

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:45-6:15 MS♦	Firestarter <i>Ali Goldberg</i>	5:45-6:30 TR♦	Precision Running® <i>Anne Olivieri</i>	5:45-6:30 MS	METCON3 <i>Ali Goldberg</i>	5:45-6:30 TR♦	Tread and Shred <i>Anne Olivieri</i>	5:45-6:45 YS♦	True Barre <i>Anne Olivieri</i>	7:15-8:00 CS♦	Studio Cycling <i>Karen Leach</i>	8:15-9:25 YS	Yoga Flow <i>Osi Mizrahi</i>
6:15-6:30 MS	Ab Lab <i>Ali Goldberg</i>	6:15-7:00 CS♦	Cycle Beats <i>Ali Goldberg</i>	7:30-8:15 CS♦	Studio Cycling <i>Lisa Gagliardi</i>	6:15-7:00 CS♦	Performance Cycling <i>Zina Ovchinnikoff</i>	6:00-6:30 MS♦	Crew Fit <i>Ali Goldberg</i>	7:30-8:20 MS	Pilates Flow <i>Mika Causa</i>	8:30-9:30 CL♦	<b>RunCross®</b> <b>Anne Olivieri</b>
7:30-8:15 CS♦	Performance Cycling <i>Karen Leach</i>	7:15-8:15 YS	Vinyasa Yoga (L2) <i>Karen Young</i>	7:30-8:25 YS♦	True Barre <i>Margaret Cunzio</i>	7:15-8:15 YS	Yoga Flow <i>Karen Young</i>	7:30-8:15 CS♦	Studio Cycling <i>Anne Olivieri</i>	8:15-9:15 CS♦	Performance Cycling <i>Karen Leach</i>	8:30-9:15 CS♦	Performance Cycling <i>Bridget Buckstine</i>
7:30-8:20 MS	Body Sculpt <i>Robin Lehman</i>	7:30-8:15 CS♦	Cycle Beats <i>Danielle Corpina</i>	8:30-9:15 CS♦	<b>The Pursuit: Build</b> <b>Jillian Paladino</b>	7:30-8:15 CS♦	Performance Cycling <i>Bridget Buckstine</i>	7:30-8:20 MS	Core Conditioning <i>Ellen Pollack</i>	8:15-9:25 YS	Yoga Flow (L1) <i>Paula Bellini</i>	8:30-9:20 MS	Body Sculpt <i>Margaret Cunzio</i>
8:30-9:15 MS	VIPR™ Sport <i>Aryn Giddens</i>	7:30-8:15 MS	Fully Loaded <i>Ali Goldberg</i>	8:30-9:20 MS	FIREd up! (Sculpt) <i>Will Matthews</i>	8:30-9:20 MS	<b>Body Conditioning</b> <b>Ellen Pollack</b>	8:30-9:15 BC	Athletic Conditioning <i>Aryn Giddens</i>	8:30-9:20 MS	Cardio Intervals <i>Patty Palmieri</i>	9:30-10:15 CS♦	Cycle Beats <i>Robin Lehman</i>
8:30-9:15 TR♦	Elevate <i>Marie Miller</i>	8:30-9:20 MS	Adrenaline <i>Lisa Gagliardi</i>	8:30-9:25 YS	Vinyasa Yoga (L2) <i>Karen Young</i>	8:30-9:25 MS	Dynamic Strength <i>Lisa Gagliardi</i>	8:30-9:15 CS♦	Cycle Beats <i>Ali Goldberg</i>	8:30-9:15 TR♦	Tread and Shred <i>Marie Miller</i>	9:30-10:20 MS	Cardio Intervals <i>Patty Palmieri</i>
8:30-9:25 YS♦	True Barre <i>Anne Olivieri</i>	8:30-9:20 YS	Pilates Fusion <i>Ellen Pollack</i>	9:30-10:20 MS	Cardio BOX <i>Robert Forcelli</i>	9:30-10:20 MS	Pilates <i>Mika Causa</i>	8:30-9:00 MS♦	Firestarter <i>Lisa Gagliardi</i>	9:30-10:15 CS♦	<b>The Pursuit: Burn</b> <b>Marie Miller</b>	9:30-10:25 YS♦	Barre + Band <i>Vivian Jonokuchi</i>
9:30-10:15 CS♦	Studio Cycling <i>Marie Miller</i>	9:30-10:25 CS♦	Cycle Beats <i>Lisa Gagliardi</i>	9:30-10:15 TR♦	Elevate <i>Robin Lehman</i>	9:30-10:15 YS	Studio Cycling <i>Marie Miller</i>	8:30-9:15 TR♦	Precision Running® <i>Anne Olivieri</i>	9:30-10:20 MS	Cardio BOX <i>Robert Forcelli</i>	10:30-11:00 MS♦	Crew Fit <i>Robin Lehman</i>
