

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
5:45 - 6:30 Body Blast MS Lauren Tillotson	5:45 - 6:30 * Cycle Tech CS Gary Morello	8:30 - 9:30 Ropes & Rowers MS Gianna Masi	5:45 - 6:30 * Power RIDE! CS Kevin Condon	8:30 - 9:30 Superhuman: The Class MS Maurice Johnson	9:30 - 10:15 * Studio Cycling CS Kyle Brown	8:30 - 9:30 Shockwave MS Chris Konopka
8:30 - 9:30 Cardio Core MS Tom O'Neill	8:30 - 9:15 * Interval Cycling CS Will Matthews	8:45 - 9:45 Core Vinyasa Flow YS Donna Marie Mollo	8:30 - 9:30 Tabata MS Chris Konopka	8:30 - 9:30 Hatha Yoga YS Susan Malcolm	9:30 - 10:30 Kick It! MS Harry Otto	8:30 - 9:30 Streamline Sculpt YS Robin Mosca
8:30 - 9:30 Precision Running® TR Margaret Cunzio	8:30 - 9:30 Body Sculpt MS Margaret Cunzio	9:30 - 10:30 Superhuman: The Class MS Maurice Johnson	8:45 - 9:45 Inside Out Barre YS Pamela Arkin	8:30 - 9:30 * Tread and Shred TR Tom O'Neill	9:30 - 10:30 Inside Out Barre YS Donna Marie Mollo	9:30 - 10:30 * Roadfit Cycling CS Leslie Horowitz
8:45 - 9:45 Pilates YS Donna Marie Mollo	8:45 - 9:45 Inside Out Barre YS Becky Molloy	9:30 - 10:30 * Tread and Shred TR Tom O'Neill	9:30 - 10:30 Body PRECISION MS Becky Molloy	9:30 - 10:15 * Cycle: Endurance! CS Doug Schwartz		9:30 - 10:30 Stacked! MS Chris Konopka
9:30 - 10:30 Diamond Cuts MS Renee Diamond	9:30 - 10:30 R.I.P.P.E.D. MS Will Matthews	9:45 - 10:30 * Cycle Beats CS Jackie Staub	9:45 - 10:30 * Studio Cycling CS Chris Konopka	9:30 - 10:30 Shockwave MS Lauren Tillotson		9:45 - 11:00 Kripalu Yoga YS Carl Vreeland
9:45 - 10:30 * Cycle 45 CS Les Mebane	10:00 - 11:15 Vinyasa Flow Yoga YS Melanie Hyman	9:45 - 10:45 Inside Out Barre YS Susan Czechel	9:45 - 11:00 Vinyasa Flow Yoga PK Angela Kilcullen	9:30 - 10:45 Powerful Hatha Yoga YS Susan Malcolm		
9:45 - 10:45 Inside Out Barre YS Fraser Edwards	10:30 - 11:30 Zumba® MS Jeimy Canosa	10:30 - 11:15 Best Butt Ever MS Amy Tillotson	10:30 - 11:30 Zumba® MS Stacy Hanson	11:00 - 12:00 Inside Out Barre YS Vivian Jonokuchi		
10:30 - 11:30 Dynamic Strength MS Harry Otto	10:30 - 11:30 * Precision Running® TR Margaret Cunzio	11:00 - 12:00 Inside Out Barre YS Jaimie Finkelstein	10:30 - 11:30 * Precision Running® TR Leslie Horowitz			
11:00 - 12:00 Diamondfit Flow Yoga YS Renee Diamond	11:15 - 12:15 Inside Out Barre YS Becky Molloy		11:15 - 12:15 Inside Out Barre YS Maura McIntyre			
4:30 - 5:45 Kripalu Yoga YS Franklin Shire	4:30 - 5:30 Streamline Sculpt YS Robin Mosca					
6:30 - 7:15 * Studio Cycling CS Keith Alleyne	6:00 - 7:00 Hatha Flow Yoga YS Franklin Shire	6:30 - 7:00 * Cycle 30 CS Kyle Brown				
6:45 - 7:30 Kettlebell Power MS Joshua Diaz	6:45 - 7:30 Above the Belt MS Tom O'Neill	7:30 - 8:30 Zumba® MS Jeimy Canosa				
7:30 - 8:30 Zumba® MS Stacy Hanson	7:00 - 8:00 Inside Out Barre YS Donna Marie Mollo	7:30 - 8:30 Kripalu Yoga YS Beth Gibney				

JULY 4TH 2015 - CLASS DESCRIPTIONS

MAMARONECK

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

BULLETIN BOARD

Highlighted classes

Mon 845p Kettlebell Power with Josh D.
Wed 0830 R&R with Gianna M.
Fri 0930 Shockwave with Lauren T.
Sat 0930 cycle with Kyle B.
Sun 0930 cycle with Leslie H.

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
PK Meet in Park

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.

BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY BLAST

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

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.

BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

CARDIO CORE

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

CORE VINYASA FLOW

A vigorous but dynamic flowing practice linking breath to posture with focus on the core to create deeper connection to the center, develop greater physical strength, and support the body to expand and align to its' optimum potential.

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 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

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 TECH

Indoor cycling class with a technical edge. Instructors will coach you through heart rate training, cycling techniques and mind body concepts that will take your workout to the next level. The drills and exercises are essentially the same as those used by competitive cyclists.

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.

DYNAMIC STRENGTH

Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

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 POWER

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

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.

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.

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. This class improves strength and flexibility, decreases stress and improves 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.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.

ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower 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!

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, 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.

STREAMLINE SCULPT

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

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.

TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.