

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◆ Studio Cycling <i>Ariella Hackmann</i>	6:00-6:45 MS◆ PURE STRENGTH (L2) T.B.D.	7:30-8:20 TR◆ Elevate <i>Nora Apostle</i>	6:00-6:45 TR◆ Precision Running@ <i>Ali Cerone</i>	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>Team Equinox</i>
8:45-9:30 MS Cardio Sculpt <i>Kyle Brown</i>	7:45-8:45 YS Pilates <i>Vivian Jonokuchi</i>	8:30-9:15 MS Sweat <i>Beth Tomkiewicz</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◆ True Barre <i>Tracey Appel</i>	8:45-9:30 MS METCON3 <i>Delida Torres</i>	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>Beth Tomkiewicz</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>	9:30-10:15 CS◆ The Pursuit: Burn Ali Cerone	9:45-10:30 CS◆ Cycle Beats <i>Ariella Hackmann</i>	9:15-9:30 MS Above the Belt <i>Anne Olivieri</i>	8:30-9:25 YS Hatha Yoga <i>Susan Malcolm</i>	9:15-10:00 MS Kettle Bell Circuit <i>Kyle Brown</i>	9:45-10:35 CS◆ The Pursuit: Burn <i>Team Equinox</i>
9:45-10:30 CS◆ Studio Cycling <i>Kyle Brown</i>	9:30-9:45 MS Best Abs Ever <i>Delida Torres</i>	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>	11:30-12:30 YS Yoga Flow <i>Jennifer Harvey</i>	9:45-10:30 TR◆ Precision Running@ <i>Anne Olivieri</i>	11:00-12:00 YS◆ True Barre <i>Vivian Jonokuchi</i>	10:00-10:30 MS◆ THE CUT: Jump Rope <i>Kyle Brown</i>	10:30-10:55 MS Core Cuts <i>Matthew Johnson</i>
12:45-1:45 YS Power Yoga <i>Kat Suda</i>	10:30-11:20 TR◆ Elevate <i>Ali Cerone</i>	4:15-5:00 YS Athletic Stretch <i>Andrew DiMicelli</i>	9:45-11:00 YS Vinyasa Yoga (L2) <i>Angela Kilcullen</i>	9:35-10:50 YS Hatha Yoga <i>Susan Malcolm</i>	10:30-11:45 YS Vinyasa Yoga <i>Jennifer Ray</i>	11:00-12:15 MS Zumba@ <i>Emily Ginter</i>
4:00-5:00 MS◆ Ropes and Rowers <i>Kevin Hernandez</i>	11:20-12:15 YS◆ True Barre <i>Kristle O'Brien</i>	4:30-5:00 MS◆ THE MUSE™ <i>Justine Ayala</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>
4:30-5:45 YS Kripalu Yoga <i>Franklin Shire</i>	4:00-5:00 YS◆ Lean Line <i>Robin Mosca</i>	6:30-7:15 CS◆ Cycle Beats Laura Grandilli	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>
6:45-7:30 MS Stacked! <i>Joshua Diaz</i>	6:00-7:00 MS CrossTraining Revolution <i>Tina Ferreira</i>	6:45-7:30 MS Speedball@ <i>Joshua Diaz</i>	6:00-6:45 MS Body Sculpt <i>Tina Ferreira</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>	6:00-7:00 YS Yoga Flow <i>Joshua Diaz</i>			
7:30-7:45 MS Core & Stretch <i>Joshua Diaz</i>	6:45-7:30 CS◆ The Pursuit: Burn Lailina Nadell					
7:45-8:15 MS◆ THE MUSE™ <i>Joshua Diaz</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
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

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

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.

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

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.

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.

KETTLE BELL CIRCUIT Shake things up! Alternate dynamic Kettle Bell training with combined athletic drills, plyometric and strength training. Circuit train your workout into a calorie blasting, sweat inducing, efficient interval workout.

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

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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.

CORE & STRETCH An alignment class that focus on two very important components of fitness: core strength and flexibility.

CORE CUTS Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

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

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 burn 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.