

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

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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
CL	Club Lobby
MS	Main Studio
TR	Treadmill Area
YS	Yoga 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.

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.

TOUR DE FRANCE RIDE Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

RUNNING

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.

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.

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!

CREW FIT This 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!)

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.

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

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 pyramid-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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

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 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!

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

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.

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

PURE STRENGTH: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

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.