

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
5:45-6:30 MS	Power Sculpt <i>Christina Collins</i>	5:45-6:30 CS◆	Red, Ride and Blue <i>Andrew Katz</i>	8:00-9:00 MS	Body Challenge <i>Kim Pearson</i>	8:30-9:15 CS◆	Gear up for Summer <i>Ariella Hackmann</i>	8:45-9:30 MS	Summer Sculpt <i>Kyle Brown</i>	5:45-6:30 CS◆	Performance Cycling <i>Christina Collins</i>	5:45-6:30 MS◆	Crew Fit <i>Christina Collins</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 <i>Ariella Hackmann</i>	8:30-9:25 YS◆	Lean Line <i>Robin Mosca</i>	8:45-9:45 YS	True Barre <i>Tracey Appel</i>	6:00-6:45 MS◆	PURE STRENGTH <i>Josh Montgomery</i>	8:30-9:15 MS	Sweat <i>Beth Tomkiewicz</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>	9:00-10:00 MS	Summer Slam <i>Chris Konopka</i>	9:00-9:45 TR◆	Tread and Shred <i>Beth Tomkiewicz</i>	8:30-9:30 MS	Whipped! <i>Doug Schwartz</i>	9:00-9:45 TR◆	Tread and Shred <i>Dana Intravaia</i>
9:15-9:30 MS	Core Conditioning <i>Anne Olivieri</i>	8:30-9:25 YS	Hatha Yoga <i>Michael Day (SUB)</i>	9:15-9:45 MS	Best Abs Ever <i>Kyle Brown</i>	9:30-10:15 TR◆	Precision Running® <i>Kristle O'Brien</i>	9:45-10:30 CS◆	Red, Ride and Blue <i>Kyle Brown</i>	8:45-9:45 YS◆	Gold Barre <i>Vivian Jonokuchi</i>	9:00-9:50 YS	Pilates <i>Cheryl Tilles</i>
9:30-10:15 CS◆	Cycle Beats <i>Tracey Appel</i>	9:30-10:45 YS	Hatha Yoga <i>Michael Day (SUB)</i>	9:30-10:20 YS◆	True Barre <i>Margaret Cunzio</i>	9:45-10:30 CS◆	The Pursuit: Burn <i>Ariella Hackmann</i>	10:00-10:45 MS	Memorial Day Challenge <i>Beth Tomkiewicz</i>	9:30-10:15 CS◆	The Pursuit: Burn <i>Ali Goldberg</i>	9:30-10:00 MS◆	Firestarter <i>Beth Tomkiewicz</i>
9:30-10:30 MS	Cardio Kick <i>Dana Intravaia</i>	9:45-10:30 CS◆	Cycle Beats <i>Doug Schwartz</i>	9:45-10:30 CS◆	Gear up for Summer <i>Ariella Hackmann</i>	9:45-11:00 YS	Kripalu Yoga <i>Franklin Shire</i>	10:00-11:00 YS◆	True Barre <i>Fraser Edwards</i>	9:45-10:30 MS	Athletic Conditioning <i>Dana Intravaia</i>	9:45-10:30 CS◆	Performance Cycling <i>Ariella Hackmann</i>
9:45-10:30 TR◆	Precision Running® <i>Anne Olivieri</i>	9:45-10:40 MS	Pilates Power <i>Vivian Jonokuchi</i>	9:45-10:15 MS◆	Firestarter <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>
9:45-11:00 YS	Vinyasa Yoga (L2) <i>Angela Kilcullen</i>	11:00-12:00 YS◆	True Barre <i>Vivian Jonokuchi</i>	10:30-11:45 MS	Zumba® <i>Tatiana Melendez</i>					10:30-11:15 TR◆	Elevate <i>Ali Goldberg</i>	10:00-10:55 YS◆	True Barre <i>Fraser Edwards</i>
11:15-12:15 YS◆	True Barre <i>Maura McIntyre</i>			10:30-11:45 YS	Memorial Day Warrior Yoga <i>Danicia Ambron</i>					11:20-12:15 YS◆	True Barre <i>Tracey Appel</i>	11:15-12:15 YS	Yoga Flow <i>Roxanne Gamory</i>
4:00-5:00 YS	Pilates <i>Cheryl Tilles</i>									4:00-5:00 YS◆	Lean Line <i>Robin Mosca</i>	4:00-5:00 YS◆	True Barre <i>Pamela Arkin</i>
6:00-6:55 MS	Ropes and Rowers <i>Will Matthews</i>									6:00-7:00 MS	Cardio Core <i>Nora Apostle</i>	6:00-6:45 CS◆	Cycle Beats <i>Kyle Brown</i>
6:00-7:00 YS	Yoga Flow <i>Joshua Diaz</i>									6:15-7:15 YS	Hatha Yoga <i>Franklin Shire</i>	6:45-7:30 MS	Kettlebell Power <i>Joshua Diaz</i>
										7:00-7:45 CS◆	The Pursuit: Build <i>Lailina Nadell</i>	7:30-8:30 YS	Kripalu Yoga <i>Franklin Shire</i>

MAMARONECK

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 05:00 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
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

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

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

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.

RED, RIDE AND BLUE 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

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 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

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.

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.

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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, tones and 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.

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!

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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

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

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.

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.

MEMORIAL DAY CHALLENGE Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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 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.