

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆	Cycle Power <i>Ashley Skouras</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Rene Lund</i>	6:00-6:45 MS ◆	<b>Athletic Conditioning</b> <i>Victoria Arturi</i>	6:00-7:00 YS ◆	Vinyasa Yoga + Meditation <i>Renee Diamond</i>	5:45-6:30 MS ◆	Ropes and Rowers <i>Doug Schwartz</i>	7:45-8:30 MS ◆	Athletic Conditioning <i>Chris Konopka</i>	8:00-8:45 TR ◆	Elevate <i>Kyle Brown</i>
7:30-8:15 MS ◆	METCON3 <i>Ashley Skouras</i>	7:15-8:15 YS ◆	Vinyasa Yoga <i>Carl Vreeland</i>	6:15-7:00 CS ◆	Cycle Power <i>Andrew Katz</i>	6:15-7:00 MS ◆	<b>Tabata Max</b> <i>Rene Lund</i>	7:15-8:15 YS ◆	Pilates Fusion <i>Cheryl Tilles</i>	8:00-8:45 CS ◆	Cycle Power <i>Amanda Tighe</i>	8:15-9:00 YS ◆	Barre <i>Joshua Diaz</i>
8:00-8:45 TR ◆	Elevate <i>Jessica Mkel- Bertolini</i>	7:30-8:00 MS ◆	Best Abs Ever <i>Rene Lund</i>	8:00-8:45 YS ◆	Pilates Fusion <i>Cheryl Tilles</i>	7:15-8:15 YS ◆	Barre <i>Rachel Johnson</i>	7:45-8:30 OS ◆	Athletic Conditioning - Outdoors <i>PJ Johns</i>	8:15-9:15 YS ◆	True Barre <i>Rachel Johnson</i>	9:00-9:45 MS ◆	PURE STRENGTH <i>Matthew Johnson</i>
8:45-9:30 YS ◆	Pilates Fusion <i>Joshua Diaz</i>	8:15-9:00 CS ◆	The Pursuit: Build <i>Danielle Corpina</i>	8:15-9:00 TR ◆	Precision Run® <i>Ron Brown</i>	7:30-8:15 MS ◆	Best Butt Ever <i>Rene Lund</i>	8:45-9:45 YS ◆	Diamondfit Strength Yoga <i>Renee Diamond</i>	9:00-9:45 MS ◆	METCON3 <i>Chris Konopka</i>	9:15-10:00 YS ◆	Pilates Mat <i>Joshua Diaz</i>
9:15-10:00 MS ◆	Best Butt Ever <i>Jessica Mkel- Bertolini</i>	8:30-9:15 MS ◆	Body Sculpt <i>Jenn Evans</i>	8:30-9:15 CS ◆	Cycle Beats <i>Jessica Mkel- Bertolini</i>	8:15-9:00 TR ◆	Precision Run® <i>Jessica Mkel- Bertolini</i>	9:00-9:45 CS ◆	Cycle Beats <i>Gina Waldman</i>	9:30-10:15 CS ◆	Cycle Beats <i>Jessica Mkel- Bertolini</i>	9:45-10:30 CS ◆	<b>Cycle Beats</b> <i>Joe DeFilippo</i>
10:30-11:15 YS ◆	Barre <i>Joshua Diaz</i>	9:00-10:00 YS ◆	Barre <i>Rachel Johnson</i>	9:15-10:00 YS ◆	Vinyasa Yoga <i>Joshua Diaz</i>	8:30-9:15 CS ◆	Cycle Power <i>Danielle Corpina</i>	9:15-10:00 MS ◆	STRONG <i>PJ Johns</i>	10:15-11:15 MS ◆	Pilates Fusion <i>Rachel Johnson</i>	10:00-10:45 MS ◆	Athletic Conditioning <i>Matthew Johnson</i>
4:30-5:15 TR ◆	Precision Run® <i>Beth Tomkiewicz</i>	9:30-10:15 MS ◆	<b>STRONG</b> <i>Beth Tomkiewicz</i>	9:30-10:15 MS ◆	Tabata Max <i>Ron Brown</i>	9:00-9:45 YS ◆	Pilates Fusion <i>Giovanna Accinelli</i>	9:30-10:15 TR ◆	STRONG <i>PJ Johns</i>	10:30-11:15 TR ◆	Cardio Dance <i>Valentina Soto</i>	10:15-11:15 YS ◆	Gentle Yoga + Meditation <i>Franklin Shire</i>
5:30-6:30 YS ◆	Vinyasa Yoga <i>Danicia Ambron</i>	9:30-10:15 TR ◆	Elevate <i>Kyle Brown</i>	10:15-11:00 YS ◆	Athletic Stretch <i>Jessica Mkel- Bertolini</i>	9:15-10:00 MS ◆	Whipped! <i>Jessica Mkel- Bertolini</i>	10:15-11:15 YS ◆	Precision Run® <i>Beth Tomkiewicz</i>	10:30-11:15 TR ◆	Precision Run® <i>Jessica Mkel- Bertolini</i>	11:00-12:00 MS ◆	Cardio Dance <i>Tami Chez</i>
