EQUINOX

MAMARONECK

SEPTEMBER 2014
Schedule Effective:
Sep 2, 2014 - Sep 30, 2014

GROUP FITNESS MANAGER: Becky Molloy
rebecca.molloy@equinox.com

Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 CS * Power RIDE! Lailina Nadell **6:00 - 7:00 MS * ETC 2014 (pre-registered) Tom O & Kevin H** 8:30 - 9:30 MS Cardio Core Tom O'Neill 8:45 - 9:45 YS Pilates Donna Marie Mollo 9:30 - 10:30 MS Diamond Cuts Renee Diamond 9:45 - 10:30 CS * Cycle Beats Les Mebane **9:45 - 10:45 YS Inside Out Barre Nina Sganga** **10:30 - 11:30 TR * Precision Running Margaret Cunzio** **11:00 - 12:00 YS Diamondfit Flow Yoga Renee Diamond**	5:45 - 6:30 CS * Interval Cycling Gary Morello 7:30 - 8:30 YS Pure Yoga Barbara Sroka 8:30 - 9:15 CS * Interval Cycling Webb Travis 8:30 - 9:30 MS Sweat Donna Marie Mollo 8:45 - 9:45 YS Inside Out Barre Becky Molloy 9:30 - 10:30 MS R.I.P.P.E.D. Webb Travis 10:00 - 11:15 YS Hatha Flow Yoga Franklin Shire 10:30 - 11:30 MS Zumba!® Stacy Hanson 11:15 - 12:15 YS Inside Out Barre Becky Molloy	**6:00 - 7:00 MS * ETC 2014 (pre-registered) Tom O & Gianna M** 6:00 - 7:00 YS Powerful Hatha Yoga Denise Mathieson 8:30 - 9:30 MS Cardio Sculpt Gianna Masi 8:45 - 9:45 YS The Art of Control Donna Marie Mollo 9:30 - 10:30 MS Superhuman: The Class Maurice Johnson 9:30 - 10:30 TR * Tread and Shred Tom O'Neill **9:45 - 10:30 CS * Studio Cycling Doug Schwartz** 9:45 - 10:45 YS Inside Out Barre Susan Czechel 10:30 - 11:30 MS Gluteus Fabulous™ Jaena Mebane 11:00 - 12:00 YS Inside Out Barre Jaimie Finkelstein	5:45 - 6:30 CS * Power RIDE! Kevin Condon 7:30 - 8:30 YS Inside Out Barre Becky Molloy 8:30 - 9:30 MS Tabata Chris Konopka 8:45 - 9:45 YS Inside Out Barre Pamela Arkin 9:30 - 10:30 MS Body PRECISION Becky Molloy 9:45 - 10:45 CS * Studio Cycling Chris Konopka 9:45 - 11:00 YS Vinyasa Flow Yoga Angela Kilcullen 10:30 - 11:30 MS Dance Fitness Fusion Vivian Jonokuchi 11:15 - 12:15 YS Inside Out Barre Maura McIntyre	**6:00 - 7:00 MS Body Sculpt Rene Lund** **6:00 - 7:00 MS * ETC 2014 (pre-registered) Lauren T & Christian P** 8:30 - 9:30 MS Superhuman: The Class Maurice Johnson 8:30 - 9:30 YS Hatha Yoga Susan Malcolm 8:30 - 9:30 TR * Tread and Shred Marie Miller **9:30 - 10:15 CS * Studio Cycling Marie Miller** 9:30 - 10:30 MS Pilates Bootcamp Giovanna Accinelli 9:30 - 10:45 YS Powerful Hatha Yoga Susan Malcolm 11:00 - 12:00 YS Inside Out Barre Vivian Jonokuchi 11:15 - 12:15 MS R&R: Ropes & Rowers Webb Travis	8:00 - 9:00 CS * Interval Cycling Gary Morello 8:00 - 9:00 MS S.M.A.C.K! Eddie Carrington 8:30 - 9:30 YS Pilates Christine Perone **9:30 - 10:15 CS * Studio Cycling Gary Morello** 9:30 - 10:30 MS Kick It! Harry Otto 9:30 - 10:30 YS Inside Out Barre Donna Marie Mollo 10:30 - 11:30 MS Body Conditioning Margaret Cunzio 10:30 - 11:45 YS Vinyasa Flow Yoga Denise Mathieson	**8:00 - 8:45 CS * Studio Cycling Abi Hammond** 8:30 - 9:30 MS Shockwave Chris Konopka 8:30 - 9:30 YS Streamline Sculpt Robin Mosca 9:30 - 10:30 CS * Studio Cycling Keith Alleyne 9:30 - 10:30 MS Stacked! Chris Konopka 9:45 - 11:00 YS Kripalu Yoga Franklin Shire 11:00 - 12:00 YS Yoga Flow Joshua Diaz
12:00 - 1:00 MS Body Conditioning Chris Konopka 4:30 - 5:30 YS Kripalu Yoga Franklin Shire	4:30 - 5:30 YS Streamline Sculpt Robin Mosca	**4:30 - 5:45 YS Core Flow Yoga Paula Bellini**	4:30 - 5:30 YS Pure Yoga Barbara Sroka			12:00 - 1:00 MS Zumba!® Lailina Nadell **4:00 - 5:00 YS CorePower Yoga Nicole Alexander**
6:30 - 7:30 CS * Studio Cycling Chris Konopka **6:30 - 7:30 YS Pilates Body Joshua Diaz** 7:00 - 8:00 MS Zumba!® Stacy Hanson	6:00 - 7:00 YS Vinyasa Flow Yoga Melanie Hyman 6:30 - 7:30 MS METCON3 Tom O'Neill 7:00 - 8:00 YS Inside Out Barre Vivian Jonokuchi	6:30 - 7:15 CS * Rhythm Revolution Keith Alleyne 6:30 - 7:30 MS X-Treme X-Train Chris Konopka 7:30 - 8:30 MS Zumba!® Jeimy Canosa 7:30 - 8:30 YS Kripalu Yoga Elizabeth Gibney-Boulden	**6:30 - 8:00 CS * 3SUM Doug Schwartz** **7:00 - 8:00 YS Inside Out Barre Giovanna Accinelli**			

