

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	<b>Athletic Conditioning</b> <i>Elisabeth DellaMonica</i>	5:45-6:30 MS ◆	<b>METCON3</b> <i>Doug Schwartz</i>	6:15-7:00 CS ◆	Cycle Power <i>Ron Brown</i>	5:45-6:30 MS ◆	Ropes and Rowers <i>Ron Brown</i>	7:00-7:45 YS ◆	Pilates Mat <i>Krysta Valentine</i>	8:30-9:15 MS ◆	<b>Athletic Conditioning</b> <i>Lexi Cimmino</i>	8:30-9:15 MS ◆	<b>METCON3</b> <i>Amanda Treppa</i>
7:15-8:00 CS ◆	Cycle Beats <i>Amanda Tighe</i>	7:00-7:45 YS ◆	Barre <i>Margaret Cunzio</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Franklin Shire</i>	7:30-8:15 TR ◆	<b>Precision Run®</b> <i>Sami Fanik</i>	7:15-8:00 CS ◆	<b>Cycle Beats</b> <i>Joe DeFilippo</i>	8:30-9:30 YS ◆	Barre <i>Taylor Frelot</i>	8:30-9:15 YS ◆	Barre <i>Margaret Cunzio</i>
7:30-8:15 MS ◆	<b>STRONG</b> <i>Sabrina Cohen</i>	8:00-8:45 MS ◆	Body Sculpt <i>Margaret Cunzio</i>	7:15-8:00 CS ◆	Cycle Beats <i>Lisa Gagliardi</i>	7:30-8:15 YS ◆	<b>Pilates Mat</b> <i>Mika Causa</i>	8:30-9:15 MS ◆	Whipped! <i>Lisa Gagliardi</i>	8:45-9:30 TR ◆	Precision Run® <i>Kyle Brown</i>	9:30-10:15 CS ◆	<b>Cycle Beats</b> <i>Amanda Treppa</i>
8:30-9:15 MS ◆	<b>Best Butt Ever + Best Abs Ever</b> <i>Laysa Didio</i>	8:30-9:15 CS ◆	Cycle Beats <i>Lisa Gagliardi</i>	7:45-8:30 MS ◆	Stacked! <i>David Reyes</i>	8:30-9:15 MS ◆	Athletic Conditioning <i>Lisa Gagliardi</i>	8:30-9:15 YS ◆	Pilates Fusion <i>Jillian Paladino</i>	9:30-10:15 MS ◆	<b>Cycle Beats</b> <i>Laura Grandilli</i>	9:30-10:15 MS ◆	Body Sculpt <i>Margaret Cunzio</i>
8:30-9:30 YS ◆	<b>Barre</b> <i>Jenn Evans</i>	8:30-9:15 YS ◆	Vinyasa Yoga <i>Denise Mathieson</i>	8:30-9:15 TR ◆	Elevate <i>Danielle Corpina</i>	9:15-10:00 MS ◆	Cardio Boxing <i>Lisa Gagliardi</i>	9:30-10:15 MS ◆	Cycle Beats <i>Lisa Gagliardi</i>	9:30-10:15 MS ◆	<b>PURE STRENGTH</b> <i>Ron Brown</i>	9:30-10:15 MS ◆	Cardio Boxing <i>Ron Brown</i>
9:15-10:00 CS ◆	Cycle Beats <i>Amanda Tighe</i>	8:45-9:30 TR ◆	<b>Elevate</b> <i>Laysa Didio</i>	8:45-9:45 YS ◆	Pilates Fusion <i>Brianne Clancy</i>	9:30-10:30 MS ◆	Vinyasa Yoga <i>Amanda Schlesinger</i>	9:30-10:15 YS ◆	Body Sculpt <i>Laysa Didio</i>	10:00-11:00 YS ◆	Vinyasa Yoga <i>Jennifer Harvey</i>	10:30-11:30 YS ◆	Regeneration Yoga <i>Roxanne Gamory</i>
9:30-10:15 MS ◆	Cardio Boxing <i>Jemaine Bailey</i>	9:30-10:15 MS ◆	Cardio Sculpt <i>Lisa Gagliardi</i>	9:15-10:00 MS ◆	Athletic Conditioning <i>David Reyes</i>	9:45-10:30 CS ◆	Cycle Power <i>Brianne Munch</i>	10:30-11:15 MS ◆	Athletic Stretch <i>Jillian Paladino</i>	10:45-11:30 MS ◆	<b>Best Butt Ever + Best Abs Ever</b> <i>Laysa Didio</i>	10:45-11:30 MS ◆	10:30-11:30 YS ◆
