

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Stacked <i>Jordan Perry</i>	6:00-6:45 MS * Tabata Max <i>Lukasz Rogoz</i>	6:00-6:45 CS * Beats Ride <i>Jess Polcer</i>	6:00-6:50 CS * Precision Ride <i>Kevin Condon</i>	6:00-6:45 CS * Beats Ride <i>Jess Polcer</i>	7:45-8:35 CS * Precision Ride <i>Jess Polcer</i>	8:15-9:00 CS * Beats Ride <i>Amanda Tighe</i>
6:15-7:00 CS * Beats Ride <i>Brian Robbins</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Katy Ingulli</i>	6:00-6:45 MS * Stronger <i>Gabriel Hidalgo</i>	6:00-6:45 MS * Athletic Conditioning <i>Brian Robbins</i>	6:00-6:45 MS * Tabata Max <i>Jaren Mondry</i>	8:00-9:00 YS * Vinyasa Yoga <i>Tom Johnson</i>	8:15-9:15 YS * <b>Pilates Fusion</b> <i>Jennifer Goggin</i>
7:00-7:45 YS * Bala Bangle Barre Burn <i>Jordan Perry</i>	7:00-7:50 TR * Precision Run® <i>Elly Aiala</i>	7:00-7:45 YS * Pilates Fusion <i>Carla Griffin</i>	6:45-7:45 YS * Power Vinyasa <i>Kat Rose</i>	7:00-7:50 TR * Precision Run + Strength <i>Jaren Mondry</i>	8:15-9:00 MS * Athletic Conditioning <i>Cody Harwood-Smith</i>	9:00-9:45 MS * Stronger <i>Lukasz Rogoz</i>
8:15-9:00 MS * MetCon Monday <i>Ashley Skouras</i>	8:30-9:15 CS * Beats Ride <i>Brian Robbins</i>	8:15-9:00 MS * Stacked <i>Allie Taylor Mannle</i>	7:00-7:45 MS * MetCon3 <i>Jeriel Banks</i>	7:00-7:50 YS * Pilates Fusion <i>Justine Ayala</i>	9:15-10:15 YS * Barre <i>Jordan Perry</i>	9:30-10:30 YS * True Barre <i>Nina Secchi</i>
9:15-10:00 YS * Pilates Fusion <i>Ashley Skouras</i>	8:30-9:15 MS * Cardio Sculpt <i>Linda Cicero</i>	9:15-10:15 MS * Switch Up: Run + Strength <i>Ashley Skouras Allie Taylor Mannle</i>	8:15-9:05 YS * Pilates Rise <i>Ashley Skouras</i>	8:30-9:15 MS * MetCon3 <i>Brian Robbins</i>	9:30-10:15 CS * Beats Ride <i>Ashley Skouras</i>	10:45-11:30 MS * Tabata Max <i>Nina Secchi</i>
9:30-10:15 CS * Beats Ride <i>Gary Morello</i>	9:15-10:05 YS * True Barre <i>Noel Rosenstein</i>	9:15-10:00 MS * Pilates Mat <i>Jennifer Goggin</i>	8:30-9:15 MS * Stronger <i>Allie Taylor Mannle</i>	8:30-9:15 YS * <b>Barre Beyond</b> <i>Justine Ayala</i>	9:30-10:15 MS * Cardio Boxing <i>Hailey Barbarie</i>	11:00-12:00 YS * Vinyasa Yoga <i>Katy Ingulli</i>
9:30-10:15 MS * Athletic Conditioning <i>Lukasz Rogoz</i>	9:30-10:15 MS * MetCon3 <i>Brian Robbins</i>	10:30-11:15 YS * True Barre <i>Allie Taylor Mannle</i>	9:30-10:15 MS * Cardio Boxing <i>Brandon Mubuuke</i>	9:30-10:15 CS * Beats Ride <i>Brian Robbins</i>	10:15-10:30 MS * Best Abs Ever <i>Hailey Barbarie</i>	
10:30-11:15 YS * True Barre <i>Justine Ayala</i>	9:30-10:15 TR * Precision Walk: Elevate <i>Ashley Skouras</i>	10:45-11:30 MS * Cardio Dance <i>Wilber Escobar</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Allie Taylor Mannle</i>	9:30-10:15 MS * Cardio Sculpt <i>Jordan Perry</i>	10:30-11:30 YS * Pilates Fusion <i>Paul Fuller</i>	
10:45-11:30 MS * Studio Dance: Hip Hop <i>Paul Herman</i>	10:30-11:15 YS * Athletic Stretch <i>Kurt Dasbach</i>		9:30-10:15 YS * True Barre <i>Team Equinox</i>	9:30-10:20 YS * True Barre <i>Noel Rosenstein</i>		
12:15-1:00 YS * Best Stretch Ever <i>Joshua Diaz</i>	10:45-11:30 MS * Cardio Dance <i>Brandon Mubuuke</i>	4:30-5:15 YS * Barre <i>Martha Guttuso</i>	10:15-10:30 MS * Best Abs Ever <i>Brandon Mubuuke</i>	10:30-11:30 MS * Cardio Dance <i>Linda Cicero</i>	12:00-1:00 YS * Slow Flow Yoga <i>Team Equinox</i>	
4:30-5:15 YS * Pilates Fusion <i>Martha Guttuso</i>	4:30-5:15 YS * Bala Bangle Barre Burn <i>Ashley Skouras</i>	6:30-7:15 MS * Stronger <i>Marcus Nelson</i>	10:30-11:30 YS * Vinyasa Yoga <i>Deb Shin</i>	12:15-1:00 YS * Athletic Stretch <i>Kurt Dasbach</i>		
5:30-6:15 YS * Barre <i>Martha Guttuso</i>	5:30-6:15 CS * Beats + Bands Ride <i>Ashley Skouras</i>	6:30-7:30 YS * Vinyasa Yoga <i>Tom Johnson</i>	10:45-11:30 MS * Cardio Dance <i>Riki Stevens</i>	5:30-6:30 YS * Weekend Wind Down Yoga <i>AnnaRae Anderson</i>		
6:30-7:15 MS * MetCon Monday <i>Gabriel Hidalgo</i>	6:30-7:30 MS * Rounds: Boxing Circuit <i>Hailey Barbarie</i>		12:15-1:00 YS * Pilates Fusion <i>Maura McIntyre</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Katy Ingulli</i>			4:30-5:15 YS * <b>Barefoot Sculpt</b> <i>Nina Secchi</i>			
			5:30-6:15 MS * <b>Stacked</b> <i>Nina Secchi</i>			
			5:45-6:30 YS * Pilates Fusion <i>Jennifer Schleppey</i>			

# EQUINOX

## DARIEN

72 Heights Road  
DARIEN CT 06820  
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-FRI** 08:00 AM 12:00 PM

**SAT** 08:00 AM 11:00 AM

## GROUP FITNESS MANAGER

ashley.skouras@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.

**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 + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**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.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

## 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.

**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.

**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.

## 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

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## 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.

**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.

## 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.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

## 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.