

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * MetCon Monday <i>Chris Konopka</i>	6:00-6:50 MS * Stronger <i>Gina Capicotto</i>	6:00-6:50 MS * Stacked <i>Nora Apostle</i>	6:00-6:50 MS * Whipped! <i>Doug Schwartz</i>	6:00-6:45 MS * Athletic Conditioning <i>Chris Konopka</i>	8:00-8:50 MS * Cardio Sculpt <i>Nora Apostle</i>	8:00-8:50 MS * Stacked <b>Theo Bennett</b>
8:15-9:00 MS * Cardio Sculpt <i>Larissa Crecco</i>	7:15-8:05 YS * Bala Bangle Barre Burn <i>Cindy Factor</i>	6:00-7:00 YS * Vinyasa Yoga <i>Priya Khimani</i>	7:15-8:05 YS * Barefoot Sculpt <b>Nora Apostle</b>	6:15-7:00 CS * Cycle Power <i>Amparo Folch</i>	8:15-9:05 YS * Bala Bangle Barre Burn <i>Cindy Factor</i>	8:00-8:45 YS * Barre Beyond <i>Rachel Johnson</i>
8:30-9:15 YS * Pilates Fusion <i>Margaret Cunzio</i>	8:00-8:50 MS * Athletic Conditioning <i>Beth Tomkiewicz</i>	8:00-8:45 MS * Sculpt <i>Zina Ovchinnikoff</i>	8:00-8:50 MS * Sculpt <b>Jenn Evans</b>	7:15-8:05 YS * Pilates Rise <i>Rachel Johnson</i>	8:25-9:15 TR * Precision Walk: Elevate <i>Beth Tomkiewicz</i>	9:15-10:15 MS * Rounds: Boxing <i>Karl Hall</i>
9:30-10:15 CS * Beats Ride <b>Beth Tomkiewicz</b>	8:30-9:20 CS * Precision Ride <b>Jessica Mikel-Bertolini</b>	8:30-9:20 TR * Precision Walk: Elevate <i>Mychal Ertel</i>	8:30-9:15 CS * Beats Ride <b>Beth Tomkiewicz</b>	8:00-8:50 MS * Cardio Sculpt <i>Nora Apostle</i>	9:15-10:00 MS * MetCon3 <i>Nora Apostle</i>	9:15-10:15 YS * Vinyasa Yoga <i>Deb Shin</i>
9:30-10:20 MS * Switch Up: Run + Strength <b>Doug Schwartz Sam Wolf</b>	8:45-9:45 YS * Vinyasa Yoga <i>Danicia Ambron</i>	8:45-9:45 YS * Barre <i>Cindy Factor</i>	8:45-9:45 YS * Vinyasa Yoga <i>Renee Diamond</i>	8:45-9:45 YS * Sculpted Yoga™ <i>Joshua Diaz</i>	9:30-10:20 CS * Beats + Bands Ride <i>Beth Tomkiewicz</i>	9:30-10:15 CS * Cycle Power <i>Ron Brown</i>
9:30-10:30 YS * Sculpted Yoga™ <i>Deb Shin</i>	9:30-10:15 MS * Cardio Kickboxing <b>Sabrina Cohen</b>	9:30-10:15 CS * Beats Ride <b>Brianne Munch</b>	9:30-10:15 MS * Best Butt Ever <i>Beth Tomkiewicz</i>	9:30-10:15 CS * Cycle Power <i>Ron Brown</i>	9:30-10:30 YS * Barre <i>Cindy Factor</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Nora Apostle</i>
10:45-11:30 MS * Sculpt <i>Jenn Evans</i>	9:30-10:20 TR * Precision Run® <i>Mychal Ertel</i>	9:30-10:20 MS * MetCon3 <i>Zina Ovchinnikoff</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Nora Apostle</i>	9:30-10:15 MS * Rounds: Pro <i>Dashaun Johns</i>	10:00-10:15 MS * Best Abs Ever <i>Nora Apostle</i>	10:30-11:15 MS * Athletic Conditioning <i>Gina Capicotto</i>
10:45-11:45 YS * Barre <i>Cindy Factor</i>	10:45-11:35 MS * Studio Dance <b>Rob Coglitore</b>	10:45-11:30 MS * Rounds: Boxing Circuit <b>Dashaun Johns</b>	10:15-10:30 MS * Best Abs Ever <i>Beth Tomkiewicz</i>	11:00-12:00 YS * Diamondfit Yoga Stretch <i>Renee Diamond</i>	10:30-11:30 MS * Studio Dance <i>Terrill Carrington</i>	10:45-11:30 YS * Pilates Fusion <i>Joshua Diaz</i>
4:30-5:20 YS * True Barre <i>Beth Tomkiewicz</i>	10:45-11:35 YS * Pilates Rise <i>Rachel Nicks</i>	10:45-11:30 YS * Pilates Mat <i>Joshua Diaz</i>	10:45-11:45 YS * True Barre <i>Cindy Factor</i>		11:00-12:00 YS * Vinyasa Yoga <i>Roxanne Gamory</i>	4:00-5:00 YS * Sound Meditation <b>Kiki Roshe</b>
6:00-6:45 MS * Stronger <b>Doug Schwartz</b>	5:30-6:30 YS * Pilates Fusion <i>Joshua Diaz</i>	4:30-5:15 YS * Barefoot Sculpt <b>Rachel Shaver</b>	5:30-6:20 YS * Pilates Rise <i>Cindy Factor</i>			
6:00-7:00 YS * Diamondfit Yoga Stretch <i>Renee Diamond</i>	6:00-6:45 MS * Rounds: Boxing Circuit <i>Dashaun Johns</i>	5:45-6:45 YS * Gentle Yoga <i>Roxanne Gamory</i>	6:00-6:30 MS * Upper Body Pump <i>Nora Apostle</i>			
6:30-7:20 CS * Precision Ride <b>Brianne Munch</b>	6:45-7:00 MS * Best Abs Ever <i>Dashaun Johns</i>	6:00-6:45 MS * MetCon3 <b>Rachel Shaver</b>	6:30-7:00 MS * Best Abs Ever <i>Nora Apostle</i>			
	7:30-8:30 MS * Studio Dance <i>Terrill Carrington</i>	6:30-7:20 CS * Precision Ride <b>Noah Orlian</b>	7:30-8:30 MS * Studio Dance <i>Terrill Carrington</i>			

# EQUINOX

## SCARSDALE

800 White Plains Road  
SCARSDALE NY 10583  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT** 07:00 AM 08:00 PM

**SUN** 07:00 AM 07:00 PM

**Kids**

**MON-SUN** 08:00 AM 12:00 PM

**GROUP FITNESS MANAGER**

cindy.factor@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

**STUDIO KEY**

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**CLASS LEVEL GUIDE**

**(All levels welcome unless otherwise noted.)**

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## **Cycling**

**Beats + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**Beats Ride** 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## **Running**

**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. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## **Yoga**

**Diamondfit Yoga Stretch** Release tightness and ease aching muscles and joints in this open class created by Renee Diamond that perfectly complements your fitness training.

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**Sculpted Yoga**™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**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** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**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**

**Bala Bangle Barre Burn** This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**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.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## **Dance**

**Studio Dance** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

## **Boxing and Kickboxing**

**Cardio Kickboxing** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Pro** Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

## **Stretch and Recovery**

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## **Sculpt**

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.