

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:30 MS Body Blast Chris Konopka	5:45 - 6:30 CS * Interval Cycling Gary Morello	6:00 - 7:00 MS Elimin8tor Will Matthews	5:45 - 6:30 CS * Power RIDE! Kevin Condon	6:00 - 7:00 MS Chisel'd Rene Lund	8:00 - 9:00 CS * Interval Cycling Gary Morello	7:15 - 8:00 CS * Studio Cycling Doug Schwartz
8:30 - 9:30 MS Cardio Core Tom O'Neill	8:30 - 9:15 CS * Interval Cycling Webb Travis	7:30 - 8:30 YS Hatha Blend Barbara Sroka	8:30 - 9:30 MS Tabata Chris Konopka	8:30 - 9:30 MS R.I.P.P.E.D. Doug Schwartz	8:00 - 9:00 MS Elimin8tor Will Matthews	8:30 - 9:30 MS Shockwave Chris Konopka
8:30 - 9:30 TR Precision Running® Margaret Cunzio	8:30 - 9:30 TR * Precision Running® Will Matthews	8:30 - 9:30 MS Cardio Sculpt Gianna Masi	8:45 - 9:45 YS Inside Out Barre Pamela Arkin	8:30 - 9:30 YS Hatha Yoga Susan Malcolm	8:30 - 9:30 YS Pilates Christine Perone	8:30 - 9:30 YS Streamline Sculpt Robin Mosca
8:45 - 9:45 YS Pilates Donna Marie Mollo	8:45 - 9:45 YS Barre Bootcamp Becky Molloy	8:45 - 9:45 YS The Art of Control Donna Marie Mollo	9:30 - 10:30 MS Body PRECISION Becky Molloy	8:30 - 9:30 TR * Tread and Shred Tom O'Neill	8:30 - 9:30 TR * Precision Running® Margaret Cunzio	9:30 - 10:30 CS * Roadfit Cycling Lailina Nadell
9:30 - 10:30 MS Diamond Cuts Renee Diamond	9:30 - 10:30 MS R.I.P.P.E.D. Webb Travis	9:30 - 10:30 MS Superhuman: The Class Maurice Johnson	9:45 - 10:45 CS * Studio Cycling Chris Konopka	9:30 - 10:30 CS * Cycle: Endurance! Doug Schwartz	9:30 - 10:15 CS * Studio Cycling Gary Morello	9:30 - 10:30 MS Stacked! Chris Konopka
9:45 - 10:30 CS * Cycle Beats Les Mebane	10:00 - 11:15 YS Vinyasa Flow Yoga Melanie Hyman	9:30 - 10:30 TR * Tread and Shred Tom O'Neill	9:45 - 11:00 YS Vinyasa Flow Yoga Angela Kilcullen	9:30 - 10:30 MS Kettlebell/ViPR Combo Giovanna Accinelli	9:30 - 10:30 MS Kick It! Harry Otto	9:45 - 11:00 YS Kripalu Yoga Franklin Shire
9:45 - 10:45 YS Inside Out Barre Fraser Edwards	10:30 - 11:30 MS Zumba® Jeimy Canosa	9:45 - 10:30 CS * Cycle: Climb Hard! Will Matthews	10:30 - 11:30 MS Zumba® Stacy Hanson	9:30 - 10:45 YS Powerful Hatha Yoga Susan Malcolm	9:30 - 10:30 YS Inside Out Barre Donna Marie Mollo	11:00 - 12:00 YS Yoga Flow Joshua Diaz
10:30 - 11:35 MS METCON3 Gianna Masi	11:15 - 12:15 YS Inside Out Barre Becky Molloy	9:45 - 10:45 YS Inside Out Barre Susan Czechel	10:30 - 11:30 TR * Precision Running® Leslie Horowitz	11:00 - 12:00 YS Inside Out Barre Vivian Jonokuchi	10:30 - 11:30 MS Zumba® Lydia Magnoli	
11:00 - 12:00 YS Diamondfit Flow Yoga Renee Diamond		10:30 - 11:15 MS Circuit Challenge Will Matthews	11:15 - 12:15 YS Inside Out Barre Maura McIntyre	11:15 - 12:15 MS R&R: Ropes & Rowers Webb Travis	10:30 - 11:45 YS Vinyasa Flow Yoga Denise Mathieson	
		11:00 - 12:00 YS Inside Out Barre Jaimie Finkelstein				
12:00 - 1:00 MS Body Conditioning Chris Konopka	4:30 - 5:30 YS Streamline Sculpt Robin Mosca	4:30 - 5:45 YS Core Flow Yoga Paula Bellini	4:30 - 5:30 YS Yoga & Barre Donna Marie Mollo			12:00 - 1:00 MS Zumba® Lailina Nadell
4:30 - 5:45 YS Kripalu Yoga Franklin Shire						4:00 - 5:00 YS CorePower Yoga Roxanne Gamory
6:30 - 7:15 CS * Studio Cycling Keith Alleyne	6:00 - 7:00 YS Hatha Flow Yoga Franklin Shire	6:30 - 7:00 CS * Cycle 30 Chris Konopka	6:30 - 7:15 CS * Roadfit Cycling Jackie Ajello			
6:45 - 7:30 MS Elimin8tor Will Matthews	6:30 - 7:00 TR Tread and Shred Tom O'Neill	7:00 - 7:30 MS Boot Camp Express Chris Konopka	7:00 - 8:00 YS Inside Out Barre Giovanna Accinelli			
6:45 - 7:45 YS Pilates Body Joshua Diaz	7:00 - 7:30 MS Above the Belt Tom O'Neill	7:30 - 8:30 MS Zumba® Jeimy Canosa	7:15 - 7:45 MS Max 30 Jackie Ajello			
7:30 - 8:30 MS Zumba® Stacy Hanson	7:00 - 8:00 YS Inside Out Barre Donna Marie Mollo	7:30 - 8:30 YS Kripalu Yoga Elizabeth Gibney- Boulden				

