

| MONDAY 11/20       |  | TUESDAY 11/21      |   | WEDNESDAY 11/22    |  | THURSDAY 11/23     |  | FRIDAY 11/24       |   | SATURDAY 11/25    |   | SUNDAY 11/26       |  |
|--------------------|--|--------------------|---|--------------------|--|--------------------|--|--------------------|---|-------------------|---|--------------------|--|
| 5:45-6:35<br>CS◆   | The Pursuit: Burn<br><i>Ariella Hackmann</i> | 5:45-6:30<br>CS◆   | Performance<br>Cycling<br><i>Mychal Ertel</i>       | 5:45-6:30<br>MS    | Boot Camp<br><i>Francisco Sanchez</i>                    | 7:30-8:25<br>YS◆   | Barre<br><i>Anne Olivieri</i>                  | 8:30-9:30<br>MS    | X-Treme X-Train<br><i>Kim Pearson (SUB)</i>         | 8:00-8:55<br>MS   | Body Challenge<br><i>Kim Pearson</i>            | 8:30-9:15<br>CS◆   | Performance<br>Cycling<br><i>Christina Collins</i> |
| 6:45-7:30<br>CS◆   | Studio Cycling<br><i>Ariella Hackmann</i>    | 6:00-6:45<br>MS◆   | PURE STRENGTH<br><i>Matthew Johnson (SUB)</i>       | 7:30-8:15<br>TR◆   | Elevate<br><i>Nora Apostle</i>                           | 8:30-9:30<br>MS    | Carve and Sculpt<br><i>Anne Olivieri</i>       | 8:30-9:15<br>TR◆   | Elevate<br><i>Margaret Cunzio</i>                   | 8:30-9:20<br>CS◆  | The Pursuit: Burn<br><i>Ariella Hackmann</i>    | 8:30-9:15<br>MS◆   | PURE STRENGTH<br><i>Chris Konopka</i>              |
| 8:45-9:30<br>MS    | Cardio Sculpt<br><i>Kyle Brown</i>           | 8:45-9:30<br>MS    | THE CUT<br><i>Delida Torres</i>                     | 8:30-9:15<br>MS    | Sweat<br><i>Beth Tomkiewicz</i>                          | 8:30-9:30<br>YS◆   | True Barre<br><i>Giovanna Accinelli</i>        | 8:30-9:25<br>YS    | Hatha Yoga<br><i>Susan Malcolm</i>                  | 8:30-9:25<br>TR◆  | Precision<br>Running@<br><i>Margaret Cunzio</i> | 8:30-9:25<br>YS◆   | Lean Line<br><i>Robin Mosca</i>                    |
| 8:45-9:45<br>YS◆   | True Barre<br><i>Tracey Appel</i>            | 8:45-9:30<br>MS    | THE CUT<br><i>Delida Torres</i>                     | 9:00-9:45<br>TR◆   | <b>Precision<br/>Running@</b><br><i>Danielle Corpina</i> | 9:30-10:15<br>CS◆  | Beast n Feast Ride<br><i>Zina Ovchinnikoff</i> | 9:30-10:30<br>TR◆  | Precision<br>Running@<br><i>Beth Tomkiewicz</i>     | 8:30-9:25<br>YS   | Pilates<br><i>Amanda Duckstein</i>              | 9:00-9:45<br>TR◆   | Precision<br>Running@<br><i>Ron Brown</i>          |
| 9:00-9:45<br>TR◆   | Tread and Shred<br><i>Beth Tomkiewicz</i>    | 8:45-9:45<br>YS◆   | True Barre<br><i>Vivian Jonokuchi</i>               | 9:00-9:50<br>YS    | Pilates<br><i>Cheryl Tilles</i>                          | 9:30-10:30<br>MS   | Thanks and Planks<br><i>Tina Ferreira</i>      | 9:35-10:50<br>YS   | Hatha Yoga<br><i>Susan Malcolm</i>                  | 9:10-9:40<br>MS◆  | THE CUT: Jump<br>Rope<br><i>Kyle Brown</i>      | 9:30-10:30<br>MS   | Cardio Challenge<br><i>Chris Konopka</i>           |
| 9:35-10:35<br>MS   | Cardio BOX<br><i>Francisco Sanchez</i>       | 9:30-10:20<br>CS◆  | The Pursuit: Build<br><i>Ali Goldberg</i>           | 9:45-10:30<br>CS◆  | Cycle Beats<br><i>Ariella Hackmann</i>                   | 9:45-10:30<br>TR◆  | Precision<br>Running@<br><i>Anne Olivieri</i>  | 9:45-10:30<br>CS◆  | Performance<br>Cycling<br><i>Mychal Ertel (SUB)</i> | 9:30-10:20<br>YS◆ | True Barre<br><i>Margaret Cunzio</i>            | 9:45-10:35<br>CS◆  | The Pursuit: Build<br><i>Christina Collins</i>     |
| 9:45-10:30<br>CS◆  | Studio Cycling<br><i>Kyle Brown</i>          | 9:45-10:30<br>MS   | Athletic<br>Conditioning<br><i>Delida Torres</i>    | 9:45-10:30<br>MS   | Streamline Sculpt<br><i>Larysa Didio</i>                 | 9:45-10:30<br>TR◆  | Gratitude Yoga<br><i>Kat Suda (SUB)</i>        | 9:45-10:40<br>MS   | Pilates Power<br><i>Vivian Jonokuchi</i>            | 9:45-10:30<br>CS◆ | Cycle Beats<br><i>Ariella Hackmann</i>          | 9:45-11:00<br>YS   | Kripalu Yoga<br><i>Franklin Shire</i>              |
| 10:00-11:00<br>YS◆ | True Barre<br><i>Fraser Edwards</i>          | 10:00-11:10<br>YS  | Vinyasa Yoga<br><i>Melanie Hyman</i>                | 10:00-10:55<br>YS◆ | True Barre<br><i>Fraser Edwards</i>                      | 10:00-10:55<br>YS◆ | True Barre<br><i>Fraser Edwards</i>            | 10:45-11:30<br>MS  | Circuit Challenge<br><i>Kim Pearson</i>             | 10:15-10:30<br>MS | Best Abs Ever<br><i>Kyle Brown</i>              | 10:00-10:45<br>TR◆ | Precision<br>Running@<br><i>Ron Brown</i>          |
| 11:15-12:15<br>YS◆ | True Barre<br><i>Fraser Edwards</i>          | 10:30-11:15<br>TR◆ | Elevate<br><i>Ali Goldberg</i>                      | 11:30-12:30<br>YS  | Yoga Flow<br><i>Jennifer Harvey</i>                      | 11:30-12:30<br>YS  | Yoga Flow<br><i>Jennifer Harvey</i>            | 11:00-12:00<br>YS◆ | True Barre<br><i>Vivian Jonokuchi</i>               | 10:30-11:45<br>YS | Above the Belt<br><i>Kyle Brown</i>             | 10:45-12:00<br>MS  | Zumba@<br><i>Emily Ginter</i>                      |
