

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 CS◆ The Pursuit: Build Ariella Hackmann	5:45-6:30 CS◆ Cycle Beats <i>Helen Cawley</i>	5:45-6:30 MS Boot Camp <i>Francisco Sanchez</i>	5:45-6:30 MS◆ Ropes and Rowers <i>Doug Schwartz</i>	5:45-6:30 CS◆ Performance Cycling <i>Andrew Katz</i>	7:30-8:20 YS◆ True Barre <i>Margaret Cunzio</i>	7:30-8:15 YS◆ Pilates Fusion <i>Ariana Chilingirian</i>
6:45-7:30 CS◆ ANTHEM™ Ariella Hackmann	6:00-6:45 MS◆ PURE STRENGTH (L2) <i>Kyle Brown, Dominic Manno</i>	7:30-8:20 TR◆ Elevate <i>Nora Apostle</i>	6:00-6:45 TR◆ Tread and Shred Dominic Manno	6:30-7:15 MS Boot Camp <i>Francisco Sanchez</i>	8:00-9:00 MS Body Challenge <i>Kim Pearson</i>	8:30-9:15 CS◆ Performance Cycling <i>Christina Collins</i>
8:45-9:30 MS Cardio Sculpt <i>Kyle Brown</i>	7:45-8:15 MS Pilates Fusion Vivian Jonokuchi	8:30-9:15 MS Sweat <i>Francisco Sanchez</i>	7:30-8:25 YS◆ Barre <i>Anne Olivieri</i>	8:30-9:15 CS◆ Performance Cycling <i>Doug Schwartz</i>	8:30-9:15 CS◆ The Pursuit: Build Ariella Hackmann	8:30-9:15 MS◆ PURE STRENGTH (L2) <i>Ron Brown</i>
8:45-9:45 YS Athletic Yoga <i>Kat Suda</i>	8:15-8:45 MS◆ THE MUSE™ Vivian Jonokuchi	9:00-9:45 TR◆ Precision Running® <i>Danielle Corpina</i>	8:30-9:15 MS Best Butt Ever <i>Anne Olivieri</i>	8:30-9:15 MS METCON3 <i>Delida Torres</i>	8:30-9:25 TR◆ Precision Running® <i>Margaret Cunzio</i>	8:30-9:25 YS◆ Lean Line <i>Robin Mosca</i>
9:00-9:45 TR◆ Tread and Shred <i>Beth Tomkiewicz</i>	8:45-9:45 YS◆ True Barre <i>Vivian Jonokuchi</i>	9:00-9:50 YS Pilates <i>Cheryl Tilles</i>	8:30-9:30 YS◆ True Barre <i>Giovanna Accinelli</i>	8:30-9:20 TR◆ Elevate <i>Margaret Cunzio</i>	8:30-9:25 YS Pilates <i>Amanda Duckstein</i>	9:30-10:15 TR◆ Precision Running® <i>Ron Brown</i>
9:35-10:35 MS Cardio BOX <i>Francisco Sanchez</i>	9:00-9:45 MS Athletic Conditioning Delida Torres	9:45-10:30 CS◆ ANTHEM™ Ariella Hackmann	9:15-9:30 MS Above the Belt <i>Anne Olivieri</i>	8:30-9:25 YS Hatha Yoga <i>Susan Malcolm</i>	9:10-9:55 MS◆ Whipped! Kyle Brown	9:45-10:30 CS◆ The Pursuit: Burn Christina Collins
9:45-10:30 CS◆ Studio Cycling <i>Kyle Brown</i>	9:30-10:15 CS◆ The Pursuit: Burn Ali Cerone	9:45-10:30 MS Streamline Sculpt <i>Larysa Didio</i>	9:30-10:15 CS◆ The Pursuit: Build Zina Ovchinnikoff	9:30-10:15 MS◆ Whipped! <i>Doug Schwartz</i>	9:30-10:20 YS◆ True Barre <i>Margaret Cunzio</i>	9:45-10:30 MS Inner Athlete (L2) <i>Matthew Johnson</i>
10:00-11:00 YS◆ True Barre <i>Fraser Edwards</i>	10:00-11:00 MS Inner Athlete (L2) <i>Matthew Johnson</i>	10:00-10:55 YS◆ True Barre <i>Fraser Edwards</i>	9:35-10:20 MS THE CUT <i>Delida Torres</i>	9:30-10:15 TR◆ Precision Running® <i>Beth Tomkiewicz</i>	9:45-10:30 CS◆ Cycle Beats <i>Ariella Hackmann</i>	9:45-11:00 YS Kripalu Yoga <i>Franklin Shire</i>
11:15-12:15 YS◆ True Barre <i>Fraser Edwards</i>	10:00-11:10 YS Vinyasa Yoga <i>Melanie Hyman</i>	4:30-5:00 MS◆ THE MUSE™ <i>Justine Ayala</i>	9:45-10:30 TR◆ Precision Running® <i>Anne Olivieri</i>	9:35-10:50 YS Hatha Yoga <i>Susan Malcolm</i>	10:00-10:30 MS◆ THE MUSE™ Michael Clark	10:30-10:55 MS Core Conditioning Matthew Johnson
