

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>Sara Stratford</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 Mazzuco</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>	8:30-9:20 MS Best Butt Ever <i>Jessica Mazzuco</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>
8:30-9:20 MS◆ Ropes and Rowers <i>Will Matthews</i>	8:00-8:15 MS Best Arms Ever <i>Beth Tomkiewicz</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>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>	8:30-9:20 MS Strength & Sweat <i>Matthew Johnson</i>	9:30-10:15 CS◆ Cycle Beats <i>Elizabeth D'ottavio</i>	8:30-9:30 YS◆ True Barre <i>Vivian Jonokuchi</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>	8:30-9:15 TR◆ Elevate <i>Beth Tomkiewicz</i>	9:30-10:30 MS Body PRECISION <i>Pamela Arkin</i>	9:30-10:15 MS Sweat <i>Ali Goldberg</i>	8:30-9:15 MS pureMUSCLE <i>Frank Fata</i>	9:15-10:15 CS◆ Performance Cycling <i>Lisa Martinez</i>	10:00-11:00 CS◆ Studio Cycling <i>Sara Stratford</i>
9:30-10:20 MS Cardio Smackdown! <i>Robert Forcelli</i>	8:30-9:30 YS Cardio Sculpt <i>Pat Anikewich</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>	9:30-10:15 CS◆ Studio Cycling <i>Kyle Brown</i>	10:00-10:50 TR◆ Precision Running® <i>Anne Olivieri</i>	10:30-11:30 MS Zumba® <i>Emily Ginter</i>	9:30-10:15 CS◆ Performance Cycling <i>Ariella Hackmann</i>	10:15-10:45 MS◆ Firestarter <i>Beth Tomkiewicz</i>	11:15-12:30 YS Vinyasa Yoga <i>Danicia Ambron</i>
10:00-10:50 TR◆ Precision Running® <i>Will Matthews</i>	9:30-10:30 MS CrossTraining Revolution <i>Kade Dolan</i>	10:30-11:30 MS Dance It Out <i>Billy Blanks Jr.</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>	10:30-11:45 YS Power Yoga <i>Roxanne Gamory</i>	
10:30-11:15 MS Dynamic Strength <i>Robert Forcelli</i>	9:45-10:45 YS◆ True Barre <i>Pamela Arkin</i>	11:00-12:00 YS◆ True Barre <i>Anne Olivieri</i>	6:30-7:30 YS◆ BoxCamp <i>Thomas Forcelli</i>	9:45-10:45 YS◆ True Barre <i>Tracey Appel</i>	10:45-11:15 MS Upper Body Conditioning <i>Beth Tomkiewicz</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 YS◆ True Barre <i>Cindy Factor</i>	6:50-7:20 MS Pilates <i>Nora Apostle</i>	10:00-10:50 TR◆ Precision Running® <i>Margaret Cunzio</i>	11:30-12:30 MS Dance It Out <i>Quinn Weber</i>	
4:30-5:15 MS Stacked! <i>Ali Goldberg</i>	11:30-12:30 MS Zumba® <i>Jessica Mazzuco</i>	6:00-7:00 YS Kripalu Yoga <i>Franklin Shire</i>	7:30-8:30 MS Dance! <i>Terrill Carrington</i>	11:00-12:00 MS Pure Stretch <i>Renee Diamond</i>		
6:00-6:45 CS◆ Cycle Beats <i>Ali Goldberg</i>	4:30-5:30 MS Chisel'd <i>Frank Fata</i>	6:30-7:15 MS METCON3 <i>Beth Tomkiewicz</i>		6:00-7:00 YS Candlelight Yoga <i>Roxanne Gamory</i>		
6:30-7:00 YS Ab Lab <i>Renee Diamond</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Frank Fata</i>	7:15-8:15 YS Centergy <i>Renee Diamond</i>				
7:00-8:00 MS Strength & Sweat <i>Jessica Mazzuco</i>	6:45-7:30 YS Pilates <i>Joshua Diaz</i>	7:30-8:30 MS Cardio BOX <i>Francisco Sanchez</i>				
7:00-8:00 YS Diamondfit Yoga Stretch <i>Renee Diamond</i>	7:00-7:45 CS◆ Studio Cycling <i>Laura Grandilli</i>					
	7:30-8:30 MS Dance! <i>Terrill Carrington</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

TR	Treadmill Area
CS	Cycling Studio
MS	Main Studio
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.

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

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.

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.

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 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 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.

DYNAMIC STRENGTH Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

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

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

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.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

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.

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.