<table>
<thead>
<tr>
<th>Time</th>
<th>Thursday 12/19</th>
<th>Friday 12/20</th>
<th>Saturday 12/21</th>
<th>Sunday 12/22</th>
<th>Monday 12/23</th>
<th>Tuesday 12/24</th>
<th>Wednesday 12/25</th>
</tr>
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<tbody>
<tr>
<td>6:00-6:45</td>
<td>Boot Camp</td>
<td>Cycle Power</td>
<td>The Pursuit: Burn</td>
<td>Pilates Fusion</td>
<td>Athletic Conditioning</td>
<td>Band Burn</td>
<td>Jingle Barre Rock</td>
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<td>MS</td>
<td>CS</td>
<td>Danielle Copina</td>
<td>Jillian Paladino</td>
<td>Kim Pearson</td>
<td>Zina Ochinnikoff</td>
<td>Nadia Dubowy</td>
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<tr>
<td>6:00-6:50</td>
<td>Doug Schwartz</td>
<td>Whipped!</td>
<td>Dance Camp</td>
<td>Stack</td>
<td>EXTREME Boot Camp</td>
<td>Slay Ride</td>
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<tr>
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<td>MS</td>
<td>Brian Robbins</td>
<td>PJ Johns</td>
<td>HOLIDAY HIIT</td>
<td>Cycle Beats</td>
<td>Karen Leach</td>
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<tr>
<td>7:15-8:15</td>
<td>Authentic Pilates</td>
<td>Cindy Factor</td>
<td>METCON3</td>
<td>METCON3</td>
<td>Liz LeFrois</td>
<td>Zina Ochinnikoff</td>
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<td>CS</td>
<td>Cycle Power</td>
<td>Danielle Copina</td>
<td>(SUB)</td>
<td>NYK Glor</td>
<td>Tread and Shred</td>
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<tr>
<td>7:30-8:20</td>
<td>The Pursuit: Bum</td>
<td>Cycle Power</td>
<td>Precision Run®</td>
<td>Power Yoga</td>
<td>Dance!</td>
<td>Kristie OBrien</td>
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<tr>
<td></td>
<td>CS</td>
<td>Karen Leach</td>
<td>Danielle Copina</td>
<td>Castro</td>
<td>Ivan Castillo</td>
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<tr>
<td>8:30-9:20</td>
<td>Best Butt Ever</td>
<td>Elizabeth DeLuca</td>
<td>Precision Run®</td>
<td>Power Yoga</td>
<td>Precision Run®</td>
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<td>MS</td>
<td>Cycle Power</td>
<td>Cycle Beats</td>
<td>Castro</td>
<td>Danielle Copina</td>
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<tr>
<td>9:30-10:15</td>
<td>True Barre</td>
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<td>PJ Johns</td>
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<td>True Barre</td>
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<tr>
<td>10:30-11:30</td>
<td>Tread and Shred</td>
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<td>Dance It Out</td>
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<td>Dance It Out</td>
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<td>Ivan Castillo</td>
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<td>12:45-1:15</td>
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<td>12:15-1:15</td>
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<td>Barre</td>
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<tr>
<td>5:30-6:30</td>
<td>True Barre</td>
<td></td>
<td></td>
<td>False Studio key</td>
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<td>6:45-7:30</td>
<td>Nadia Dubowy</td>
<td></td>
<td></td>
<td>False Studio key</td>
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<td>6:45-7:30</td>
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<td></td>
<td>False Studio key</td>
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<td>7:15-8:05</td>
<td>Jingle Barre Rock</td>
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<td>False Studio key</td>
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</tr>
</tbody>
</table>

| Notes | VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE |
HOLIDAY HOURS
DECEMBER 24: 05:00 AM - 02:00 PM
DECEMBER 25: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER
jillian.paladino@equinox.com
GROUP FITNESS MANAGER
GREENWICH CT 06830
EQUINOX.COM

signature classes.

claimed instructors.

transformed bodies.

Class Level Guide
(All levels welcome unless otherwise noted.)

L1 Beginner
L2 Intermediate
L3 Advanced

STUDIO KEY
YS Yoga Studio
MS Main Studio
TR Treadmill Area
CS Cycling Studio

What's New This Month

Cycling AntheM™
Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that’s as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

Cycle Beats
Move to the beat in this high-intensity indoor Cycling class from Equinox. Cycle Beats uses music to motivate your mood for the ultimate cardio challenge.

