

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Athletic Conditioning <i>Anne Olivieri</i>	6:00-6:45 MS * Stacked <i>Doug Schwartz</i>	6:00-6:50 MS * MetCon3 <i>Justine Ayala</i>	5:45-6:35 TR * Precision Run® <i>Theo Bennett</i>	6:00-6:50 YS * Barre <i>Anne Olivieri</i>	8:30-9:20 MS * Stronger <i>Zina Ovchinnikoff</i>	8:30-9:20 MS * Rounds: Boxing <i>Aaron Brown</i>
7:30-8:20 YS * Pilates Mat <i>Tammi Shamblin</i>	7:30-8:20 MS * Stronger <i>Zina Ovchinnikoff</i>	7:15-8:00 CS * Beats Ride <i>Lisa Gagliardi</i>	7:30-8:20 YS * Pilates Mat <i>Tammi Shamblin</i>	7:30-8:30 YS * Vinyasa Yoga <i>Peter Lyons</i>	8:30-9:20 TR * Precision Run® <i>Rachel Shaver</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>
8:30-9:20 MS * Switch Up: Run + Strength <i>Danielle Corpina Zina Ovchinnikoff</i>	8:30-9:15 CS * Beats + Bands Ride <i>Lisa Gagliardi</i>	8:00-8:50 YS * Barre Beyond <i>Rachel Johnson</i>	8:30-9:20 MS * Athletic Conditioning <i>Lisa Gagliardi</i>	8:30-9:20 MS * Whipped! <i>Lisa Gagliardi</i>	8:30-9:20 YS * Barre <i>Anne Olivieri</i>	8:30-9:20 YS * Bala Bangle Barre Burn <i>Jessica Mikel-Bertolini</i>
8:30-9:20 YS * Barre <i>Jenn Evans</i>	8:30-9:20 MS * Body Sculpt <i>Jenn Evans</i>	8:30-9:20 MS * Stacked <b>Larissa Crecco</b>	8:30-9:20 YS * Barefoot Sculpt <i>Justine Ayala</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Mychal Ertel</i>	9:30-10:15 CS * Beats Ride <i>Vanessa DePaola</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>
9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i>	8:30-9:20 YS * Pilates Mat <i>Margaret Cunzio</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Sam Wolf</i>	9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i>	8:45-9:30 YS * Pilates Fusion <i>Jillian Paladino</i>	9:30-10:20 MS * Rhythmic Sculpt <b>Larissa Crecco</b>	9:30-10:20 MS * Stacked <i>Theo Bennett</i>
9:30-10:30 YS * Diamondfit Yoga Flow <i>Renee Diamond</i>	9:30-10:20 MS * Cardio Sculpt <i>Lisa Gagliardi</i>	9:00-9:50 YS * Pilates Mat <i>Rachel Johnson</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>	9:30-10:15 CS * Beats Ride <i>Lisa Gagliardi</i>	9:30-10:30 YS * Vinyasa Yoga <i>Deb Shin</i>	9:30-10:15 YS * Pilates Fusion <i>Margaret Cunzio</i>
10:45-11:45 YS * Pilates Fusion <i>Sarah Harrison</i>	9:30-10:20 YS * Barre <i>Hollis Morris</i>	9:30-10:20 MS * MetCon3 <i>Marley Bigos</i>	9:30-10:30 YS * Vinyasa Yoga <i>Roxanne Gamory</i>	9:30-10:20 MS * Body Sculpt <b>Mychal Ertel</b>	10:30-11:15 MS * Studio Dance: Hip Hop <i>Larissa Crecco</i>	10:20-10:35 MS * Best Abs Ever <i>Theo Bennett</i>
12:00-12:45 YS * Barefoot Sculpt <i>Zina Ovchinnikoff</i>	10:30-11:30 YS * Slow Flow Yoga <b>Tammi Shamblin</b>	10:00-11:00 YS * Slow Flow Yoga <i>Deb Shin</i>	10:45-11:45 YS * True Barre <i>Jenn Evans</i>	9:45-10:35 YS * True Barre <i>Jillian Paladino</i>	10:45-11:35 YS * Pilates Rise <i>Zina Ovchinnikoff</i>	10:30-11:30 YS * Slow Flow Yoga <i>Roxanne Gamory</i>
5:00-5:45 YS * Barefoot Sculpt <i>Danielle Corpina</i>	5:00-5:45 YS * Pilates Fusion (HEATED) <i>Jennifer Goggins</i>	12:00-12:50 YS * Barre <i>Rachel Nicks</i>	5:00-5:45 YS * Barre <b>Vye Moran</b>	12:00-1:00 YS * Restorative Yoga <i>Roxanne Gamory</i>		3:00-4:00 YS * Weekend Wind Down Yoga (HEATED) <i>Franklin Shire</i>
5:30-6:20 MS * MetCon Monday <i>Nina Powderly</i>	5:30-6:20 MS * Stronger <i>Doug Schwartz</i>	5:00-5:50 YS * Slow Flow Yoga <b>Franklin Shire</b>	5:30-6:20 MS * Stacked <b>Danielle Corpina</b>			
6:00-7:00 YS * Vinyasa Yoga <i>Roxanne Gamory</i>	6:00-6:45 YS * Barre (HEATED) <b>Vye Moran</b>	5:30-6:15 MS * Body Sculpt <i>Zina Ovchinnikoff</i>	6:00-6:45 YS * Pilates Fusion <i>Margaret Cunzio</i>			
	6:30-7:20 CS * Precision Ride <i>Doug Schwartz</i>	6:15-7:00 YS * Sonic Meditation <i>Lana Arus</i>				

# EQUINOX

## ARMONK

99 Business Park Drive

ARMONK NY 10504

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT** 06:00 AM 08:00 PM

**SUN** 07:00 AM 07:00 PM

**Kids**

**MON-FRI** 08:00 AM 12:00 PM

**SAT-SUN** 08:00 AM 01:00 PM

**GROUP FITNESS MANAGER**

zina.ovchinnikoff@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®** 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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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 (HEATED)** 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.

**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.

**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 (HEATED)** 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 Fusion (HEATED)** 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

**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.

## Stretch and Recovery

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**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.

**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.

**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.