

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 TR * Precision Run® <i>Theo Bennett</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 <i>Gina Capicotto</i>	8:00-8:45 CS * Beats Ride <i>Amanda Tighe</i>	8:15-9:00 YS * Pilates Mat <i>Joshua Diaz</i>
7:30-8:00 MS * Upper Body Pump <i>Kyle Brown</i>	7:30-8:15 MS * Stacked <i>Rene Lund</i>	6:15-7:00 MS * MetCon3 <i>Theo Bennett</i>	7:30-8:15 MS * Stronger <i>Rene Lund</i>	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 * Best Abs Ever <i>Kyle Brown</i>	7:30-8:15 YS * Pilates Mat <i>Rachel Johnson</i>	8:15-9:00 MS * Body Sculpt <i>Jessica Mikel-Bertolini</i>	7:30-8:15 YS * True Barre <i>Rachel Johnson</i>	7:30-8:00 MS * Tabata Cardio 30 <i>Beth Tomkiewicz</i>	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 * Rhythmic Sculpt <i>Larissa Crecco</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Joshua Diaz</i>	9:00-10:00 YS * Pilates Fusion <i>Giovanna Accinelli</i>	8:00-8:30 MS * Upper Body Pump <i>Beth Tomkiewicz</i>	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 <i>Cheryl Tilles</i>	9:30-10:20 MS * Switch Up: Run + Strength <i>Danielle Corpina</i> <i>Jessica Mikel-Bertolini</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Rachel Shaver</i>	9:00-9:45 MS * MetCon3 <i>Theo Bennett</i>	9:30-10:15 CS * Beats Ride <i>Gina Waldman</i>
9:15-10:15 YS * Barre <i>Rachel Nicks</i>	9:30-10:15 MS * Stronger <i>Larissa Crecco</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Joshua Diaz</i>	10:30-11:30 YS * Yin Yoga <i>Giovanna Accinelli</i>	9:15-10:00 MS * Body Sculpt <i>Jenn Evans</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	10:00-10:45 MS * Stronger <i>Doug Schwartz</i>
9:30-10:15 CS * Beats Ride <i>Will Salgado-You</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Beth Tomkiewicz</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	5:30-6:20 YS * Pilates Rise <i>Rachel Nicks</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>
10:00-10:15 MS * Best Abs Ever <i>Jessica Mikel-Bertolini</i>	10:30-11:30 YS * Vinyasa Yoga (HEATED) <i>Deb Shin</i>	9:30-10:15 MS * Cardio Kickboxing <i>Sabrina Cohen</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Carl Vreeland</i>	10:30-11:30 YS * Barre <i>Cindy Factor</i>	10:30-11:15 MS * Cardio Dance <i>Rachel Johnson</i>	10:45-11:00 MS * Best Abs Ever <i>Doug Schwartz</i>
10:30-11:15 YS * Pilates Fusion <i>Joshua Diaz</i>	5:30-6:30 YS * Vinyasa Yoga <i>Franklin Shire</i>	10:30-11:15 YS * Barre <i>Jenn Evans</i>		5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Kaitlyn Murphy</i>	10:30-11:20 TR * Precision Run® <i>Jessica Mikel-Bertolini</i>	3:00-4:00 YS * Vinyasa Yoga <i>Deb Shin</i>
11:30-12:30 YS * Diamondfit Yoga Stretch <i>Renee Diamond</i>	6:15-7:00 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	5:30-6:15 YS * True Barre <i>Justine Ayala</i>			11:30-12:30 YS * Diamondfit Yoga Stretch <i>Renee Diamond</i>	
5:30-6:30 YS * Vinyasa Yoga <i>Danicia Ambron</i>	6:30-7:30 MS * Rounds: Boxing <i>Nina Powderly</i>	6:30-7:15 MS * Kickbox Burn <i>Akin</i>				
6:15-7:00 CS * Beats Ride <i>Noah Orlian</i>						
6:30-7:15 MS * Body Sculpt <i>Rachel Nicks</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.

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 Akinwale, 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.

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.

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.

Body 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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

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.