| 12:45-1:45<br>YS   | Power Yoga<br><i>Kat Suda</i>                | 10:35-11:20<br>MS  | Boot Camp<br><i>Matthew Johnson</i>                 | 4:15-5:00<br>YS    | Athletic Stretch<br><i>Andrew DiMicelli</i>              | 4:15-5:00<br>YS    | Athletic Stretch<br><i>Andrew DiMicelli</i>    |                    |   | 10:45-12:00<br>MS | Zumba@<br><i>Tatiana Melendez</i>               | 11:00-12:00<br>YS◆ | Pilates<br><i>Joshua Diaz</i>                      |
| 4:00-5:00<br>MS◆   | Ropes and Rowers<br><i>Kevin Hernandez</i>   | 11:20-12:15<br>YS◆ | True Barre<br><i>Kristle O'Brien</i>                | 6:45-7:30<br>MS    | Speedball@<br><i>Joshua Diaz</i>                         | 6:45-7:30<br>MS    | Speedball@<br><i>Joshua Diaz</i>               |                    |   | 4:00-5:00<br>YS   | Vinyasa Yoga<br><i>Denise Mathieson</i>         | 4:00-5:00<br>YS    | Yoga Flow<br><i>Roxanne Gamory</i>                 |
| 4:30-5:45<br>YS    | Kripalu Yoga<br><i>Renee Diamond (SUB)</i>   | 4:00-5:00<br>YS◆   | Lean Line<br><i>Robin Mosca</i>                     | 7:30-8:30<br>YS    | Vinyasa Yoga<br><i>Joshua Diaz</i>                       | 7:30-8:30<br>YS    | Vinyasa Yoga<br><i>Joshua Diaz</i>             |                    |   |                   |   |                    |  |
| 6:45-7:30<br>MS    | Stacked!<br><i>Joshua Diaz</i>               | 6:00-7:00<br>MS    | CrossTraining<br>Revolution<br><i>Tina Ferreira</i> |                    |  |                    |  |                    |   |                   |   |                    |  |
| 7:00-8:15<br>YS    | Hot Power Yoga<br><i>Carl Vreeland</i>       | 6:15-7:15<br>YS    | Hatha Yoga<br><i>Roxanne Gamory (SUB)</i>           |                    |  |                    |  |                    |   |                   |   |                    |  |
| 7:30-8:15<br>MS    | Pilates<br><i>Joshua Diaz</i>                | 7:00-7:50<br>CS◆   | The Pursuit: Build<br><i>Lailina Nadell</i>         |                    |  |                    |  |                    |   |                   |   |                    |  |

## MAMARONECK

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**THANKSGIVING MODIFIED HOURS**  
**NOVEMBER 23:** 07:00 AM - 02:00 PM

**GROUP FITNESS MANAGER**  
ELIZABETH KYLE BROWN  
Elizabeth  
Kyle.Brown@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

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

### WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

## STUDIO CYCLING

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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

**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** 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.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

## 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

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**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.

**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.

**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!

**CIRCUIT CHALLENGE** A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

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

**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. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**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.

**THANKS AND PLANKS** Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

**X-TREME X-TRAIN** A challenging cross-training class that combines sets and reps of muscle conditioning exercises, with plyometric training drills. A fast paced total body workout geared toward increasing both muscular strength and endurance.

## 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.

## CONDITIONING

**ABOVE THE BELT** A complete upper body workout

in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

**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.

**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.

**CARDIO CHALLENGE** Athletic based cardio designed to challenge you with non-stop movement, timed intervals and body weight training. Simple choreography delivers high on burn and results.

**CARDIO SCULPT** A 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.

**CARVE AND SCULPT** Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

**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.

**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

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

**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.

## 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 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.

## DANCE

**ZUMBA®** Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.