9:30-10:20 MS	Cardio Intervals <i>Patty Palmieri</i>	9:30-10:25 MS	Best Butt Ever <i>Anne Olivieri</i>	9:30-10:25 YS♦	True Barre <i>Jaimie Finkelstein</i>	9:30-10:15 CS♦	Studio Cycling <i>Marie Miller</i>	8:30-9:45 YS	Yoga Flow <i>Colleen Breeckner</i>	9:30-10:45 YS	Yoga Flow (L2) <i>Susan Johnston</i>	10:30-11:45 YS	Yoga Flow <i>Roxanne Gamory</i>
9:30-10:25 TR♦	Tread and Shred <i>Anne Olivieri</i>	9:30-10:25 TR♦	The WORKX <i>Margaret Cunzio</i>	10:30-11:15 MS	Dynamic Strength <i>Robin Lehman</i>	9:30-10:00 MS♦	Firestarter <i>Lisa Gagliardi</i>	9:00-9:25 MS	Above the Belt <i>Lisa Gagliardi</i>	10:30-11:25 MS	Dynamic Strength <i>Robert Forcelli</i>	12:00-1:00 YS	Yoga Fundamentals <i>Michael Day</i>
9:30-10:25 YS	Vinyasa Yoga (L2) <i>Colleen Breeckner</i>	9:30-10:40 YS	Diamondfit Flow <i>Yoga Renee Diamond</i>	10:30-11:25 YS	Vinyasa Yoga <i>Colleen Breeckner</i>	9:30-10:15 TR♦	Precision Running® <i>Kristle O'Brien</i>	9:30-10:15 CS♦	Cycle Beats <i>Lisa Gagliardi</i>	11:00-12:00 YS♦	True Barre <i>Anne Olivieri</i>	4:00-5:00 YS	Power Yoga <i>Erica Goss-Goldstein</i>
10:30-11:30 MS	Dance Grooves <i>Michael Salem</i>	10:30-11:00 MS	Upper Body Conditioning <i>Anne Olivieri</i>	11:35-12:50 YS	Kripalu Yoga (L1) <i>Franklin Shire</i>	9:30-10:40 YS	Diamondfit Flow <i>Yoga Renee Diamond</i>	9:30-10:20 MS	The Contender Workout <i>Robert Forcelli</i>				
10:30-11:25 YS♦	True Barre <i>Tracey Appel</i>	10:45-11:45 YS♦	True Barre <i>Margaret Cunzio</i>	4:30-5:20 MS	Body Sculpt <i>Margaret Cunzio</i>	10:00-10:25 MS	Best Abs Ever <i>Lisa Gagliardi</i>	9:30-10:15 TR♦	Elevate <i>Ali Goldberg</i>				
11:35-12:50 YS	Yoga Fundamentals (L1) <i>Franklin Shire</i>	5:00-6:15 YS	Vinyasa Yoga <i>Susan Johnston</i>	5:30-6:30 MS	Dance Grooves <i>Paul Herman</i>	10:30-11:00 MS	Upper Body Conditioning <i>Marie Miller</i>	10:30-11:20 MS	Dance Grooves <i>Michael Salem</i>				
5:30-6:25 YS	Pilates Flow <i>Mika Causa</i>	5:30-6:20 MS	The Contender Workout <i>Robert Forcelli</i>	5:30-6:45 YS	Deep Release <i>Paula Bellini</i>	10:45-11:45 YS♦	True Barre <i>Pamela Arkin</i>	10:30-11:25 YS♦	True Barre <i>Jaimie Finkelstein</i>				
6:00-6:45 CS♦	Cycle Beats <i>Anne Olivieri</i>	6:30-7:15 CS♦	<b>Cycle Beats</b> <b>Laura Grandilli</b>	6:00-6:45 CS♦	<b>The Pursuit: Burn</b> <b>Jillian Paladino</b>	5:00-6:15 YS	Vinyasa Yoga <i>Susan Johnston</i>	11:35-12:50 YS	Yoga Fundamentals <i>Dancia Ambron</i>				
6:30-7:15 MS♦	<b>Ropes and Rowers</b> <b>Will Matthews</b>	6:30-7:25 MS	Dance Grooves <i>Michael Salem</i>			6:30-7:15 CS♦	Cycle Beats <i>Zina Ovchinnikoff</i>						
6:30-7:30 YS	Vinyasa Yoga <i>Roxanne Gamory</i>	6:30-7:25 YS♦	True Barre <i>Anne Olivieri</i>			6:30-7:25 YS♦	True Barre <i>Anne Olivieri</i>						
		7:30-8:25 YS	Restorative Yoga & Meditation <i>Osi Mizrahi</i>			6:45-7:30 MS♦	PURE STRENGTH <i>Ali Goldberg</i>						

