EQUINOX

SCARSDALE

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:00-6:50 MS *	MetCon Monday *Chris Konopka*
8:00-8:50 MS *	Rhythmic Sculpt *Gina Capicotto*
8:30-9:15 YS *	Pilates Fusion *Margaret Cunzio*
9:30-10:15 CS *	Beats Ride *Beth Tomkiewicz*
9:30-10:00 MS *	Upper Body Pump *Doug Schwartz*
9:30-10:30 YS *	Vinyasa Yoga *Haley Jones*
10:00-10:30 MS *	Core6 Express *Doug Schwartz*
10:45-11:30 MS *	Body Sculpt *Jenn Evans*
10:45-11:45 YS *	True Barre *Cindy Factor*
12:15-1:00 YS *	Barefoot Sculpt: The Ring *Rachel Shaver*
4:30-5:15 YS *	Barefoot Sculpt *Brianne Pellini*
5:30-6:15 MS *	Stronger *Brianne Pellini*
6:00-7:00 YS *	Diamondfit Yoga Stretch *Renee Diamond*
6:30-7:15 MS *	Athletic Conditioning *Theo Bennett*

TUESDAY

6:00-6:50 MS *	Stronger *Gina Capicotto*
7:15-8:00 YS *	True Barre: Bala Bangle *Cindy Factor*
8:00-8:50 MS *	Best Butt Ever *Beth Tomkiewicz*
8:30-9:15 CS *	Beats Ride *Jessica Mikel-Bertolini*
8:45-9:45 YS *	Vinyasa Yoga *Danicia Ambron*
9:30-10:30 MS *	Rounds: Boxing *Aaron Brown*
9:30-10:20 TR *	Precision Run® *Jessica Mikel-Bertolini*
10:45-11:35 MS *	Studio Dance: The Choreo Collective *Rob Coglitore*
10:45-11:30 YS *	Pilates at the Barre *Rachel Nicks*
5:30-6:30 YS *	Pilates Fusion *Joshua Diaz*
6:15-7:15 MS *	Rounds: Kickboxing *Sabrina Imbrogno*
6:45-7:30 YS *	Best Stretch Ever *Joshua Diaz*
7:30-8:30 MS *	**Studio Dance: Contemporary** ***LaQuet Sharnell***

WEDNESDAY

6:00-6:45 MS *	Stacked *Nora Apostle*
6:30-7:30 YS *	Sunrise Vinyasa Yoga *Candice Alcantara*
8:00-8:45 MS *	Body Sculpt *Zina Ovchinnikoff*
8:30-9:20 TR *	Precision Walk: Elevate + Strength *Doug Schwartz*
8:30-9:30 YS *	True Barre *Cindy Factor*
9:30-10:15 CS *	Beats Ride *Doug Schwartz*
9:30-10:20 MS *	MetCon3 *Zina Ovchinnikoff*
10:45-11:30 YS *	Pilates Mat *Joshua Diaz*
12:15-1:00 YS *	Pilates at the Barre *Rachel Nicks*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Rachel Shaver*
6:00-7:00 YS *	**Yin Yoga Meditation** ***Paula Bellini***

THURSDAY

6:00-6:50 MS *	Whipped! *Doug Schwartz*
7:15-8:00 YS *	Pilates at the Barre *Nora Apostle*
8:00-8:50 MS *	Athletic Conditioning *Jenn Evans*
8:30-9:15 CS *	Beats Ride *Beth Tomkiewicz*
8:45-9:45 YS *	Vinyasa Yoga *Renee Diamond*
9:30-10:20 MS *	Best Butt Ever *Beth Tomkiewicz*
10:00-10:50 TR *	Precision Walk: Elevate *Nora Apostle*
10:45-11:35 MS *	Studio Dance: The Choreo Collective *Rob Coglitore*
10:45-11:45 YS *	True Barre *Cindy Factor*
5:30-6:15 YS *	Pilates at the Barre *Cindy Factor*
6:30-7:15 YS *	Barefoot Sculpt: The Ring *Nora Apostle*

FRIDAY

6:00-6:45 MS *	Leg Day *Chris Konopka*
6:15-7:00 CS *	Beats Ride *Amparo Folch*
7:15-8:00 YS *	Pilates Mat *Margaret Cunzio*
8:00-8:50 MS *	Cardio Sculpt *Nora Apostle*
8:30-9:20 YS *	Sculpted Yoga™ *Joshua Diaz*
9:30-10:15 CS *	Beats Ride *Nicolle Herzog*
9:30-10:15 MS *	Stronger *Dashaun Johns*
10:45-11:30 MS *	Rounds: Boxing *Dashaun Johns*
11:00-12:00 YS *	Diamondfit Yoga Stretch *Renee Diamond*

SATURDAY

8:00-8:50 MS *	Cardio Sculpt *Nora Apostle*
8:15-9:05 TR *	Precision Walk: Elevate *Beth Tomkiewicz*
8:15-9:05 YS *	True Barre: Bala Bangle *Cindy Factor*
9:15-10:05 CS *	Beats + Bands Ride *Beth Tomkiewicz*
9:15-10:00 MS *	Stronger *Nora Apostle*
9:30-10:30 YS *	True Barre *Cindy Factor*
10:00-10:15 MS *	Best Abs Ever *Nora Apostle*
10:45-11:30 MS *	Leg Day *Dashaun Johns*
11:15-12:15 YS *	Vinyasa Yoga *Saya Suyama*

SUNDAY

8:00-8:50 MS *	MetCon3 *Theo Bennett*
8:00-8:45 YS *	Barefoot Sculpt: The Ring *Gina Capicotto*
9:15-10:15 MS *	Rounds: Boxing *Dashaun Johns*
9:15-10:15 YS *	Vinyasa Yoga *Haley Jones*
9:30-10:15 CS *	Beats Ride *Ali Foglia*
9:45-10:35 TR *	Precision Walk: Elevate + Strength *Nora Apostle*
10:30-11:00 MS *	Core6 Express *Gina Capicotto*
10:45-11:30 YS *	Pilates Fusion *Joshua Diaz*
11:00-11:30 MS *	Upper Body Pump *Gina Capicotto*
4:00-5:00 YS *	Sound Meditation *Kat Palmieri*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

SCARSDALE

800 White Plains Road

SCARSDALE NY 10583

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 07:00 AM 08:00 PM

SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

cindy.factor@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.

Yoga

Diamondfit Yoga Stretch Release tightness and ease aching muscles and joints in this open class created by Renee Diamond that perfectly complements your fitness training.
Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
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.
Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Barre

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.
True Barre: Bala Bangle This sculpt 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.

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 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 at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Boxing

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.
Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Strength

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.
Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.
Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.

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.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

HIIT

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.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
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.
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.

Dance

Studio Dance: Contemporary A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.
Studio Dance: The Choreo Collective Join pro dancer Rob Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweatier, and more confident. Feel like you're dancing on tour — no experience required, just good vibes and pure joy.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.
Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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, light-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.