

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 - 6:45 * Studio Cycling CS Kevin Condon	5:45 - 6:45 XLR8! MS Chris Konopka	5:45 - 6:45 * Studio Cycling CS Jeimy Canosa	5:45 - 6:45 Extreme Boot Camp MS Maurice Johnson	8:30 - 9:30 Vinyasa Flow Yoga YS Roxanne Gamory	8:00 - 9:00 * Interval Cycling CS Jai Mac Neil	8:00 - 9:00 * SpinDurance® CS Harlan Matusow
8:00 - 8:30 Ab Lab MS Robert Forcelli	5:45 - 6:45 Diamondfit Flow Yoga YS Renee Diamond	8:30 - 9:30 CrossTraining Revolution MS Kaitlin Dolan	5:45 - 6:45 Diamondfit Flow Yoga YS Renee Diamond	9:30 - 10:30 * Power RIDE! CS Kyle Brown	8:00 - 9:00 Body Challenge MS Nora Apostle	8:00 - 9:00 Power Sculpt MS Nora Apostle
8:30 - 9:30 BOX IT! MS Robert Forcelli	7:30 - 8:30 * Inside Out Barre YS Jaimie Finkelstein	8:30 - 9:30 * Boxing Boot Camp YS Thomas Forcelli	8:30 - 9:30 Power Sculpt MS Nora Apostle	9:30 - 10:30 Cardio Sculpt MS Harry Otto	9:00 - 10:00 * Inside Out Barre YS Vivian Jonokuchi	9:00 - 10:00 Pilates Body YS Joshua Diaz
8:30 - 9:30 Streamline Sculpt YS Robin Mosca	8:30 - 9:30 Body Challenge MS Pat Anikewich	9:30 - 10:30 * Performance Cycling CS Lisa Martinez	8:30 - 9:30 * BoxCamp YS Karl Hall	9:45 - 10:45 Inside Out Barre YS Kristle O'Brien	10:15 - 11:30 Yoga YS Roxanne Gamory	9:30 - 10:30 Superhuman: The Class MS Maurice Johnson
9:30 - 10:30 * Cycle Tech CS Gary Morello	8:30 - 9:30 Stacked! YS Chris Konopka	9:30 - 10:30 Body PRECISION MS Pamela Arkin	9:30 - 10:15 * Breathless: The Ride CS Karen Leach			
9:30 - 10:30 Sweat MS Chris Konopka	9:30 - 10:15 * Cycle Beats CS Jackie Staub	9:45 - 11:00 Powerful Hatha Yoga YS Renee Diamond	9:30 - 10:30 Cardio Smackdown! MS Robert Forcelli			
9:30 - 10:30 Hatha Flow Yoga YS Joshua Diaz	9:30 - 10:30 Superhuman: The Class MS Maurice Johnson	10:00 - 11:00 * Precision Running® TR Anne Olivieri	9:45 - 10:45 * Inside Out Barre YS Vivian Jonokuchi			
10:00 - 11:00 * Precision Running® TR Jaimie Finkelstein	9:45 - 10:45 * Inside Out Barre YS Pamela Arkin	10:30 - 11:30 Zumba® MS Stacy Hanson	10:45 - 11:45 Zumba® MS Nick Logrea			
10:30 - 11:30 Zumba® MS Stacy Hanson	11:00 - 12:00 Alignment Yoga YS Cass Ghorse	11:00 - 12:00 * Inside Out Barre YS Anne Olivieri	11:00 - 12:00 Alignment Yoga YS Nicole Alexander			
10:30 - 11:30 * Inside Out Barre YS Pamela Arkin						
	4:00 - 5:00 Cardio Intervals MS David Brown					
6:00 - 6:45 * Cycle: Endurance! CS Christina Schirone	6:00 - 6:30 * Cycle 30 CS Chris Konopka	6:00 - 6:30 Armed and Dangerous YS Jaimie Finkelstein	6:30 - 7:30 Boot Camp MS Ali Goldberg			
7:00 - 8:00 * Ropes & Rowers MS Will Matthews	6:30 - 7:30 Eliminator MS Chris Konopka	6:30 - 7:30 X-Treme X-Train MS Maurice Johnson				
7:00 - 8:00 Diamondfit Yoga YS Renee Diamond	7:30 - 8:30 Dance! (L2/3) MS Terrill Carrington	6:30 - 7:15 Best Butt Ever YS Jaimie Finkelstein				

JULY 4TH WEEK - CLASS DESCRIPTIONS

SCARSDALE

800 White Plains Road
Scarsdale NY 10583
914.472.9000
equinox.com

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

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ALIGNMENT YOGA

Alignment Yoga emphasizes precision and purity of form. Based on the teachings of B.K.S. Iyengar, this practice enhances flexibility and alignment.

ARMED AND DANGEROUS

Take no prisoners. In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment. Workout ends with hard core abdominal training.

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 CHALLENGE

An Equinox Favorite. High intensity intervals of cardio and strength training Great music, great energy great results...Using multi compound movements with weights and the latest weight lifting techniques.Be ready to take your body to the next level.

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

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

BOX IT!

High intensity boxing class set to energizing music. Strong emphasis on traditional and effective Boxing technique. Intermediate to advanced.

BOXCAMP

Get in shape with the "sweet science." Basic punching combinations of boxing on the heavy bag and with focus mitts. Well chosen bootcamp drills will push you to your ultimate fitness level. Handwraps/gelwraps, boxing gloves, jumpropes are mandatory. Mouthpiece optional.

BOXING BOOT CAMP

Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

BREATHLESS: THE RIDE

Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

CARDIO INTERVALS

This class combines all elements of fitness training, cardio and conditioning all 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.

CARDIO SMACKDOWN!

A high-energy, heart pumping, calorie burning workout. Punch, chamber, strike and lift your way to a rock hard body. A non-stop martial arts based cardio blitz interlaced with strength intervals for an ultimate challenge. All levels welcome!

CROSSTRaining REVOLUTION

A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

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 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!

DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

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.

DIAMONDFIT YOGA STRETCH

Created for athletes by an athlete to open chronically tight areas and ease aching muscles and joints. Align with breath in long held poses, custom suited for your body. No chaturangas, no pretzel poses, no sanskrit. Yoga, evolved and complimentary to fitness and athletic performance at its' best.

ELIMINATOR

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.

EXTREME BOOT CAMP

Boot Camp to X Power. Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

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.

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.

PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form/balance exercises.

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!

POWER SCULPT

An intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body

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...

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.

SPINDURANCE®

SpinDurance is a rigorous workout specifically designed to improve endurance, cardiovascular health, and aerobic capacity while building muscle, improving strength, and reducing fat. Interval based, emphasis on proper cycling form and technique.

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.

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.

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.

XLR8!

Train like the athletes and cross over to the elite level of sports performance! Creative, progressive, sport relevant programming to improve Speed, Power, Agility, Flexibility, Coordination and develop overall athletic ability.

YOGA

A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.

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.