

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 CS◆ Studio Cycling <i>Ariella Hackmann</i>	5:45-6:30 CS◆ Performance Cycling <i>Mychal Ertel</i>	5:45-6:45 MS Boot Camp <i>Francisco Sanchez</i>	5:45-6:30 MS Power Sculpt <i>Larysa Didio</i>	5:45-6:30 CS◆ Studio Cycling <i>Andrew Katz</i>	7:30-8:20 YS◆ True Barre <i>Margaret Cunzio</i>	7:30-8:15 TR◆ Tread and Shred <i>Christina Collins</i>
8:45-9:15 MS Booty Blast <i>Kyle Brown</i>	6:00-6:45 MS◆ PURE STRENGTH <i>Josh Montgomery</i>	8:30-9:15 MS Sweat <i>Beth Tomkiewicz</i>	6:00-6:45 TR◆ Precision Running® <i>Ali Goldberg</i>	6:00-7:00 MS Boot Camp <i>Francisco Sanchez</i>	8:00-8:55 MS Body Challenge <i>Kim Pearson</i>	8:30-9:15 CS◆ Performance Cycling <i>Christina Collins</i>
8:45-9:45 YS◆ True Barre <i>Tracey Appel</i>	8:45-9:30 MS THE CUT <i>Delida Torres</i>	9:00-9:45 TR◆ Tread and Shred <i>Dana Intravaia</i>	7:30-8:25 YS◆ Barre <i>Anne Olivieri</i>	8:30-9:30 MS X-Treme X-Train <i>Will Matthews</i>	8:30-9:15 CS◆ Cycle Beats <i>Ariella Hackmann</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Chris Konopka</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>	8:30-9:15 MS Best Butt Ever <i>Anne Olivieri</i>	8:30-9:15 TR◆ Elevate <i>Margaret Cunzio</i>	8:30-9:25 TR◆ Precision Running® <i>Margaret Cunzio</i>	8:30-9:25 YS◆ Lean Line <i>Robin Mosca</i>
9:15-9:30 MS Best Arms Ever <i>Kyle Brown</i>	9:30-10:15 CS◆ Cycle Beats <i>Ali Goldberg</i>	9:30-10:00 MS◆ Firestarter <i>Beth Tomkiewicz</i>	8:30-9:30 YS◆ True Barre <i>Pamela Arkin</i>	8:30-9:25 YS Hatha Yoga <i>Susan Malcolm</i>	8:30-9:25 YS Pilates <i>Amanda Duckstein</i>	9:00-9:45 TR◆ Precision Running® <i>Ron Brown</i>
9:30-10:30 MS Cardio BOX <i>Francisco Sanchez</i>	9:45-10:30 MS Athletic Conditioning <i>Dana Intravaia</i>	9:45-10:30 CS◆ Cycle Beats <i>Ariella Hackmann</i>	9:15-9:30 MS Best Arms Ever <i>Anne Olivieri</i>	9:35-10:50 YS Hatha Yoga <i>Susan Malcolm</i>	9:05-9:50 MS METCON3 <i>Ron Brown</i>	9:30-10:30 MS Cardio Challenge <i>Chris Konopka</i>
9:45-10:30 CS◆ Studio Cycling <i>Kyle Brown</i>	10:00-11:10 YS Vinyasa Yoga <i>Melanie Hyman</i>	10:00-10:30 MS Above the Belt <i>Beth Tomkiewicz</i>	9:30-10:15 CS◆ Cycle Beats <i>Zina Ovchinnikoff</i>	9:45-10:30 CS◆ Performance Cycling <i>Doug Schwartz</i>	9:30-10:20 YS◆ True Barre <i>Margaret Cunzio</i>	9:45-10:30 CS◆ Studio Cycling <i>Christina Collins</i>
10:00-11:00 YS◆ True Barre <i>Fraser Edwards</i>	10:30-11:15 TR◆ Elevate <i>Ali Goldberg</i>	10:00-10:55 YS◆ True Barre <i>Fraser Edwards</i>	9:30-10:30 MS Cardio Kick <i>Dana Intravaia</i>	9:45-10:40 MS Pilates Power <i>Vivian Jonokuchi</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>	10:35-11:20 MS Boot Camp <i>Matthew Johnson</i>	4:00-5:00 YS Athletic Stretch <i>Andrew DiMicelli</i>	9:45-10:30 TR◆ Precision Running® <i>Anne Olivieri</i>	10:45-11:30 MS Whipped! <i>Doug Schwartz</i>	9:45-10:15 MS Best Abs Ever <i>Kyle Brown</i>	10:00-10:45 TR◆ Precision Running® <i>Ron Brown</i>
4:00-5:00 MS◆ Ropes and Rowers <i>Kevin Hernandez</i>	11:20-12:15 YS◆ True Barre <i>Tracey Appel</i>	4:15-5:00 MS◆ PURE STRENGTH <i>Will Matthews</i>	9:45-11:00 YS Vinyasa Yoga (L2) <i>Angela Kilcullen</i>	11:00-12:00 YS◆ True Barre <i>Vivian Jonokuchi</i>	10:15-10:30 MS Best Arms Ever <i>Kyle Brown</i>	10:45-12:00 MS Zumba® <i>Emily Ginter</i>
4:30-5:45 YS Kripalu Yoga <i>Franklin Shire</i>	4:00-5:00 YS◆ Lean Line <i>Robin Mosca</i>	6:00-6:45 CS◆ Cycle Beats <i>Sara Stratford</i>	11:15-12:15 YS◆ Barre <i>Maura McIntyre</i>	4:00-5:15 YS Happy Hour Yoga <i>Alvaro Zuniga</i>	10:30-11:45 YS Vinyasa Yoga <i>Jennifer Ray</i>	11:00-12:00 YS◆ Pilates <i>Joshua Diaz</i>
6:45-7:30 MS Stacked! <i>Joshua Diaz</i>	6:00-7:00 MS Cardio Core <i>Nora Apostle</i>	6:45-7:30 MS Speedball® <i>Joshua Diaz</i>	4:00-4:30 MS◆ THE CUT: Jump Rope <i>Kyle Brown</i>		10:35-11:50 MS Zumba® <i>Tatiana Melendez</i>	
7:00-8:15 YS Hot Power Yoga <i>Carl Vreeland</i>	6:15-7:15 YS Hatha Yoga <i>Franklin Shire</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 Vinyasa Yoga <i>Denise Mathieson</i>	4:00-5:00 YS Yoga Flow <i>Roxanne Gamory</i>
7:30-8:15 MS Pilates <i>Joshua Diaz</i>	7:00-7:45 CS◆ Studio Cycling <i>Lailina Nadell</i>		6:00-6:45 MS THE CUT <i>Delida Torres</i>			
			6:00-7:00 YS Yoga Flow <i>Joshua Diaz</i>			

MAMARONECK

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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

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

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

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.

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

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.

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!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

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.

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.

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.

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.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

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 CORE This class includes a traditional abdominal and lower back workout plus cardio and conditioning elements all wrapped in one!

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

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

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.

BOXING & MARTIAL ARTS

CARDIO BOX Tae-Bo style with upper body punches, push ups, squats and lunges set to insanely motivating music. An intense and challenging fat burner.

CARDIO KICK An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Meet your need for speed as you fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.