

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 CS * Beats Ride <i>Nina Powderly</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>
6:15-7:00 MS * MetCon Monday <i>Theo Bennett</i>	6:15-7:05 TR * Precision Walk: Elevate <i>Noah Orlan</i>	6:15-7:00 MS * Core6 <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>	8:15-9:00 YS * Barefoot Sculpt <i>Ali Foglia</i>	9:00-9:45 MS * Ropes and Rows <i>Doug Schwartz</i>
7:15-8:00 YS * Barefoot Sculpt <i>Kyle Brown</i>	7:30-8:15 MS * Core6 <i>Rene Lund</i>	7:15-8:00 YS * Barefoot Sculpt <i>Beth Tomkiewicz</i>	7:30-8:15 YS * True Barre <i>Danielle Corpina</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Rachel Shaver</i>	8:30-9:15 MS * Whipped! <i>Theo Bennett</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>	7:30-8:15 YS * Pilates Fusion <i>Adele Mackey</i>	8:15-9:00 MS * Body Sculpt <i>Jessica Mikel-Bertolini</i>	8:30-9:15 CS * Beats Ride <i>Will Salgado-You</i>	9:15-10:00 MS * Body Sculpt <i>Jenn Evans</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>	9:15-10:00 YS * True Barre <i>Joshua Diaz</i>
9:15-10:00 MS * Best Butt Ever <i>Jessica Mikel-Bertolini</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Gina Capicotto</i>	8:15-9:05 TR * Precision Walk: Elevate <i>Joshua Diaz</i>	9:00-10:00 YS * The Refined Core <i>Giovanna Accinelli</i>	9:15-10:15 YS * Diamondfit Yoga Flow <i>Renee Diamond</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	9:30-10:15 CS * Beats Ride <i>Gina Waldman</i>
9:15-10:00 YS * True Barre: Bala Bangle <i>Rachel Nicks</i>	9:00-10:00 YS * True Barre <i>Giovanna Accinelli</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>	10:30-11:30 YS * True Barre <i>Cindy Factor</i>	9:30-10:15 MS * MetCon3 <i>Theo Bennett</i>	10:00-10:45 MS * Stronger <i>Doug Schwartz</i>
10:00-10:15 MS * Best Abs Ever <i>Jessica Mikel-Bertolini</i>	9:30-10:15 MS * Stronger <i>Larissa Crecco</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Joshua Diaz</i>	10:15-11:15 YS * Yin Yoga <i>Giovanna Accinelli</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Kaitlyn Murphy</i>	9:30-10:15 YS * Pilates Fusion <i>Margaret Cunzio</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>	9:30-10:20 TR * Precision Walk: Elevate + Strength <i>Beth Tomkiewicz</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	11:30-12:20 YS * Pilates Rise <i>Rachel Nicks</i>		10:30-11:15 MS * Core6 <i>Danielle Corpina</i>	10:45-11:00 MS * Best Abs Ever <i>Doug Schwartz</i>
11:30-12:30 YS * Vinyasa Yoga <i>Haley Jones</i>	10:15-11:00 YS * Best Stretch Ever <i>Nora Apostle</i>	10:30-11:20 YS * True Barre <i>Jenn Evans</i>			10:30-11:20 TR * Precision Run@ <i>Noah Orlan</i>	3:00-4:00 YS * Vinyasa Yoga <i>Deb Shin</i>
4:30-5:15 YS * Pilates Fusion <i>Adele Mackey</i>	11:30-12:15 YS * True Barre <i>Kate Petrov</i>	11:30-12:30 YS * Vinyasa Yoga (Heated) <i>Carl Vreeland</i>	6:30-7:15 MS * Body Sculpt <i>Kyle Brown</i>		11:30-12:30 YS * Diamondfit Yoga Stretch <i>Renee Diamond</i>	
5:30-6:30 YS * Vinyasa Yoga <i>Danicia Ambron</i>	12:30-1:30 YS * Yin Yoga <i>Giovanna Accinelli</i>		6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Carl Vreeland</i>			
6:30-7:15 MS * Body Sculpt <i>Rachel Shaver</i>	5:30-6:30 YS * Vinyasa Yoga <i>Franklin Shire</i>	4:30-5:15 YS * True Barre <i>Jenn Evans</i>				
	6:30-7:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>	5:30-6:30 YS * Vinyasa Yoga <i>Candice Alcantara</i>				
	7:30-8:30 YS * Sound Meditation <i>Ashley Scully</i>	6:30-7:15 MS * Rounds: Boxing <i>Sabrina Imbrogno</i>				

# EQUINOX

## MAMARONECK

1053 West Boston Post Road

MAMARONECK NY 10543

EQUINOX.COM

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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.

**Precision Walk: Elevate + Strength** Exclusively at CT, NJ & Westchester, NY locations. A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

**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.

**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.



## Hiit

**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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. 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.

**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.

**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

**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.

**True Barre: Bala Bangle** This sculpt 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.



## 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.

**The Refined Core** Created by Giovanna Accinelli, this Pilates-inspired workout redefines full-body movement. Strengthen, lengthen, and sculpt using foam rollers, gliders, bands, and body weight. Expect mindful, technique-driven exercises that build deep core strength leaving you feeling aligned and empowered.



## Boxing

**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.



## Regeneration

**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.

**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.

**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, light-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.



## Strength

**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.

**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.

**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.