

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 CS◆ Performance Cycling <i>Lailina Nadell</i>	5:45-6:45 MS Cardio BOX <i>Kevin Sanchez Torres</i>	5:45-6:30 CS◆ Performance Cycling <i>Andrew Katz</i>	5:45-6:45 MS Extreme Boot Camp <i>Kade Dolan</i>	5:45-6:30 CS◆ Cycle Beats <i>Christina Collins</i>	8:00-8:45 CS◆ Cycle Beats <i>Christina Collins</i>	8:00-9:00 CS◆ Performance Cycling <i>Karen Leach</i>
5:45-6:45 MS◆ Kettle Bell Circuit <i>Jessica Mazzucco</i>	5:45-6:45 YS Diamondfit Flow Yoga <i>Renee Diamond</i>	5:45-6:45 MS Cardio Core <i>Nora Apostle</i>	5:45-6:45 YS Diamondfit Flow Yoga <i>Renee Diamond</i>	5:45-6:45 MS◆ Ropes and Rowers <i>Will Matthews</i>	8:00-9:00 MS Cardio Core <i>Nora Apostle</i>	8:00-9:00 MS Power Sculpt <i>Nora Apostle</i>
8:30-9:15 CS◆ Cycle Beats <i>Elizabeth D'ottavio</i>	7:30-8:30 YS◆ True Barre <i>Cindy Factor</i>	8:30-9:25 MS CrossTraining Revolution <i>Kade Dolan</i>	8:30-9:30 MS Power Sculpt <i>Nora Apostle</i>	6:00-6:45 TR◆ Tread and Shred <i>Beth Tomkiewicz</i>	8:00-8:45 TR◆ Tread and Shred <i>Beth Tomkiewicz</i>	9:00-9:30 MS Ab Lab <i>Nora Apostle</i>
8:30-9:30 MS X-Treme X-Train <i>Will Matthews</i>	8:30-9:25 MS Best Butt Ever <i>Jessica Mazzucco</i>	8:30-9:30 YS◆ BoxCamp <i>Thomas Forcelli</i>	8:30-9:30 YS◆ True Barre <i>Vivian Jonokuchi</i>	7:30-8:30 YS◆ True Barre <i>Vivian Jonokuchi</i>	8:00-9:00 YS◆ BoxCamp <i>Karl Hall</i>	9:00-10:00 YS Pilates <i>Joshua Diaz</i>
8:30-9:30 YS Lean Line <i>Pamela Arkin</i>	8:30-9:30 YS Cardio Sculpt <i>Pat Anikewich</i>	9:30-10:15 CS◆ Cycle Beats <i>Elizabeth D'ottavio</i>	9:30-10:15 CS◆ Performance Cycling <i>Karen Leach</i>	8:30-9:15 CS◆ Cycle Beats <i>Tracey Appel</i>	9:00-10:00 MS Chisel'd <i>Frank Fata</i>	9:30-10:30 MS Cardio BOX <i>Kevin Sanchez Torres</i>
9:30-10:15 CS◆ Performance Cycling <i>Lisa Martinez</i>	9:30-10:15 CS◆ Studio Cycling <i>Kyle Brown</i>	9:30-10:30 MS Body PRECISION <i>Pamela Arkin</i>	9:30-10:20 MS Cardio Smackdown! <i>Robert Forcelli</i>	8:30-9:00 MS◆ Firestarter <i>Beth Tomkiewicz</i>	9:15-10:15 CS◆ Performance Cycling <i>Lisa Martinez</i>	10:00-11:00 CS◆ Studio Cycling <i>Karen Leach</i>
9:30-10:20 MS Cardio Smackdown! <i>Robert Forcelli</i>	9:30-10:30 MS CrossTraining Revolution <i>Kade Dolan</i>	9:45-10:45 YS Diamondfit Flow Yoga <i>Renee Diamond</i>	9:45-10:45 YS Yoga Core <i>Cass Ghiorse</i>	8:30-9:30 YS Centergy <i>Renee Diamond</i>	9:15-10:15 YS◆ True Barre <i>Vivian Jonokuchi</i>	10:00-11:00 YS◆ True Barre <i>Pamela Arkin</i>
9:30-10:30 YS Pilates Flow <i>Elizabeth D'ottavio</i>	9:45-10:45 YS◆ True Barre <i>Pamela Arkin</i>	10:00-10:50 TR◆ Precision Running® <i>Anne Olivieri</i>	10:30-11:30 MS Zumba® <i>Linda Cicero</i>	9:00-9:30 MS Upper Body Conditioning <i>Beth Tomkiewicz</i>	10:15-10:45 MS◆ Firestarter <i>Beth Tomkiewicz</i>	10:30-11:30 MS Dance Fitness Workout <i>Jessica Mazzucco</i>
10:00-10:50 TR◆ Precision Running® <i>Will Matthews</i>	10:30-11:30 MS Zumba® <i>Jessica Mazzucco</i>	11:00-12:00 YS◆ True Barre <i>Anne Olivieri</i>	11:30-12:15 MS Best Butt Ever <i>Linda Cicero</i>	9:30-10:15 CS◆ Performance Cycling <i>Ariella Hackmann</i>	10:30-11:45 YS Power Yoga <i>Roxanne Gamory</i>	10:30-11:30 MS Dance Fitness Workout <i>Jessica Mazzucco</i>
10:30-11:30 YS Vin-Hatha Yoga <i>Joshua Diaz</i>	11:00-12:00 YS Alignment Yoga <i>Cass Ghiorse</i>	4:30-5:30 MS Kettlebell Power <i>Jessica Mazzucco</i>	6:00-6:45 MS R.I.P.P.E.D. <i>Nora Apostle</i>	9:30-10:30 MS Cardio BOX <i>Francisco Sanchez</i>	10:45-11:15 MS Upper Body Conditioning <i>Beth Tomkiewicz</i>	11:15-12:30 YS Vinyasa Yoga <i>Denise Mathieson</i>
4:30-5:30 YS◆ True Barre <i>Cindy Factor</i>	4:30-5:30 MS Chisel'd <i>Frank Fata</i>	6:00-6:45 TR◆ Tread and Shred <i>Beth Tomkiewicz</i>	6:30-7:30 YS◆ BoxCamp <i>Thomas Forcelli</i>	9:45-10:45 YS◆ True Barre <i>Tracey Appel</i>		
6:00-6:45 CS◆ Cycle Beats <i>Ali Goldberg</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Frank Fata</i>	6:00-7:00 YS Kripalu Yoga <i>Franklin Shire</i>	6:50-7:20 MS Pilates <i>Nora Apostle</i>	10:00-10:50 TR◆ Precision Running® <i>Margaret Cunzio</i>		
6:30-7:00 YS Ab Lab <i>Renee Diamond</i>	6:45-7:30 YS Pilates <i>Joshua Diaz</i>	7:00-7:45 MS METCON3 <i>Beth Tomkiewicz</i>	7:30-8:30 MS Dance! <i>Terrill Carrington</i>	11:00-12:00 MS Pure Stretch <i>Renee Diamond</i>		
7:00-8:00 MS Best Butt Ever <i>Jessica Mazzucco</i>	7:30-8:30 MS Dance! <i>Terrill Carrington</i>					
7:00-8:00 YS Diamondfit Yoga Stretch <i>Renee Diamond</i>				6:00-7:00 YS Candlelight Yoga <i>Roxanne Gamory</i>		

