

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ♦	Athletic Conditioning <i>Lexi Cimmino</i>	6:15-7:00 MS ♦	Athletic Conditioning <i>PJ Johns</i>	6:15-7:00 TR ♦	Precision Run® <i>Doug Schwartz</i>	6:15-7:00 MS ♦	Athletic Conditioning <i>PJ Johns</i>	6:00-6:45 MS ♦	<b>Stacked!</b> <i>Rene Lund</i>	8:00-8:45 MS ♦	Athletic Conditioning <i>PJ Johns</i>	8:00-8:45 CS ♦	Cycle Beats <i>Ashley Skouras</i>
6:15-7:00 TR ♦	Precision Run® <i>Doug Schwartz</i>	7:00-8:00 YS ♦	Vinyasa Yoga <i>Maura O'Connor</i>	6:30-7:15 MS ♦	Tabata Max <i>Justin Hood</i>	7:00-8:00 YS ♦	Vinyasa Yoga <i>Annarae Anderson</i>	7:15-8:15 YS ♦	<b>Barre</b> <i>Cindy Factor</i>	8:00-9:00 YS ♦	Vinyasa Yoga <i>Katy Ingulli</i>	8:15-9:00 MS ♦	<b>Whipped!</b> <i>Jackie Ajello</i>
7:15-8:00 MS ♦	Whipped! <i>Doug Schwartz</i>	7:30-8:20 CS ♦	<b>The Pursuit: Build</b> <i>Jackie Ajello</i>	7:30-8:15 YS ♦	Barre <i>Monique DeBoer</i>	7:30-8:15 CS ♦	Cycle Power <i>Laura Grandilli</i>	8:15-9:00 MS ♦	Atletica <i>Elizabeth DeLuca</i>	8:30-9:15 TR ♦	Precision Run® <i>PJ Johns</i>	9:00-9:45 YS ♦	Barre <i>Ashley Skouras</i>
7:30-8:15 YS ♦	<b>Barre</b> <i>Darice Balamoti</i>	7:45-8:30 MS ♦	METCON3 <i>Ashley Skouras</i>	8:00-8:45 CS ♦	Cycle Beats <i>Ashley Skouras</i>	7:45-8:30 MS ♦	Tabata Max <i>Ashley Skouras</i>	8:30-9:15 CS ♦	Cycle Beats <i>Allie Taylor</i> <i>Mannle</i>	9:00-9:45 CS ♦	Cycle Beats <i>PJ Johns</i>	9:15-10:05 CS ♦	<b>The Pursuit: Bum</b> <i>Jackie Ajello</i>
8:15-9:00 MS ♦	Best Butt Ever <i>Danielle Corpina</i>	8:30-9:15 TR ♦	Precision Run® <i>Zina Ovchinnikoff</i>	8:15-9:00 MS ♦	Atletica <i>Elizabeth DeLuca</i>	8:30-9:15 TR ♦	Precision Run® <i>Zina Ovchinnikoff</i>	8:30-9:30 YS ♦	<b>Barre</b> <i>Cindy Factor</i>	9:15-10:00 YS ♦	Pilates Fusion <i>Jillian Paladino</i>	9:30-10:15 MS ♦	<b>Tabata Max</b> <i>Justin Hood</i>
8:30-9:15 CS ♦	ANTHEM™ <i>Jillian Paladino</i>	8:45-9:30 YS ♦	Athletic Stretch <i>Jillian Paladino</i>	8:30-9:15 TR ♦	Elevate <i>Jillian Paladino</i>	8:45-9:30 YS ♦	Pilates Fusion <i>Jillian Paladino</i>	9:15-10:00 TR ♦	Elevate <i>Mychal Ertel</i>	9:30-10:15 MS ♦	<b>METCON3</b> <i>Jeffrey Skiff</i>	10:15-11:15 YS ♦	Vinyasa Yoga <i>Amanda Tabankin</i>
8:30-9:15 YS ♦	<b>Barre</b> <i>Rachel Johnson</i>	9:30-10:15 MS ♦	Best Butt Ever <i>Zina Ovchinnikoff</i>	9:30-10:30 MS ♦	Impact! <i>Elizabeth DeLuca</i>	9:30-10:15 MS ♦	METCON3 <i>Zina Ovchinnikoff</i>	9:30-10:30 MS ♦	Powerstrike! <i>Elizabeth DeLuca</i>	10:30-11:15 CS ♦	Cycle Beats <i>Ashley Skouras</i>	11:30-12:15 YS ♦	Barre <i>Monique DeBoer</i>
9:15-10:00 TR ♦	Elevate <i>Danielle Corpina</i>	9:30-10:15 TR ♦	Elevate <i>Nikki Glor</i>	9:30-10:00 YS ♦	<b>Best Abs Ever</b> <i>Noel Rosenstein</i>	9:30-10:15 TR ♦	Elevate <i>Nikki Glor</i>	10:15-11:15 YS ♦	Vinyasa Yoga <i>Nikki Glor</i>	10:30-11:15 YS ♦	Barre <i>Taylor Frelot</i>		
9:30-10:15 MS ♦	METCON3 <i>Gabriel Hidalgo</i>	10:00-10:45 YS ♦	Barre <i>Joshua Diaz</i>	10:15-11:00 YS ♦	Pilates Fusion <i>Jillian Paladino</i>	10:00-10:45 YS ♦	Barre <i>Peggy Berenblum</i>	11:30-12:15 YS ♦	Pilates Mat <i>Joshua Diaz</i>				