## ARMONK

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**MON - THU:** 5:00AM - 10:00PM  
**FRI:** 5:00AM - 9:00PM  
**SAT:** 6:00AM - 7:00PM  
**SUN:** 7:00AM - 7:00PM

**GROUP FITNESS MANAGER**  
LISA GAGLIARDI  
lisa.gagliardi@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

BC	Basketball Court
TR	Treadmill Area
MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
CL	Club Lobby

### WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

## STUDIO CYCLING

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**PERFORMANCE CYCLING** Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

**STUDIO CYCLING** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

## RUNNING

**PRECISION RUNNING** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

**RUNCROSS** This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

**THE WORKX** Combine interval based treadmill exhaustion and resistance-training muscle burns, with complete core reconstruction. This class Workx everything and leaves nothing but the sweat and fat behind.

**TREAD AND SHRED** A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and helps you maximize calorie burning and strength with every stride.

## YOGA

**DEEP RELEASE YOGA** To hold or to flow...why not do both? Guided Prana Flow Yoga to organically lubricate the joints, warm the muscles of the body, and stimulate self awareness. Innovative postures held for longer durations supported by props to increase flexibility and encourage a full-body Deep Release.

**DIAMONDFIT FLOW YOGA** Vinyasa yoga grounded in athletic training principles for strength and stamina with a focus on graceful transitions and sequences and musical inspiration. Experience dynamic rejuvenation and radiance.

**KRIPALU YOGA** As an integrated practice on and off the mat, this gentle style becomes a catalyst for physical healing, psychological and emotional development, and spiritual awakening. Postures are held as meditation in motion, emphasizing proper breath, alignment and honoring the wisdom of the body.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts,

hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**RESTORATIVE YOGA & MEDITATION** Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

**YOGA FLOW** A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

**YOGA FUNDAMENTALS** For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

## ATHLETIC TRAINING

**ADRENALINE** Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

**ATHLETIC CONDITIONING** Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

**CREW FIT** This crew team workout will shred you up, build strength AND cardiovascular endurance, fast! Specialized crew team erg drills and weight training will get you the results you're looking for (and maybe even recruited!)

**FIRESTARTER** Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

**METCON3** 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.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**VIPR™ SPORT** Athletes train hard and reap the benefits of real time strength and fitness. This progressive workout will address the structural and neural demands of a variety of elite sports. Train drills, skills and technique and quickly realize and embody the skills and physical athleticism.

## BARRE

**BARRE + BAND** The next evolution in Barre. Prepare to elevate ballet-inspired techniques with a triple-barre system and resistance bands for a workout that challenges every muscle.

**TRUE BARRE** Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

## CONDITIONING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**ABOVE THE BELT** A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

**BEST ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**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.

**BODY CONDITIONING** Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

**BODY SCULPT** A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

**CARDIO INTERVALS** This class combines all elements of fitness training, cardio and conditioning all in one.

**CORE CONDITIONING** A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

**DYNAMIC STRENGTH** Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

**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.

**FIRE UP! (SCULPT)** This F.I.R.E'd up sculpt class blends high-intensity cardio intervals with functional strength and conditioning exercises. Fierce Interval Resistance Exercise improves cardiovascular fitness, burns calories and develops lean muscle mass to help you look better, move smoother and feel great!

**FULLY LOADED** Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

**PURE STRENGTH** Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

**THE CONTENDER WORKOUT** Raise the stakes. Fundamentals of boxing, cardio, strength and weight training combine for a serious workout. Rounds and rounds of repetition and high intensity challenges train you for results.

**UPPER BODY CONDITIONING** In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.