

- Bold** New Class, Instructor, or Time
 ◆ Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00–6:45 MS ◆ METCON3 <i>Beth Tomkiewicz</i>	6:00–6:45 MS ◆ Stacked! <i>Nora Apostle</i>	6:00–6:45 MS ◆ Athletic Conditioning <i>Chris Konopka</i>	6:00–6:45 MS ◆ Ropes and Rowers <i>Doug Schwartz</i>	6:15–7:00 CS ◆ Cycle Power <i>Andrew Katz</i>	6:15–7:00 MS ◆ Athletic Conditioning <i>Chris Konopka</i>	7:15–8:15 YS ◆ Barre <i>Cindy Factor</i>	8:15–9:00 CS ◆ Cycle Beats <i>Joe DeFilippo</i>
6:15–7:00 CS ◆ Cycle Power <i>Andrew Katz</i>	7:15–8:15 YS ◆ Barre <i>Cindy Factor</i>	6:00–7:00 YS ◆ Diamondfit Strength Yoga <i>Renee Diamond</i>	7:15–8:10 YS ◆ Barre <i>Margaret Cunzio</i>	6:15–7:00 MS ◆ Pilates Fusion <i>Rachel Johnson</i>	7:30–8:15 MS ◆ Cardio Sculpt <i>Nora Apostle</i>	8:15–9:00 MS ◆ Athletic Conditioning <i>Brianne Munch</i>	8:15–9:00 MS ◆ Athletic Conditioning <i>Brianne Munch</i>
6:15–7:15 YS ◆ Vinyasa Yoga <i>Carl Vreeland</i>	7:45–8:30 MS ◆ METCON3 <i>Beth Tomkiewicz</i>	6:15–7:00 CS ◆ Cycle Power <i>Laura Grandilli</i>	8:00–8:45 MS ◆ STRONG <i>Nora Apostle</i>	7:15–8:00 YS ◆ Pilates Fusion <i>Rachel Johnson</i>	8:00–8:45 CS ◆ Cycle Power <i>Ron Brown</i>	8:30–9:25 YS ◆ Barre <i>Rachel Johnson</i>	8:30–9:25 YS ◆ Barre <i>Rachel Johnson</i>
7:30–8:15 TR ◆ Elevate <i>Margaret Cunzio</i>	8:30–9:15 CS ◆ Cycle Power <i>Doug Schwartz</i>	6:15–7:00 CS ◆ Cycle Power <i>Laura Grandilli</i>	8:30–9:15 CS ◆ Cycle Beats <i>Beth Tomkiewicz</i>	7:45–8:30 MS ◆ Cardio Sculpt + Best Abs Ever <i>Nora Apostle</i>	8:30–9:00 MS ◆ Best Butt Ever <i>Nora Apostle</i>	9:30–10:15 CS ◆ Cycle Power <i>Brianne Munch</i>	9:30–10:15 CS ◆ Cycle Power <i>Brianne Munch</i>
7:45–8:30 MS ◆ Athletic Conditioning <i>Zina Ovchinnikoff</i>	8:45–9:15 MS ◆ Best Butt Ever <i>Mychal Ertel</i>	7:00–7:45 TR ◆ Precision Run® <i>Beth Tomkiewicz</i>	9:00–9:30 MS ◆ Best Abs Ever <i>Nora Apostle</i>	8:30–9:15 CS ◆ Cycle Beats <i>Danielle Corpina</i>	8:30–9:15 TR ◆ Elevate <i>Beth Tomkiewicz</i>	9:45–10:30 MS ◆ Cardio Boxing <i>Karl Hall</i>	9:45–10:30 MS ◆ Cardio Boxing <i>Karl Hall</i>
8:30–9:15 CS ◆ Cycle Power <i>Brianne Munch</i>	9:00–10:00 YS ◆ Vinyasa Yoga <i>Danicia Ambron</i>	7:45–8:30 MS ◆ Body Sculpt <i>Zina Ovchinnikoff</i>	9:00–10:00 YS ◆ Vinyasa Yoga <i>Roxanne Gamory</i>	8:45–9:40 YS ◆ Barre <i>Joshua Diaz</i>	8:45–9:40 YS ◆ Barre <i>Cindy Factor</i>	10:00–10:45 TR ◆ Precision Run® <i>Kristen Schmidt</i>	10:00–10:45 TR ◆ Precision Run® <i>Kristen Schmidt</i>
8:30–9:30 YS ◆ Barre <i>Margaret Cunzio</i>	9:30–10:15 MS ◆ Cardio Kickboxing <i>Ron Brown</i>	8:30–9:15 TR ◆ Tread and Shred <i>Mychal Ertel</i>	9:45–10:30 MS ◆ Best Butt Ever <i>Beth Tomkiewicz</i>	9:30–10:15 MS ◆ Cardio Boxing <i>Jemaine Bailey</i>	9:15–10:00 MS ◆ Tabata Max <i>Nora Apostle</i>	10:30–11:30 YS ◆ Pilates Mat <i>Joshua Diaz</i>	10:30–11:30 YS ◆ Pilates Mat <i>Joshua Diaz</i>
9:15–10:00 MS ◆ Cardio Sculpt <i>Zina Ovchinnikoff</i>	9:30–10:15 TR ◆ Elevate <i>Mychal Ertel</i>	8:45–9:40 YS ◆ Barre <i>Cindy Factor</i>	10:00–10:45 TR ◆ Elevate <i>Nora Apostle</i>	9:30–10:15 TR ◆ Precision Run® <i>Danielle Corpina</i>	9:45–10:30 CS ◆ Cycle Power <i>Beth Tomkiewicz</i>	12:30–1:30 YS ◆ Vinyasa Yoga <i>Roxanne Gamory</i>	12:30–1:30 YS ◆ Vinyasa Yoga <i>Roxanne Gamory</i>