4:00-5:00 MS◆ Ropes and Rowers <i>Team Equinox</i>	10:30-11:20 TR◆ Elevate <i>Ali Cerone</i>	6:00-6:45 TR◆ Precision Running® Ron Brown	9:45-11:00 YS Vinyasa Yoga (L2) <i>Angela Kilcullen</i>	11:00-12:00 YS◆ True Barre <i>Vivian Jonokuchi</i>	10:30-11:45 YS Vinyasa Yoga <i>Jennifer Ray</i>	11:00-12:15 MS Zumba® <i>Emily Ginter</i>
4:30-5:45 YS Kripalu Yoga <i>Franklin Shire</i>	11:20-12:15 YS◆ True Barre <i>Kristle O'Brien</i>	6:45-7:30 MS Speedball® <i>Joshua Diaz</i>	11:15-12:15 YS◆ Barre <i>Maura McIntyre</i>	12:00-1:00 YS Pilates Power <i>Vivian Jonokuchi</i>	10:45-12:00 MS Zumba® <i>Tatiana Melendez</i>	11:00-12:00 YS◆ Pilates <i>Joshua Diaz</i>
6:45-7:30 MS Stacked! <i>Joshua Diaz</i>	4:00-5:00 YS◆ Lean Line <i>Robin Mosca</i>	7:30-8:30 YS Kripalu Yoga <i>Franklin Shire</i>	4:00-5:00 YS Pilates <i>Cheryl Tilles</i>	4:00-5:00 YS Happy Hour Yoga <i>Denise Mathieson</i>	4:00-5:00 YS Vinyasa Yoga <i>Denise Mathieson</i>	4:00-5:00 YS Yoga Flow <i>Roxanne Gamory</i>
7:00-8:15 YS Hot Power Yoga <i>Carl Vreeland</i>	6:00-7:00 MS CrossTraining Revolution <i>Tina Ferreira</i>		6:00-6:45 MS Streamline Sculpt Tina Ferreira			
7:30-7:45 MS Pilates Fusion <i>Joshua Diaz</i>	6:15-7:15 YS Hatha Yoga <i>Franklin Shire</i>		6:00-7:00 YS Yoga Flow <i>Joshua Diaz</i>			
7:45-8:15 MS◆ THE MUSE™ <i>Joshua Diaz</i>	6:30-7:15 CS◆ Cycle Beats Sara Stratford					

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MON - THU: 5:00 AM - 10:30 PM
FRI: 5:00 AM - 9:00 PM
SAT: 7:00 AM - 8:00 PM
SUN: 7:00 AM - 7:00 PM

GROUP FITNESS MANAGER
ELIZABETH KYLE BROWN
Elizabeth
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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
Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

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.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

HAPPY HOUR YOGA A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

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.

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.

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.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques.Be ready to take your body to the next level.

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!

CROSSTRAINING REVOLUTION A total fitness approach to enhance competence in endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exciting solo and team competitions will push you to bring it, beat it and brag about it!

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

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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.

LONG + LEAN

ABOVE THE BELT Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

PILATES

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 FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

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.