Shire*** 6:30 –7:00 MS **Best Abs Ever** ***Kyle Brown*** 7:00 –7:55 YS Hot Power Yoga *Carl Vreeland*	6:00 –6:45 CS♦ 3SUM *Jai Mac Neil* 6:45 –7:30 MS Kettlebell Power *Joshua Diaz* 7:30 –8:25 YS Kripalu Yoga *Franklin Shire*					

EQUINOX

MAMARONECK
1053 WEST BOSTON POST ROAD
MAMARONECK NEWYORK 10543
914.777.1919
EQUINOX.COM
@EQUINOX

LABOR DAY HOLIDAY HOURS
SEPTEMBER 3: 07:00 AM - 05:00 PM
SEPTEMBER 4: 07:00 AM - 05:00 PM
SEPTEMBER 5: 07:00 AM - 07:00 PM

GROUP FITNESS MANAGER
JAI MAC NEIL
jai.macneil@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH
This September, Equinox is celebrating its 25th Anniversary! To celebrate we put a twist on some of our most popular signature classes, customized for this special occasion. Don't miss out.

STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

END OF SUMMER SPIN Join this indoor cycling class that will make you sweat and torch calories while jamming to the best beats of the summer.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

RUNNING

PRECISION RUNNING® Efficient and precisely designed intervals on the treadmill will 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 headphones.

RUNCROSS® This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

THE WORKX Combine interval based treadmill exhaustion and resistance-training muscle burns, with complete core reconstruction. This class Workx everything and leaves nothing but the sweat and fat behind.

TREAD AND SHRED A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and helps you maximize calorie burning and strength with every stride.

YOGA

FLOW INTO FALL Celebrate the change of seasons in this physically and spiritually energizing yoga class, characterized by poses and sequences that are linked to the breath and appreciation of the fall months ahead.

HATHA YOGA A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

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.

KRIPALU YOGA As an integrated practice on and off the mat, this gentle style becomes a catalyst for physical healing, psychological and emotional development, and spiritual awakening. Postures are held as meditation in motion, emphasizing proper breath, alignment and honoring the wisdom of the body.

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.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

3SUM The math is clear: the sum is greater than the parts. Enjoy the synergistic benefits & metabolic boost of a three-discipline cross-training workout. Volume, force and power unite in a cycling, strength & yoga inspired trifecta to leave you fit & fully satisfied. Bring cycling & main studio shoes.

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.

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!

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

ELEVATE Improve your cardio fitness and overall endurance while sculpting and toning your lower body with this 45-minute hill-walking treadmill workout. Low impact yet high intensity. Heart rate monitors are encouraged.

END OF SUMMER SLAM Slam out this high-intensity metabolic conditioning workout that will leave you feeling fit and fierce for end of summer celebrations.

EQX ROW 30 This express 30-minute crew team workout will shred you up, build strength AND cardiovascular endurance, fast! Specialized crew team erg drills and weight training will get you the results you're looking for (and maybe even recruited!)

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

LABOR DAY LIFT Consider this high-intensity conditioning workout that will leave you feeling fit and fierce for the end of summer celebrations.

SUPERHUMAN: THE CLASS Boot camp formatted for a high intensity journey to push you past your current level of fitness. Maurice will challenge you with kettle bells, the ViPR, interval training, balance, stability, etc. Each class will require you to ask yourself, "What more do I have left give?" Good Luck!

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, &

BARRE

GOLD BARRE Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

LEAN LINE Raise ballet to the next level with cardio, light weights and body-weight resistance for a full-body, high-energy workout.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

CONDITIONING

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

PILATES

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

BOXING & MARTIAL ARTS

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.