9:45–10:30 CS ◆ Cycle Beats <i>Beth Tomkiewicz</i>	9:45–10:30 CS ◆ Cycle Beats <i>Danielle Corpina</i>	9:15–10:00 MS ◆ Whipped! <i>Zina Ovchinnikoff</i>	10:45–11:40 YS ◆ Barre <i>Cindy Factor</i>	9:45–10:30 CS ◆ Cycle Power <i>Ron Brown</i>	10:30–11:30 MS ◆ Studio Dance <i>Terill Carrington</i>		
10:45–11:40 YS ◆ Barre <i>Cindy Factor</i>	10:30–11:30 MS ◆ Cardio Dance <i>Valentina Soto</i>	9:45–10:30 CS ◆ Cycle Beats <i>Mychal Ertel</i>	5:30–6:25 YS ◆ Barre <i>Cindy Factor</i>	10:30–11:30 YS ◆ Diamondfit Stretch Yoga <i>Renee Diamond</i>	10:45–11:45 YS ◆ Athletic Yoga <i>Roxanne Gamory</i>		
4:30–5:15 YS ◆ Barre <i>Jenn Evans</i>	10:45–11:40 YS ◆ Barre <i>Jenn Evans</i>	10:30–11:30 MS ◆ Dance It Out <i>Taylor Frelot</i>	5:45–6:30 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Nora Apostle</i>	12:15–1:00 YS ◆ Barre <i>Jordana Allen</i>			
5:30–6:30 YS ◆ Diamondfit Stretch Yoga <i>Renee Diamond</i>	5:30–6:30 YS ◆ Pilates Mat <i>Joshua Diaz</i>	10:30–11:30 YS ◆ Pilates Mat <i>Joshua Diaz</i>	7:15–8:00 MS ◆ Studio Dance <i>Terill Carrington</i>				
5:45–6:30 MS ◆ Athletic Conditioning <i>Doug Schwartz</i>	5:45–6:30 MS ◆ Cardio Boxing <i>Karl Hall</i>	12:15–1:00 YS ◆ Barre <i>Rachel Johnson</i>					
6:00–6:45 CS ◆ Cycle Power <i>Laura Grandilli</i>	7:15–8:00 MS ◆ Studio Dance <i>Terill Carrington</i>	5:30–6:30 YS ◆ Regeneration Yoga <i>Roxanne Gamory</i>					
7:00–7:45 MS ◆ Best Butt Ever <i>Zina Ovchinnikoff</i>		5:45–6:30 MS ◆ STRONG <i>Beth Tomkiewicz</i>					
		6:00–6:45 CS ◆ Cycle Beats <i>Laura Grandilli</i>					

SCARSDALE

800 WHITE PLAINS ROAD
SCARSDALE NY 10583
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 8:30PM

FRI: 5:00AM - 7:00PM

SAT: 7:00AM - 6:00PM

SUN: 7:00AM - 5:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 12:00PM

GROUP FITNESS MANAGER

cindyfactor@equinox.com

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

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

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

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

DIAMONDFIT STRENGTH YOGA Created by Renee Diamond, this challenging class is grounded in athletic training with a focus on graceful transitions and dynamic rejuvenation.

DIAMONDFIT STRETCH YOGA Release tightness and ease aching muscles and joints in this open class created by Renee Diamond that perfectly complements your fitness training.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

METCON3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

DANCE IT OUT A high energy, total body dance-based workout, developed by fitness expert Billy Blanks Jr. Maximize your stamina and sculpt your body with a variety of dance styles.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

CARDIO BOXING Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

CARDIO KICKBOXING An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

CARDIO SCULPT + BEST ABS EVER A combination of rhythmic sculpting and core conditioning. Build abdominal strength and endurance as you shape and define your entire body.