9:45-10:30 TR ◆	Precision Run® <i>Doug Schwartz</i>	10:45-11:45 YS ◆	<b>Barre</b> <i>Jordana Allen</i>	10:30-11:30 YS ◆	Barre <i>Margaret Cunzio</i>	10:45-11:45 YS ◆	<b>Barre</b> <i>Jenn Evans</i>	10:30-11:15 MS ◆	Best Butt Ever + Best Abs Ever <i>Laysa Didio</i>	11:15-12:15 YS ◆	Barre <i>Rachel Johnson</i>	11:15-12:15 YS ◆	Vinyasa Yoga <i>Franklin Shire</i>
9:45-10:45 YS ◆	Diamondfit Strength Yoga <i>Renee Diamond</i>	12:00-12:45 YS ◆	<b>Athletic Stretch</b> <i>Laysa Didio</i>	5:00-5:45 MS ◆	Whipped! <i>Zina Ovchinnikoff</i>	12:15-1:00 YS ◆	Vinyasa Yoga <i>Susan Johnston</i>	10:45-11:45 YS ◆	Barre <i>Rachel Johnson</i>	12:00-12:45 MS ◆	<b>Studio Dance</b> <i>Rachel Johnson</i>	12:30-1:15 YS ◆	Athletic Stretch <i>Laysa Didio</i>
11:00-12:00 YS ◆	Pilates Fusion <i>Mika Causa</i>	4:15-5:15 YS ◆	Vinyasa Yoga <i>Danicia Ambron</i>	5:30-6:30 YS ◆	Diamondfit Stretch Yoga <i>Renee Diamond</i>	4:45-5:30 TR ◆	Precision Run® <i>Anne Olivier</i>	12:00-1:00 YS ◆	Restorative Yoga <i>Roxanne Gamory</i>				
12:15-1:00 YS ◆	<b>Barre</b> <i>Laysa Didio</i>	4:45-5:30 TR ◆	Elevate <i>Doug Schwartz</i>	6:00-6:45 MS ◆	Athletic Conditioning <i>Laysa Didio</i>	5:30-6:30 YS ◆	Pilates Fusion <i>Krysta Valentine</i>						
5:00-5:45 MS ◆	<b>Stacked!</b> <i>Sam Wolf</i>	5:30-6:30 YS ◆	Pilates Fusion <i>Krysta Valentine</i>	7:00-7:45 YS ◆	Pilates Fusion <i>Laysa Didio</i>	5:45-6:30 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Anne Olivier</i>						
5:30-6:30 YS ◆	Vinyasa Yoga <i>Roxanne Gamory</i>	5:45-6:30 MS ◆	Ropes and Rowers <i>Doug Schwartz</i>										
6:00-6:45 MS ◆	<b>Tabata Max</b> <i>Sam Wolf</i>	6:45-7:30 YS ◆	Barre <i>Ashley Skouras</i>										

## ARMONK

99 BUSINESS PARK DRIVE  
ARMONK NY 10504  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 8:00PM  
**FRI:** 5:00AM - 7:00PM  
**SAT:** 6:00AM - 5:00PM  
**SUN:** 7:00AM - 5:00PM

## KID'S CLUB HOURS

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

## GROUP FITNESS MANAGER

larysa.didio@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
MS	Main Studio
CS	Cycling 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.

### 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.

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

**RESTORATIVE YOGA** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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 BUTT EVER + BEST ABS EVER** A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**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.

**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.

**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.

**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

**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.