

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆ Cycle Power <i>Amanda Treppa</i>	6:00-6:45 MS ◆ <b>METCON3</b> <i>Gabriel Hidalgo</i>	6:00-6:45 MS ◆ Tabata Max <i>Lukasz Rogoz</i>	7:00-7:45 MS ◆ STRONG <i>Lukasz Rogoz</i>	6:00-6:45 CS ◆ Cycle Power <i>Jess Polcer</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>PJ Johns</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Brian Robbins</i>	6:00-6:45 MS ◆ STRONG <i>Suzanne Anderson</i>	6:00-6:45 MS ◆ METCON3 <i>Jaren Mondry</i>	6:30-7:20 CS ◆ The Pursuit: Bum <i>Keri Harden</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>Annarae Anderson</i>	8:15-9:00 CS ◆ Cycle Beats <i>Ashley Skouras</i>	7:30-8:15 MS ◆ METCON3 <i>Doug Schwartz</i>	8:00-8:45 CS ◆ Cycle Power <i>Amanda Tighe</i>
7:00-8:00 YS ◆ Vinyasa Yoga <i>Janak Desai</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Katy Ingulli</i>	7:00-7:45 MS ◆ STRONG <i>Lukasz Rogoz</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Katy Ingulli</i>	7:00-7:45 MS ◆ Stacked! <i>Gabriel Hidalgo</i>	7:00-7:45 MS ◆ Athletic Conditioning <i>PJ Johns</i>	7:00-7:45 MS ◆ STRONG <i>Suzanne Anderson</i>	7:00-7:45 MS ◆ Master of One <i>Jaren Mondry</i>	7:30-8:15 TR ◆ Elevate <i>Keri Harden</i>	8:15-9:00 MS ◆ STRONG <i>Cody Harwood- Smith</i>	8:45-9:30 TR ◆ Precision Run® <i>Doug Schwartz</i>	9:15-10:00 CS ◆ Cycle Power <i>Jackie Ajello</i>	8:30-9:30 YS ◆ Athletic Yoga <i>Annie Leeks</i>	8:45-9:30 TR ◆ Precision Run® <i>Doug Schwartz</i>
7:45-8:30 MS ◆ METCON3 <i>Amanda Treppa</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>David Reyes</i>	7:00-7:45 MS ◆ Pilates Fusion <i>Carla Griffin</i>	7:00-7:45 MS ◆ Pilates Fusion <i>Carla Griffin</i>	7:15-8:15 YS ◆ Athletic Yoga <i>Kat Rose</i>	7:00-7:45 MS ◆ Cardio Sculpt <i>Wilber Escobar</i>	8:00-8:45 MS ◆ Cardio Sculpt <i>Wilber Escobar</i>	8:00-8:45 MS ◆ Athletic Conditioning <i>Brian Robbins</i>	8:45-9:45 YS ◆ Barre <i>Noel Rosenstein</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cody Harwood- Smith</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brandon Mubuuke</i>	9:15-10:00 YS ◆ Barre <i>Ashley Skouras</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brandon Mubuuke</i>	9:30-10:15 CS ◆ Athletic Conditioning <i>Lukasz Rogoz</i>
8:45-9:45 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	8:30-9:15 CS ◆ Cycle Power <i>Brian Robbins</i>	8:00-8:45 MS ◆ Body Sculpt <i>Amanda Treppa</i>	8:00-8:45 MS ◆ Body Sculpt <i>Amanda Treppa</i>	9:15-10:00 MS ◆ Studio Dance <i>Brandon Mubuuke</i>	8:30-9:15 CS ◆ Cycle Beats <i>Amanda Treppa</i>	8:30-9:15 CS ◆ Cycle Beats <i>Amanda Treppa</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:15-11:00 TR ◆ Precision Run® <i>Jackie Ajello</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	10:00-10:45 YS ◆ Barre <i>Darice Balamoti</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>
9:15-10:00 MS ◆ Athletic Conditioning <i>Lukasz Rogoz</i>	9:00-10:00 YS ◆ Barre <i>Darice Balamoti</i>	8:00-8:45 TR ◆ Precision Run® <i>Gabriel Hidalgo</i>	8:00-8:45 TR ◆ Precision Run® <i>Gabriel Hidalgo</i>	10:30-11:15 YS ◆ Barre <i>Rachel Johnson</i>	9:00-9:45 YS ◆ Pilates Mat <i>Gabby Aiardo</i>	9:00-9:45 YS ◆ Pilates Mat <i>Gabby Aiardo</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cody Harwood- Smith</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
9:15-10:00 TR ◆ Elevate <i>Nikki Glor</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Brian Robbins</i>	9:00-9:45 YS ◆ Pilates Mat <i>Gabby Aiardo</i>	9:00-9:45 YS ◆ Pilates Mat <i>Gabby Aiardo</i>	10:45-11:30 MS ◆ Studio Dance <i>Brandon Mubuuke</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cody Harwood- Smith</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cody Harwood- Smith</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
9:30-10:15 CS ◆ Cycle Beats <i>Allie Taylor Mannle</i>	10:45-11:30 YS ◆ Athletic Stretch <i>Kurt Dasbach</i>	9:30-10:15 CS ◆ Cycle Power <i>Allie Taylor Mannle</i>	9:30-10:15 CS ◆ Cycle Power <i>Allie Taylor Mannle</i>	11:00-11:45 MS ◆ Studio Dance <i>Brandon Mubuuke</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