Cycle Power
Road training the Equinox way. Power your performance with this results-driven ride that combines the unpredictability of real-world roads set to a driving and addictive playlist.

Slay Ride
Make your spirits bright by feeling the burn as you traverse hills, intervals, and sprints in this festive cycling class.

The Pursuit: Build
Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three stages to build strength and endurance.

The Pursuit: Burn
Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Precisely timed high-intensity interval games will be sure to help you level up.

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 Run
You don’t have to go outside to blaze new trails. Innovated by David Silik, Precision Run 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
Athletic Yoga
A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

Get Up & Flow!
An invigorating series of yoga postures tailored to your morning body Vinyasa uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

Om for the Holidays
Slow down for the season and deepen your practice with a Vinyasa focusing on thoughtful posture transitions and awareness of breath and mind.

Power Yoga
Our most athletic Vinyasa practice. A rigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones and tones every muscle in the body. Includes various elements of many different Yoga styles.

Vinayasa Yoga
A rigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

Yin Yoga Meditation
Go slow to release and center with this deeply meditative Yoga practice. Find the power in stillness through the Yin Yoga technique of prolonged poses. Each pose acts as a mini-meditation, unleashing a free flow of energy throughout connective tissue, refocusing and rejuvenating the body.

Yoga and Meditation
Heat and wake the body with a thoughtful yoga flow. Then get centered and energized with a meditation. Relax, regenerate and re-focus!

Athletic Training
Athletic Conditioning
Push your cardio to new limits with this Athletic Conditioning class from Equinox. This class uses weights and your own body weight for cardio and strength.

Atletica
Sculpt and train your body like an athlete. Ilaria’s new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your 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.

BodySculpt
BodySculpt is a high intensity class utilizing free weights, plyometrics, and choreographed steps. BodySculpt’s emphasis is on providing a fun and safe workout for all fitness levels. It will shock your body into achieving more than you could have ever imagined!

Boot Camp
You know the drill…anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

Boot Camp Express
A 30-minute total body blast! This challenging combination of Plyometric drills and resistance training will work every muscle in your body. Get ready to sweat!

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!

H.I.T. & Run
Maximize your total body workout with a high calorie burn to get results. Cutting edge resistance training techniques using heavy weights until failure followed by exhilarating high-intensity interval training. Developed by Anthony Briganti.

Holiday Hit
’Tis the season to surpass your limits. Mx cardio and strength to push yourself with external weights and your own weight to take your performance higher.

Main Studio in Use
Main Studio in Use

METCON
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.

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.

whipped
Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

Barre
Barre
Realize the dream of the dancer’s body. Raise the bar to the next level as you combine precise techniques with athletic intensity for a total body workout.

Jungle Barre Rock
Baby it’s cold outside—time to heat up with a Barre class perfect for lengthening, stretching, and serious total-body sculpting.

True Barre
Experience barre at its most authentic with a True Barre class from Equinox. Get a ballet fitness class with conditioning, core work and stretches.

Long & Lean
Band Burn
Warm up then launch into two blocks of time-under-tension sequences and chiseling core work with just a band and gliding disc. Leave leaner, looser, and lighter than you ever thought possible. Shoes required.

Pilates
Authentic Mat Pilates
Dramatically transform the way your body feels and performs. Flowing through a series of exercises rooted in the original work of Joseph Pilates you’ll increase strength and improve flexibility.

Pilates Fusion
Strengthen your core and increase flexibility with Pilates Fusion from Equinox. Our Pilates Fusion class incorporates a series of exercises performed on a mat.

Dance
Dance Fitness Fusion
A blend of Latin, Disco, Jazz, Bollywood & Hip-hop styles. A 60-minute, non-stop cardio fitness class that is fun for all ages and all levels. Designed for people who love to dance and sweat... a LOT!

Dance Grooves
Unique mix of jazz dance, global rhythms and hip hop for all levels. Sweats, dance and get your grove on!

Dance in Out
A high energy total body workout, developed by Billy Bianco Jr., that maximizes your stamina and sculpts your body with 20+ styles of dance.

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

Boxing + Martial Arts
Boxing
A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

IMPACT
Impact is the evolution of shadow kickboxing. No other workout can bring you the excitement, the intensity and the physical benefits of working on a bag. When striking a bag you are constantly testing your strength, increasing your stamina and are forced to improve your form and technique.