MARCH 2015 - CLASS DESCRIPTIONS

MAMARONECK

1053 West Boston Post Road
Mamaroneck NY 10543
914.777.1919
equinox.com

CLUB HOURS

Mon-Thu: 5:00am - 10:30pm
Fri: 5:00am - 9:00pm
Sat: 7:00am - 8:00pm
Sun: 7:00am - 7:00pm

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time

* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY

CS Cycling Studio
MS Main Studio
YS Yoga Studio
TR Treadmill Area

ABOVE THE BELT

A complete upper body workout in one 30-minute session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

BODY BLAST

Nonstop cutting-edge strength workout using various equipment to achieve maximum results in minimum time.

BODY CONDITIONING

Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BODY PRECISION

Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

BOOT CAMP EXPRESS

A 30-minute total body blast! This challenging combination of Plyometric drills and resistance training will work every muscle in your body. Get ready to sweat!

CARDIO CORE

This class includes a traditional abdominal and lower back workout plus cardio and conditioning elements all wrapped in one!

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CIRCUIT CHALLENGE

Bosus, Kettlebells, ViPRs, Body Bars, plyometrics, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

CORE FLOW YOGA

Dynamic yoga with strong core work. Use Pilates-inspired awareness of the body as a whole to find release from stress patterns and strength where you need it most. Super helpful to create physical stability and increase physical and mental mindfulness. Finish with a deep relaxation.

COREPOWER YOGA

A Vinyasa-style yoga that focuses on core strength, balance and flow to build a solid practice based from strength and spirit. A secular practice, CorePower Yoga honors the roots of yoga without imposing the preconceived spiritual practices of other yoga programs.

CYCLE 30

Double your results in half the time. 30 minutes of INTENSE Cycling Intervals where you pedal hard with zero down time. We'll have you in and out in 30 minutes. Guaranteed.