6:00-6:45 MS ◆	STRONG <i>Beth Tomkiewicz</i>	10:30-11:15 YS ◆	Athletic Stretch <i>Kyle Brown</i>	10:30-11:00 MS ◆	Best Abs Ever <i>Jenn Evans</i>	9:30-10:15 TR ◆	Elevate <i>Danielle Corpina</i>	10:30-11:15 MS ◆	Barre <i>Taylor Frelot</i>	10:30-11:15 MS ◆	Best Butt Ever <i>Beth Tomkiewicz</i>		
		5:15-5:45 MS ◆	Off The Barre <i>Jessica Mkel- Bertolini</i>	11:15-12:00 YS ◆	Barre <i>Jenn Evans</i>	10:30-11:30 YS ◆	Barre <i>Giovanna Accinelli</i>	4:15-5:15 YS ◆	Best Butt Ever <i>Beth Tomkiewicz</i>	4:15-5:15 YS ◆	Vinyasa Yoga <i>Denise Mathieson</i>	11:15-12:15 YS ◆	Diamondfit Stretch Yoga <i>Renee Diamond</i>
		5:30-6:30 YS ◆	Vinyasa Yoga <i>Franklin Shire</i>	6:15-7:00 CS ◆	Cycle Power <i>Ashley Skouras</i>	4:30-5:15 TR ◆	Elevate <i>Kyle Brown</i>						
		6:00-6:45 CS ◆	Cycle Beats <i>Jessica Mkel- Bertolini</i>	7:15-8:00 YS ◆	<b>Barre</b> <i>Ashley Skouras</i>	4:45-5:15 MS ◆	Off The Barre <i>Jenn Evans</i>						
		7:00-7:45 MS ◆	<b>Whipped!</b> <i>Sam Wolf</i>			5:30-6:15 MS ◆	Stacked! <i>Kyle Brown</i>						
						5:45-6:45 YS ◆	Vinyasa Yoga <i>Carl Vreeland</i>						

# EQUINOX

## MAMARONECK

1053 WEST BOSTON POST ROAD  
MAMARONECK NY 10543  
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 - FRI:** 8:00AM - 12:00PM

**SAT - SUN:** 8:00AM - 2:00PM

## GROUP FITNESS MANAGER

jessica.mikel-  
bertolini@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

OS	Outdoor Studio
YS	Yoga Studio
MS	Main Studio
CS	Cycling Studio
TR	Treadmill Area

## 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: BUILD** Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your 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

**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.

**GENTLE YOGA + MEDITATION** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

**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.

**VINYASA YOGA + MEDITATION** A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

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.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**TRUE BARRE** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

## 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.

## 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.

## 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.

**ATHLETIC CONDITIONING - OUTDOORS** 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.

**METCONS** 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.

**PURE STRENGTH** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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