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

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

MAMARONECK

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

BULLETIN BOARD

Equinox Training Camp (ETC) FALL 2014
Pre-registration required; initial assessments during the week of September 22 and camp begins September 29. Commit to six weeks of a mind and body transforming experience. Kick start your new healthy you!

SEPTEMBER 2014 - CLASS DESCRIPTIONS

3SUM
The math is clear: the sum is greater than the parts. Enjoy the synergistic benefits & metabolic boost of a three-discipline cross-training workout. Volume, force and power unite in a cycling, strength & yoga inspired trifecta to leave you fit & fully satisfied. Bring cycling & main studio shoes.

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.

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!

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.

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 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.

DANCE FITNESS FUSION
A blend of Latin, Disco, Jazz, Bollywood & Hip-hop styles. A 60 minute, non-stop cardio fitness class that is fun for all ages and all levels. Designed for people who love to dance and sweat...a LOT!

DEEP EXTREME
The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

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.

ETC 2014 (PRE-REGISTERED)
Lace up and bare arms for our latest boot camp-esque group training. ETC, aka Equinox Training Camp, is a revolutionary workout that brings old-school military training up to speed with modern science. ETC is a 6-week committed lifestyle makeover and registration for this program is required.

ETC PREVIEW CLASS
Ready to make a change? With a year of incredible member results to boot, Equinox Training Camp is not your typical Bootcamp. 6-weeks full-out commitment with the best exercises, techniques, equipment & world-class instructors to unleash your best body now. Visit equinox.com/etc for information.

GLUTEUS FABULOUS™
A new and innovative class infused with Pilates focusing on the body's most important and neglected muscles such as the Glutes, Lower back and Core. It incorporates functional movement in the form of balance exercises.

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.

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.

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".

PILATES BOOTCAMP
Intense mat sequences and variations of the pilates exercises using the Resist-a-ball, BOSU, rings, resist-a-bands, and medicine balls. Are you ready to take your pilates experience to the next level? Give your existing pilates routine a boost!

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.

PURE YOGA
The fundamentals of Iyengar-based alignment offered steadily in a spirited classical practice that combines the dynamics of vinyasa, empowered breath and awareness. Together, this synergistic experience unveils your inner power as you realize your one true yogic path.

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...

RHYTHM REVOLUTION
From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

S.M.A.C.K!
Step, muscle, abs, & cardio kickboxing. Strength and Cardio in one hour packed high energy workout!

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!

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!

SWEAT
A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

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.

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.

X-TREME X-TRAIN
A challenging cross-training class that combines sets and reps of muscle conditioning exercises, with plyometric training drills. A fast paced total body workout geared toward increasing both muscular strength and endurance.