

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
5:45-6:30 MS Extreme Boot Camp <i>Will Matthews</i>	5:45-6:30 TR◆ Precision Running® <i>Ron Brown</i>	5:45-6:30 MS Tabata <i>Ron Brown</i>	7:30-8:15 CS◆ Beast n Feast Ride <i>Lisa Gagliardi</i>	7:30-8:15 CS◆ Studio Cycling <i>Anne Olivieri</i>	8:15-9:15 CS◆ Performance Cycling <i>Karen Leach</i>	8:15-9:25 YS Yoga Flow <i>Osi Mizrahi</i>
7:30-8:15 CS◆ Performance Cycling <i>Karen Leach</i>	6:15-7:00 CS◆ Cycle Beats <i>Ali Goldberg</i>	7:30-8:15 CS◆ Studio Cycling <i>Lisa Gagliardi</i>	7:30-8:20 MS Body Conditioning <i>Ellen Pollack</i>	7:30-8:20 MS Core Conditioning <i>Ellen Pollack</i>	8:15-9:25 YS Yoga Flow (L1) <i>Paula Bellini</i>	8:30-9:15 CS◆ Performance Cycling <i>Bridgeġ Buckstine</i>
7:30-8:20 MS Body Sculpt <i>Robin Lehman</i>	7:15-8:15 YS Vinyasa Yoga (L2) <i>Karen Young</i>	7:30-8:25 YS◆ True Barre <i>Margaret Cunzio</i>	8:30-9:20 MS Carve and Sculpt <i>Lisa Gagliardi</i>	8:30-9:15 CS◆ Cycle Beats <i>Ali Goldberg</i>	8:30-9:20 MS Cardio Intervals <i>Patty Palmieri</i>	8:30-9:20 MS Body Sculpt <i>Margaret Cunzio</i>
8:30-9:15 MS METCON3 <i>Ron Brown</i>	7:30-8:15 CS◆ Cycle Beats <i>Danielle Corpina</i>	8:30-9:15 CS◆ Cycle Beats <i>Jillian Paladino</i>	8:30-9:15 TR◆ Elevate <i>Ellen Pollack</i>	8:30-9:00 MS◆ Firestarter <i>Lisa Gagliardi</i>	8:30-9:15 TR◆ Tread and Shred <i>Anne Olivieri (SUB)</i>	8:30-9:15 TR◆ Precision Running® <i>Anne Olivieri</i>
8:30-9:15 TR◆ Elevate <i>Marie Miller</i>	7:30-8:15 MS Fully Loaded <i>Ali Goldberg</i>	8:30-9:25 YS Vinyasa Yoga (L2) <i>Karen Young</i>	8:30-9:25 YS◆ True Barre <i>Kristle O'Brien</i>	8:30-9:15 TR◆ Precision Running® <i>Anne Olivieri</i>	9:30-10:15 CS◆ The Pursuit: Burn <i>Lailina Nadell (SUB)</i>	9:30-10:15 CS◆ Cycle Beats <i>Anne Olivieri (SUB)</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 Smackdown! <i>Robert Forcelli</i>	9:30-10:15 CS◆ Beast n Feast Ride <i>Danielle Corpina</i>	8:30-9:45 YS Yoga Flow <i>Colleen Breeckner</i>	9:30-10:20 MS Cardio Smackdown! <i>Robert Forcelli</i>	9:30-10:20 MS Cardio BOX <i>Francisco Sanchez</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>Jillian Paladino</i>	9:30-10:30 MS Half Time Hustle <i>Patty Palmieri</i>	9:00-9:25 MS Above the Belt <i>Lisa Gagliardi</i>	9:30-10:45 YS Yoga Flow (L2) <i>Susan Johnston</i>	9:30-10:15 YS◆ True Barre <i>Vivian Jonokuchi</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>Tracey Appel (SUB)</i>	9:30-10:30 MS Precision Running® <i>Kristle O'Brien</i>	9:30-10:15 CS◆ Cycle Beats <i>Lisa Gagliardi</i>	10:30-11:25 MS Dynamic Strength <i>Robert Forcelli</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>Robert Forcelli</i>	9:30-10:15 TR◆ Precision Running® <i>Kristle O'Brien</i>	9:30-10:20 MS The Contender Workout <i>Robert Forcelli</i>	11:00-12:00 YS◆ True Barre <i>Anne Olivieri</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 Yoga <i>Renee Diamond</i>	10:30-11:25 YS Vinyasa Yoga <i>Colleen Breeckner</i>	9:30-10:45 YS Gratitude Yoga <i>Renee Diamond</i>	9:30-10:15 TR◆ Elevate <i>Ali Goldberg</i>		
10:30-11:20 MS Dance Fitness Workout <i>Valentina Soto</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>		10:30-11:25 YS◆ True Barre <i>Anne Olivieri (SUB)</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>Larysa Didio</i>		11:35-12:50 YS Yoga Fundamentals <i>Dancia Ambron</i>		
11:35-12:50 YS Fundamentals (L1) <i>Roxanne Gamory (SUB)</i>	12:15-1:00 MS Adrenaline <i>Will Matthews</i>	5:30-6:45 YS Deep Release Yoga <i>Paula Bellini</i>				
5:30-6:25 YS Pilates Flow <i>Mika Causa</i>	5:00-6:15 YS Vinyasa Yoga <i>Susan Johnston</i>	6:15-7:00 CS◆ The Pursuit: Burn <i>Jillian Paladino</i>				
6:15-7:00 CS◆ Cycle Beats <i>Anne Olivieri</i>	5:30-6:15 MS Stacked! <i>Ali Goldberg</i>					
6:30-7:15 MS◆ Ropes and Rowers <i>Will Matthews</i>	6:30-7:20 MS Dance It Out <i>Quinn Weber (SUB)</i>					
6:30-7:30 YS Vinyasa Yoga <i>Roxanne Gamory</i>	6:30-7:25 YS◆ True Barre <i>Anne Olivieri</i>					
	7:30-8:25 YS Restorative Yoga & Meditation <i>Osi Mizrahi</i>					

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER ANNE OLIVIERI

Anne.Olivieri@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
CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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: 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

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 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 The treadmill class that WORKX. Combine interval-based treadmill exhaustion and resistance-training muscle burns, with tough challenges for your core along the way. Your results are in the running.

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

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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

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.

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!

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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. Exciting solo and team competitions will push you to bring it, beat it and brag about it!

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.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

BARRE

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

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 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.

CARDIO SMACKDOWN! A high-energy, heart pumping, calorie burning workout. Punch, chamber, strike and lift your way to a rock hard body. A non-stop martial arts based cardio blitz interlaced with strength intervals for an ultimate challenge. All levels welcome!

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched 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.

DANCE FITNESS WORKOUT Equal parts dance, sculpt and cardio; a fun infusion of vitality and grace that will raise your spirit and your heart rate. Low impact but high definition.

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.

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.

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.