

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|---|---|---|
| 6:00-6:50 TR * Precision Run® <i>Doug Schwartz</i> | 6:15-7:05 MS * Whipped! <i>Gabriel Hidalgo</i> | 6:00-6:50 CS * Precision Ride <i>Doug Schwartz</i> | 6:15-7:05 MS * Ropes and Rowers <i>Gabriel Hidalgo</i> | 6:15-7:00 MS * MetCon3 <i>Jordan Perry</i> | 8:00-9:00 YS * Slow Flow Yoga <i>Giovanna Accinelli</i> | 8:30-9:15 MS * Tabata Max <i>Justin Hood</i> |
| 6:15-7:00 MS * Tabata Max <i>Rene Lund</i> | 7:15-8:00 YS * Trilogy Barre <i>Justine Ayala</i> | 6:15-7:00 MS * Stacked <i>Gina Capicotto</i> | 7:15-8:00 YS * Vinyasa Yoga <i>Kristen Schmidt</i> | 7:15-8:15 YS * True Barre <i>Cindy Factor</i> | 8:15-9:05 CS * Precision Ride <i>Doug Schwartz</i> | 8:30-9:15 YS * True Barre <i>Ashley Skouras</i> |
| 7:15-8:00 YS * Pilates Fusion <i>Jennifer Goggin</i> | 8:15-9:00 MS * Athletic Conditioning <i>Kristen Schmidt</i> | 7:30-8:15 YS * True Barre <i>Jenn Evans</i> | 8:15-9:00 MS * Stacked <i>Theo Bennett</i> | 8:15-9:15 MS * Atletica <i>Elizabeth DeLuca</i> | 8:15-9:00 MS * MetCon3 <i>Hailey Barbarie</i> | 9:30-10:15 CS * Beats Ride <i>Ashley Skouras</i> |
| 8:15-9:00 MS * MetCon Monday <i>Justine Ayala</i> | 8:15-9:05 TR * Precision Walk: Elevate <i>Danielle Corpina</i> | 8:15-9:00 MS * Stronger <i>Gabriel Hidalgo</i> | 8:15-9:05 TR * Precision Walk: Elevate <i>Sam Wolf</i> | 8:30-9:15 CS * Beats Ride <i>Allie Taylor Mannle</i> | 9:15-10:05 TR * Precision Walk: Elevate <i>Nicola Bam</i> | 9:30-10:15 MS * Stronger <i>Elisabeth DellaMonica</i> |
| 8:30-9:15 CS * Beats + Bands Ride <i>Jillian Paladino</i> | 8:15-9:00 YS * Bala Bangle Barre Burn <i>Justine Ayala</i> | 8:30-9:20 MS * Precision Run + Strength <i>Danielle Corpina</i> | 8:15-9:00 YS * Bala Bangle Barre Burn <i>Jillian Paladino</i> | 8:30-9:30 YS * True Barre <i>Cindy Factor</i> | 9:15-10:15 YS * True Barre <i>Giovanna Accinelli</i> | 9:30-10:15 YS * Pilates Fusion <i>Maura McIntyre</i> |
| 8:30-9:15 YS * Trilogy Barre <i>Rachel Johnson</i> | 9:00-9:45 CS * Beats Ride <i>Sam Wolf</i> | 8:30-9:15 YS * True Barre <i>Noel Rosenstein</i> | 9:00-9:45 MS * Beats Ride <i>Will Salgado-You</i> | 9:30-10:30 MS * Powerstrike! <i>Elizabeth DeLuca</i> | 9:30-10:15 CS * Beats Ride <i>Luke Scully</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Amanda DeRubeis</i> |
| 9:30-10:15 MS * Stronger <i>Gabriel Hidalgo</i> | 9:15-10:00 MS * MetCon3 <i>Nikki Glor</i> | 9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i> | 9:15-10:00 MS * Athletic Conditioning <i>Jeriel Banks</i> | 9:30-10:20 MS * Precision Run + Strength <i>Allie Taylor Mannle</i> | 9:30-10:15 MS * Stacked <i>Doug Schwartz</i> | 11:00-11:45 MS * Studio Dance: Hip Hop <i>Rob Coglitore</i> |
| 10:15-11:00 YS * Pilates Fusion <i>Jillian Paladino Deb Shin</i> | 9:15-10:00 YS * Athletic Stretch <i>Jillian Paladino</i> | 9:30-10:20 YS * Pilates Rise <i>Jillian Paladino</i> | 9:15-10:00 YS * Athletic Stretch <i>Jillian Paladino</i> | 10:15-11:15 YS * Power Vinyasa <i>Nikki Glor</i> | 10:30-11:30 MS * Rounds: Boxing <i>Aaron Brown</i> | |
