EQUINOX

ARMONK

MARCH 2017 | SCHEDULE EFFECTIVE 03.01.17–03.31.17

KEY *Studio key on back*

Bold New Class, Instructor, or Time

♦ Advance sign-up required

MONDAY

5:45–6:15 MS ♦	Firestarter *Ali Goldberg*
6:15–6:30 MS	Ab Lab *Ali Goldberg*
7:30–8:15 CS ♦	Performance Cycling *Karen Leach*
7:30–8:20 MS	Body Sculpt *Robin Lehman*
8:30–9:15 MS	VIPR™ Sport *Aryn Giddens*
8:30–9:15 TR ♦	Elevate *Marie Miller*
8:30–9:25 YS ♦	True Barre *Anne Olivieri*
9:30–10:15 CS ♦	Studio Cycling *Marie Miller*
9:30–10:20 MS	Cardio Intervals *Patty Palmieri*
9:30–10:25 TR ♦	Tread and Shred *Anne Olivieri*
9:30–10:25 YS	Vinyasa Yoga (L2) *Colleen Breeckner*
10:30–11:30 MS	Dance Grooves *Michael Salem*
10:30–11:25 YS ♦	True Barre *Tracey Appel*
11:30–12:45 YS	Yoga Fundamentals (L1) *Franklin Shire*
5:30–6:25 YS	Pilates Flow *Mika Causa*
6:00–6:45 CS ♦	Cycle Beats *Anne Olivieri*
6:30–7:15 MS ♦	**Crew Fit** ***Robin Lehman***
6:30–7:30 YS	Vinyasa Yoga *Roxanne Gamory*

TUESDAY

5:45–6:30 TR ♦	Precision Running® *Anne Olivieri*
6:15–7:00 CS ♦	Cycle Beats *Ali Goldberg*
7:15–8:15 YS	Vinyasa Yoga (L2) *Karen Young*
7:30–8:15 CS ♦	Cycle Beats *Robin Lehman*
7:30–8:15 MS	Fully Loaded *Ali Goldberg*
8:30–9:20 MS	Adrenaline *Lisa Gagliardi*
8:30–9:20 YS	Pilates Fusion *Ellen Pollack*
9:30–10:25 CS ♦	Cycle Beats *Lisa Gagliardi*
9:30–10:25 MS	Best Butt Ever *Anne Olivieri*
9:30–10:25 TR ♦	The WORKX *Margaret Cunzio*
9:30–10:40 YS	Diamondfit Flow Yoga *Renee Diamond*
10:30–11:00 MS	Armed and Dangerous *Anne Olivieri*
10:45–11:45 YS ♦	True Barre *Margaret Cunzio*
5:00–6:15 YS	Vinyasa Yoga *Susan Johnston*
5:30–6:20 MS	The Contender Workout *Robert Forcelli*
6:30–7:25 MS	Dance Grooves *Michael Salem*
6:30–7:25 YS ♦	True Barre *Anne Olivieri*
7:30–8:30 YS	Yoga Flow *Karen Young*

WEDNESDAY

5:45–6:30 MS	Whipped! *Ali Goldberg*
7:30–8:15 CS ♦	Studio Cycling *Lisa Gagliardi*
7:30–8:25 YS ♦	True Barre *Margaret Cunzio*
8:30–9:15 CS ♦	**The Pursuit: Burn** ***Jillian Paladino***
8:30–9:20 MS	FIREd up! (Sculpt) *Jaimie Finkelstein*
8:30–9:25 YS	Vinyasa Yoga (L2) *Karen Young*
9:30–10:20 MS	Cardio BOX *Robert Forcelli*
9:30–10:15 TR ♦	Elevate *Robin Lehman*
9:30–10:25 YS ♦	True Barre *Jaimie Finkelstein*
10:30–11:15 MS	Dynamic Strength *Robin Lehman*
10:30–11:25 YS	Vinyasa Yoga *Colleen Breeckner*
11:30–12:45 YS	Kripalu Yoga (L1) *Franklin Shire*
4:30–5:20 MS	Body Sculpt *Margaret Cunzio*
5:30–6:30 MS	Dance Grooves *Paul Herman*
5:30–6:45 YS	Deep Release Yoga *Paula Bellini*
6:00–6:45 CS ♦	**The Pursuit: Build** ***Jillian Paladino***