CYCLE BEATS

Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience. Cycling 'out-of-the-saddle' is an option for advanced cyclists.

CYCLE: CLIMB HARD!

Challenge yourself to a terrain of ever changing hills. This ride will take you to your threshold, while strengthening your heart, legs and lungs. Be prepared to climb hard!

CYCLE: ENDURANCE!

Build your aerobic base, use your fat as fuel and strengthen your heart with this endurance training ride. Challenge yourself mentally and physically to maintain an uncomfortable but sustainable steady work effort for the duration of the ride. Be ready to sweat!

DIAMOND CUTS

The method from fitness guru Renee Diamond to shape and tone every muscle to maximum radiance. The components of strength, flexibility and cardiovascular conditioning are focused upon in an innovative, mindful approach that delivers a strong, lean, competent body.

DIAMONDFIT FLOW YOGA

Vinyasa yoga grounded in athletic training principles for strength and stamina with a focus on graceful transitions and sequences and musical inspiration. Experience dynamic rejuvenation and radiance.

ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

HATHA BLEND

A hybrid between different styles of teaching incorporating strength, grace and alignment to create a challenging yet safe practice.

HATHA FLOW YOGA

A classical but vigorous approach style of yoga with the focus upon optimizing each asana using the Universal Principles of Alignment and connecting to your own heart.

HATHA YOGA

A physical approach to the yoga practice connecting postures, movement and breathing.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

KETTLEBELL/VIPIR COMBO

Combine the dynamic power of Kettlebells with the performance enhancing benefits of ViPR for a no-holds-barred equipment based class with high intensity interval training and progressive strength combinations. Double your pleasure and double your results in this non-stop powerfully playful workout!

KICK IT!

A non stop high intensity workout featuring kickboxing, athletic training, plyometrics and cardio dance moves to heart pounding high energy music. Aerobic and anaerobic threshold training to push your cardiovascular system to a place it has never gone before!

KRIPALU YOGA

As an integrated practice on and off the mat, this gentle style becomes a catalyst for physical healing, psychological and emotional development, and spiritual awakening. Postures are held as meditation in motion, emphasizing proper breath, alignment and honoring the wisdom of the body.

MAX 30

A high-intensity 30-minute cardio CIRCUIT class designed to maximize your cardiovascular capacity and burn fat! One stop shop!

METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

POWER RIDE!

A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

POWERFUL HATHA YOGA

A physical approach to the yoga practice connecting postures, movement and breathing. Improves strength and flexibility, toning, decreases stress, enhance body awareness.

PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

R&R: ROPES & ROWERS

This is not your typical R&R. Created by Webb Travis & Mike Diaz, this high calorie burning, circuit & interval training class teams you up with other members to push, pull, and shake your body to its full potential! A HIIT total body workout that uses all your energy systems.

R.I.P.P.E.D.

The One Stop Body Shock! A fun high-energy total body conditioning class that incorporates Resistance, Interval, Power, Plyometric, and Endurance training. This class targets all muscle groups by combining free weights and anaerobic conditioning. Come and get R.I.P.P.E.D...

ROADFIT CYCLING

Indoor training for the outdoor cyclist. Sport-specific drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the Indo-Row machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results! Sign-up is required at the front desk.

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone, all while training your body to functionally network your muscle groups. See results in your everyday life by exercising several muscle groups together as you squat, lunge and lift while challenging balance and control. Improve your posture, reaction, core strength and endurance while shaping your lean muscle.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

SUPERHUMAN: THE CLASS

Boot camp formatted for a high intensity journey to push you past your current level of fitness. Maurice will challenge you with kettle bells, the ViPR, interval training, balance, stability, etc. Each class will require you to ask yourself, "What more do I have left give?" Good Luck!

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

THE ART OF CONTROL

From the mat to standing and everything in between. Classical Pilates exercises with a contemporary twist using traditional exercises done on apparatus freshly transposed to mat. Understand how props enhance movement for deeper experience of the art of control.