SCARSDALE

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MON - THU: 5:00AM - 10:30PM
FRI: 5:00AM - 9:00PM
SAT: 7:00AM - 8:00PM
SUN: 7:00AM - 7:00PM

GROUP FITNESS MANAGER
PAMELA NEWKIRK-ARKIN
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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
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.

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

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

ALIGNMENT YOGA Alignment Yoga emphasizes precision and purity of form. Based on the teachings of B.K.S. Iyengar, this practice enhances flexibility and alignment.

CANDLELIGHT YOGA A candle-lit room and a gentle healing approach to relieve stress and relax from the inside out. This class is for everyone!

DIAMONDFIT FLOW YOGA Vinyasa yoga grounded in athletic training principles for strength and stamina with a focus on graceful transitions and sequences and musical inspiration. Experience dynamic rejuvenation and radiance.

DIAMONDFIT YOGA STRETCH Created for athletes by an athlete to open chronically tight areas and ease aching muscles and joints. Align with breath in long held poses, custom suited for your body. No chaturangas, no pretzel poses, no sanskrit. Yoga, evolved and complimentary to fitness and athletic performance at its' best.

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.

VIN-HATHA YOGA This class combines the flow of Vinyasa with the moving meditation of Hatha. The main emphasis of "Vin-Hatha" is to build strength in order to prepare for a more advanced practice with specific focus on alignment and internal balance.

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 CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

ATHLETIC TRAINING

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

EXTREME BOOT CAMP Boot Camp to X Power. 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.

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.

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

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

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

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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 PRECISION Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

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

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.

CARDIO SMACKDOWN! A high-energy, heart pumping, calorie burning workout. Punch, chamber, strike and lift your way to a rock hard body. A non-stop martial arts based cardio blitz interlaced with strength intervals for an ultimate challenge. All levels welcome!

CENTERGY Change the way you think about your body and Center Your Energy with Centergy. A fusion of Yoga, Pilates, Dance and traditional exercise done to amazing music. A true experience.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

DANCE FITNESS WORKOUT Equal parts dance, sculpt and cardio; a fun infusion of vitality and grace that will raise your spirit and your heart rate. Low impact but high definition.

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

R.I.P.P.E.D. A fun high-energy total body conditioning class that incorporates resistance, intervals, power, plyometrics, and endurance training targeting all muscle groups using free weights and anaerobic conditioning. Come and get R.I.P.P.E.D.

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

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 FLOW This class is a vigorous sequence of mat exercises based on Joseph Pilates work. The class will demonstrate core stability, flexibility and balance with upbeat music and flowing transitions.

DANCE

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

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.