THURSDAY

5:45–6:30 TR ♦	Tread and Shred *Anne Olivieri*
6:15–7:00 CS ♦	Performance Cycling *Jen Cromie*
7:15–8:15 YS	Yoga Flow *Karen Young*
7:30–8:15 CS ♦	Performance Cycling *Bridget Buckstine*
7:30–8:20 MS	Cardio Sculpt *Ellen Pollack*
8:30–9:20 MS	Dynamic Strength *Lisa Gagliardi*
8:30–9:20 YS	Pilates *Mika Causa*
9:30–10:15 CS ♦	Studio Cycling *Marie Miller*
9:30–10:20 MS	Cardio Challenge *Lisa Gagliardi*
9:30–10:15 TR ♦	Precision Running® *Kristle O'Brien*
9:30–10:40 YS	Diamondfit Flow Yoga *Renee Diamond*
10:30–11:00 MS	Armed and Dangerous *Marie Miller*
10:45–11:45 YS ♦	True Barre *Pamela Arkin*
5:00–6:15 YS	Vinyasa Yoga *Susan Johnston*
6:00–6:45 MS	METCON3 *Ali Goldberg*
6:30–7:15 CS ♦	**Cycle Beats** ***Zina Ovchinnikoff***
6:30–7:25 YS ♦	True Barre *Anne Olivieri*

FRIDAY

5:45–6:45 YS ♦	True Barre *Anne Olivieri*
6:00–6:30 MS ♦	Crew Fit *Ali Goldberg*
7:30–8:15 CS ♦	Studio Cycling *Anne Olivieri*
7:30–8:20 MS	Core Conditioning *Ellen Pollack*
8:30–9:20 BC	Athletic Conditioning *Aryn Giddens*
8:30–9:15 CS ♦	Cycle Beats *Ali Goldberg*
8:30–9:00 MS ♦	Firestarter *Lisa Gagliardi*
8:30–9:15 TR ♦	Precision Running® *Anne Olivieri*
8:30–9:45 YS	Yoga Flow *Colleen Breeckner*
9:00–9:25 MS	Above the Belt *Lisa Gagliardi*
9:30–10:15 CS ♦	Cycle Beats *Lisa Gagliardi*
9:30–10:20 MS	The Contender Workout *Robert Forcelli*
9:30–10:15 TR ♦	Elevate *Ali Goldberg*
10:30–11:20 MS	Dance Grooves *Michael Salem*
10:30–11:25 YS ♦	True Barre *Jaimie Finkelstein*
11:30–12:45 YS	Yoga Fundamentals *Laurie Luongo*

SATURDAY

7:15–8:00 CS ♦	Studio Cycling *Karen Leach*
7:30–8:20 MS	**Pilates Flow** ***Mika Causa***
8:15–9:15 CS ♦	Performance Cycling *Karen Leach*
8:15–9:25 YS	Yoga Flow (L1) *Paula Bellini*
8:30–9:20 MS	Cardio Intervals *Patty Palmieri*
8:30–9:15 TR ♦	Tread and Shred *Marie Miller*
9:30–10:15 CS ♦	**The Pursuit: Build** ***Marie Miller***
9:30–10:20 MS	Cardio BOX *Robert Forcelli*
9:30–10:45 YS	Yoga Flow (L2) *Susan Johnston*
10:30–11:25 MS	Dynamic Strength *Robert Forcelli*
11:00–12:00 YS ♦	True Barre *Anne Olivieri*

SUNDAY

8:15–9:25 YS	Yoga Flow *Osi Mizrahi*
8:30–9:15 CS ♦	Performance Cycling *Bridget Buckstine*
8:30–9:20 MS	Body Sculpt *Margaret Cunzio*
8:30–9:15 TR ♦	Precision Running® *Anne Olivieri*
9:30–10:15 CS ♦	Cycle Beats *Robin Lehman*
9:30–10:20 MS	Cardio Intervals *Patty Palmieri*
9:30–10:25 YS ♦	Barre + Band *Vivian Jonokuchi*
10:30–11:00 MS ♦	Crew Fit *Robin Lehman*
10:30–11:45 YS	Yoga Flow *Laurie Luongo*
11:00–11:45 CS ♦	**Cycle Beats** ***Danielle Corpina***
12:00–1:00 YS	Restorative Yoga *Laurie Luongo*
4:00–5:00 YS	Power Yoga *Erica Goss-Goldstein*

EQUINOX

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

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

WHAT'S NEW THIS MONTH
Introducing Firestarter, a blistering dose of pure cardio in 30 minutes. Be glad it's not longer.

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.

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 Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

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.

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.

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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.

ARMED AND DANGEROUS In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

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

CARDIO CHALLENGE Athletic based cardio designed to challenge you with non-stop movement, timed intervals and body weight training. Simple choreography delivers high on burn and results.

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

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

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.

FIRED 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.

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.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.