

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 CS * Precision Ride <i>Kevin Condon</i>	6:15-7:00 MS * Athletic Conditioning <i>Rene Lund</i>	6:15-7:00 CS * Beats Ride <i>Andrew Katz</i>	6:15-7:00 MS * Athletic Conditioning <i>Rene Lund</i>	6:15-7:00 MS * Stronger Gina Capicotto	8:00-8:45 CS * Beats Ride Amanda Tighe	8:15-9:00 YS * Pilates Mat <i>Joshua Diaz</i>
7:30-8:00 MS * Tabata Cardio 30 Kyle Brown	7:30-8:15 MS * Stacked <i>Rene Lund</i>	6:15-7:00 MS * MetCon3 Theo Bennett	7:15-8:00 CS * Beats Ride Joe DeFilippo	7:15-8:15 YS * Pilates Fusion <i>Cheryl Tilles</i>	8:00-8:45 MS * Athletic Conditioning <i>Theo Bennett</i>	9:00-9:45 MS * Ropes and Rowers <i>Doug Schwartz</i>
8:00-8:30 MS * Upper Body Pump Kyle Brown	7:30-8:15 YS * Pilates Mat <i>Rachel Johnson</i>	8:15-9:00 MS * Sculpt <i>Jessica Mikel-Bertolini</i>	7:30-8:15 MS * Stronger <i>Rene Lund</i>	7:30-8:00 MS * Tabata Cardio 30 Beth Tomkiewicz	8:15-9:00 YS * Barre Beyond <i>Rachel Johnson</i>	9:00-9:50 TR * Precision Run@ <i>Rachel Shaver</i>
8:15-9:05 TR * Precision Walk: Elevate <i>Jessica Mikel-Bertolini</i>	8:30-9:15 MS * Cardio Sculpt <i>Larissa Crecco</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Joshua Diaz</i>	7:30-8:15 YS * True Barre <i>Rachel Johnson</i>	8:00-8:30 MS * Upper Body Pump Beth Tomkiewicz	8:30-9:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>	9:15-10:00 YS * Barre <i>Joshua Diaz</i>
9:15-10:00 MS * Best Butt Ever <i>Jessica Mikel-Bertolini</i>	9:00-10:00 YS * True Barre <i>Rachel Johnson</i>	8:15-9:00 YS * Pilates Fusion Cheryl Tilles	9:00-10:00 YS * Pilates Fusion <i>Giovanna Accinelli</i>	8:15-9:05 TR * Precision Walk: Elevate Danielle Corpina	9:00-9:45 MS * MetCon3 <i>Theo Bennett</i>	9:30-10:15 CS * Pilates Mat Gina Waldman
9:15-10:00 YS * Barre Rachel Nicks	9:30-10:15 MS * Stronger <i>Larissa Crecco</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Joshua Diaz</i>	9:30-10:20 MS * Switch Up: Run + Strength Danielle Corpina Jessica Mikel-Bertolini	9:15-10:00 MS * Sculpt <i>Jenn Evans</i>	9:30-10:15 CS * Beats Ride Jessica Mikel-Bertolini	10:00-10:45 MS * Stronger <i>Doug Schwartz</i>
10:00-10:15 MS * Best Abs Ever <i>Jessica Mikel-Bertolini</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Beth Tomkiewicz</i>	9:30-10:20 CS * Precision Ride Jessica Mikel-Bertolini	10:30-11:30 YS * Yin Yoga <i>Giovanna Accinelli</i>	9:15-10:15 YS * Diamondfit Yoga Flow <i>Renee Diamond</i>	9:30-10:20 YS * Pilates Fusion <i>Rachel Johnson</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Franklin Shire</i>
10:30-11:15 YS * Pilates Fusion <i>Joshua Diaz</i>	10:30-11:30 YS * Sculpted Yoga™ Deb Shin	9:30-10:15 MS * Cardio Kickboxing <i>Sabrina Cohen</i>	5:30-6:20 YS * Pilates Rise <i>Rachel Nicks</i>	9:30-10:15 CS * Beats Ride Will Salgado-You	10:30-11:15 MS * Cardio Dance Rachel Johnson	10:45-11:00 MS * Best Abs Ever <i>Doug Schwartz</i>
5:30-6:30 YS * Vinyasa Yoga <i>Dancia Ambron</i>	5:30-6:30 YS * Vinyasa Yoga <i>Franklin Shire</i>	10:30-11:15 YS * Athletic Stretch Sabrina Cohen	6:15-7:05 CS * Precision Ride Noah Orlian	10:30-11:30 YS * Barre <i>Cindy Factor</i>	10:30-11:20 TR * Precision Run@ <i>Jessica Mikel-Bertolini</i>	3:00-4:00 YS * Vinyasa Yoga <i>Deb Shin</i>
6:15-7:00 MS * Sculpt <i>Jenn Evans</i>	6:15-7:00 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	11:30-12:15 YS * Barre <i>Jenn Evans</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Carl Vreeland</i>	5:30-6:30 YS * Vinyasa Yoga (HEATED) Kaitlyn Murphy	11:30-12:30 YS * Diamondfit Yoga Stretch Renee Diamond	
		5:30-6:15 YS * True Barre Jillian Paladino				
		6:15-7:00 MS * Kickbox Burn <i>Akin</i>				
		7:00-7:15 MS * Best Abs Ever <i>Akin</i>				

EQUINOX

MAMARONECK

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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 11:00 AM

SAT 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

jessica.mikel-bertolini@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 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® 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 Flow Created by Renee Diamond, this class weaves breath and body in an intelligent way, with a focus on graceful transitions and dynamic rejuvenation.

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.

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.

Vinyasa Yoga (HEATED) 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.

Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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 Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

Barre

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.

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.

Kickbox Burn Kickbox Burn, led by martial arts expert Akinwole, offers a fast and fun take on cardio kickboxing. From beginners to black belts, this class will guide you through precise movements and challenging combinations to train your body and mind together.

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.

Sculpt

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.