10:30-11:15 YS ◆ Barre <i>Rachel Johnson</i>	11:00-11:45 MS ◆ Studio Dance <i>Brandon Mubuuke</i>	9:30-10:15 CS ◆ Cycle Power <i>Allie Taylor Mannle</i>	9:30-10:15 CS ◆ Cycle Power <i>Allie Taylor Mannle</i>	12:15-1:00 YS ◆ Barre <i>Martha Guttuso</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
10:45-11:30 MS ◆ Studio Dance <i>Paul Herman</i>	12:15-1:00 YS ◆ Barre <i>Martha Guttuso</i>	10:30-11:15 CS ◆ Cycle Power <i>Allie Taylor Mannle</i>	10:30-11:15 CS ◆ Cycle Power <i>Allie Taylor Mannle</i>	12:15-1:00 YS ◆ Barre <i>Martha Guttuso</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
12:15-1:00 YS ◆ Pilates Mat <i>Joshua Diaz</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	12:15-1:00 YS ◆ Barre <i>Martha Guttuso</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	10:30-11:15 YS ◆ Barre <i>Allie Taylor Mannle</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
5:30-6:15 TR ◆ Precision Run® <i>Jackie Ajello</i>	5:30-6:15 CS ◆ Cycle Power <i>Amanda Treppa</i>	10:45-11:30 MS ◆ Cardio Dance <i>Wilber Escobar</i>	10:45-11:30 MS ◆ Cardio Dance <i>Wilber Escobar</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
5:30-6:30 YS ◆ Barre <i>Martha Guttuso</i>	6:30-7:15 MS ◆ METCON3 <i>Amanda Treppa</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	4:30-5:15 YS ◆ Barre <i>Martha Guttuso</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
6:30-7:15 MS ◆ Ropes and Rowers <i>Jackie Ajello</i>	6:45-7:45 YS ◆ Athletic Yoga <i>Maura O'Connor</i>	4:30-5:15 YS ◆ Barre <i>Martha Guttuso</i>	4:30-5:15 YS ◆ Barre <i>Martha Guttuso</i>	5:45-6:30 CS ◆ Cycle Power <i>Keri Harden</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
6:45-7:45 YS ◆ Vinyasa Yoga <i>Nancy Joyce</i>		5:45-6:30 CS ◆ Cycle Power <i>Keri Harden</i>	5:45-6:30 CS ◆ Cycle Power <i>Keri Harden</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Katie Cella</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
		6:00-7:00 YS ◆ Vinyasa Yoga <i>Katie Cella</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Katie Cella</i>	6:15-7:00 MS ◆ STRONG <i>Cody Harwood- Smith</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>
		6:15-7:00 MS ◆ STRONG <i>Cody Harwood- Smith</i>	6:15-7:00 MS ◆ STRONG <i>Cody Harwood- Smith</i>		12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	12:15-1:00 YS ◆ Vinyasa Yoga <i>Kat Rose</i>	9:30-10:15 MS ◆ Cardio Boxing <i>Brian Robbins</i>	10:30-11:15 YS ◆ Barre <i>Ashley Skouras</i>	10:30-11:30 YS ◆ Pilates Fusion <i>Paul Fuller</i>	12:00-12:45 YS ◆ Barre <i>Taylor Frelot</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>	10:30-11:15 MS ◆ Best Butt Ever <i>Story VonHolzhausen</i>	11:15-12:00 YS ◆ Pilates Fusion <i>Brianne Clancy</i>

## DARIEN

72 HEIGHTS ROAD  
DARIEN CT 06820  
EQUINOX.COM  
@EQUINOX

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

**FRI:** 5:00AM - 7:00PM

**SAT:** 7:00AM - 6:00PM

**SUN:** 7:00AM - 5:00PM

### KID'S CLUB HOURS

**MON - SUN:** 8:00AM - 1:00PM

### GROUP FITNESS MANAGER

amanda.treppa@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

YS	Yoga Studio
TR	Treadmill Area
CS	Cycling Studio
MS	Main 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.

**THE PURSUIT: BURN** A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

### 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 RUN** 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.

### 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.

**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.

**YOGA SCULPT** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

### 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 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.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. 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.

**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.

**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.

### STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

### 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.