9:30-10:00 YS ♦	<b>Best Abs Ever</b> <i>Rachel Johnson</i>	11:00-12:00 YS ♦	Vinyasa Yoga <i>Joshua Diaz</i>	11:15-12:15 YS ♦	Vinyasa Yoga <i>Carl Vreeland</i>	11:00-11:45 YS ♦	Athletic Stretch <i>Jillian Paladino</i>	12:30-1:30 YS ♦	Barre <i>Maura McIntyre</i>	12:30-1:30 YS ♦	Barre <i>Ashley Skouras</i>		
10:15-11:00 YS ♦	Pilates Fusion <i>Jillian Paladino</i>	12:15-1:15 YS ♦	Pilates Fusion <i>Rachel Johnson</i>	12:30-1:30 YS ♦	Barre <i>Maura McIntyre</i>	12:15-1:15 YS ♦	Vinyasa Yoga <i>Nancy Joyce</i>			5:15-6:15 YS ♦	Pilates Fusion <i>Giovanna Accinelli</i>		
11:15-12:15 YS ♦	Vinyasa Yoga <i>Giovanna Accinelli</i>	4:00-4:45 YS ♦	Barre <i>Maura McIntyre</i>	4:15-5:00 YS ♦	Barre <i>Giovanna Accinelli</i>	4:00-4:45 YS ♦	Pilates Mat <i>Joshua Diaz</i>			5:30-6:15 CS ♦	Cycle Beats <i>Ashley Skouras</i>		
12:30-1:30 YS ♦	Barre <i>Giovanna Accinelli</i>	5:15-6:15 YS ♦	Vinyasa Yoga + Meditation <i>Leslie Santiana</i>	5:15-6:15 YS ♦	Pilates Fusion <i>Giovanna Accinelli</i>	5:15-6:15 YS ♦	<b>Yoga Strong</b> <i>Joshua Diaz</i>						
4:15-5:00 YS ♦	Barre <i>Ashley Skouras</i>	5:30-6:15 CS ♦	ANTHEM™ <i>Jillian Paladino</i>	5:30-6:15 YS ♦	Cycle Power <i>Jackie Ajello</i>	5:30-6:15 CS ♦	Cycle Power <i>Amanda Treppa</i>						
5:15-6:15 YS ♦	<b>Pilates Fusion</b> <i>Krysta Valentine</i>	6:30-7:15 MS ♦	Whipped! <i>Alex Raynor</i>	6:30-7:15 MS ♦	Kickboxing <i>Carlo Maza</i>	6:30-7:15 MS ♦	METCON3 <i>Amanda Treppa</i>						
5:30-6:15 CS ♦	Cycle Beats <i>Ashley Skouras</i>			6:30-7:30 YS ♦	Vinyasa Yoga <i>Maura O'Connor</i>								
6:30-7:15 MS ♦	Ropes and Rowers <i>Jeffrey Skiff</i>												
6:30-7:30 YS ♦	Vinyasa Yoga <i>Annarae Anderson</i>												

# EQUINOX

## GREENWICH CT

16 OLD TRACK ROAD  
GREENWICH CT 06830  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 9:00PM

**FRI:** 5:00AM - 8:00PM

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

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

### KID'S CLUB HOURS

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

### GROUP FITNESS MANAGER

jillian.paladino@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

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

### WHAT'S NEW THIS MONTH

### 🚴 CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**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.

**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

**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.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### 🏋️ 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.

**ATLETICA** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**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.

**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.

**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.

### 🧘 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.

### 🥊 BOXING AND KICKBOXING

**IMPACT!** Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.

**KICKBOXING** A high-intensity kickboxing workout featuring boxing bags. Perfect your technique while improving strength, stamina, and cardio endurance.

**POWERSTRIKE!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

### 🧘 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.

 **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.