| 11:15-12:15 YS * Slow Flow Yoga <i>Giovanna Accinelli</i> | 10:15-11:00 YS * True Barre <i>Joshua Diaz</i> | 10:45-11:30 YS * Bala Bangle Barre Burn <i>Jordan Perry</i> | 10:15-11:00 YS * True Barre <i>Peggy Berenblum</i> | | 10:30-11:15 YS * Pilates Fusion <i>Jillian Paladino</i> | 3:30-4:30 YS * Weekend Wind Down Yoga <i>Renee Diamond</i> |
| 12:30-1:30 YS * True Barre <i>Giovanna Accinelli</i> | 11:15-12:00 YS * Pilates Fusion <i>Joshua Diaz</i> | 11:45-12:45 YS * Vinyasa Yoga <i>Deb Shin</i> | 11:15-12:05 YS * Pilates Rise <i>Rachel Nicks</i> | 11:30-12:15 YS * Pilates Fusion <i>Joshua Diaz</i> | 11:30-12:20 YS * True Barre <i>Jordana Allen</i> | |
| 4:30-5:15 YS * Bala Bangle Barre Burn <i>Cindy Factor</i> | 12:30-1:15 YS * Trilogy Barre <i>Jillian Paladino</i> | | 12:30-1:20 YS * Barefoot Sculpt <i>Jenn Evans</i> | 12:30-1:20 YS * Barefoot Sculpt <i>Jordana Allen</i> | 3:00-3:45 YS * Sound Meditation <i>Lana Arus</i> | |
| 5:30-6:15 CS * Beats Ride <i>Sam Wolf</i> | 4:15-5:00 YS * True Barre <i>Maura McIntyre</i> | 4:30-5:15 YS * Barefoot Sculpt <i>Ashley Skouras</i> | 4:15-5:00 YS * Trilogy Barre <i>Joshua Diaz</i> | 5:15-6:15 YS * Pilates Fusion <i>Giovanna Accinelli</i> | | |
| 5:30-6:15 YS * Pilates Fusion <i>Maura McIntyre</i> | 5:30-6:15 CS * Beats Ride <i>Noah Orlian</i> | 5:30-6:15 CS * Beats Ride <i>Ashley Skouras</i> | 5:30-6:15 CS * Beats Ride <i>Matthew Tallett</i> | 5:30-6:15 CS * Beats Ride <i>Doug Schwartz</i> | | |
| 6:30-7:15 MS * MetCon3 <i>Jeriel Banks</i> | 5:30-6:15 YS * Pilates Mat <i>Joanne Baum</i> | 5:30-6:15 YS * Pilates Fusion <i>Giovanna Accinelli</i> | 5:30-6:15 YS * Pilates Fusion <i>Jennifer Goggin</i> | 6:30-7:30 MS * Rounds: Boxing <i>Aaron Brown</i> | | |
| 6:30-7:30 YS * Vinyasa Yoga <i>Peter Lyons</i> | 6:30-7:20 MS * Ropes and Rowers <i>Ron Brown</i> | 6:30-7:30 MS * Rounds: Boxing Circuit <i>Aaron Brown</i> | 6:30-7:15 MS * Stronger <i>Doug Schwartz</i> | 6:30-7:30 YS * Vinyasa Yoga <i>Deb Shin</i> | | |
| 8:00-8:45 YS * Sound Meditation <i>Lana Arus</i> | 6:30-7:30 YS * Diamondfit Yoga Flow <i>Renee Diamond</i> | 6:30-7:30 YS * Power Vinyasa <i>Peter Lyons</i> | 6:30-7:30 YS * Yin Yoga + Sound Meditation <i>Kiki Roshe</i> | | | |

EQUINOX

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GREENWICH CT 06830

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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

jillian.paladino@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.

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.

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.

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.

Yin Yoga + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

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.

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.

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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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: 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

Powerstrike! An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

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.

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.

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.