

EQUNOX

SCARSDALE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MetCon Monday MS * <i>Chris Konopka</i> 8:00-8:50 Rhythmic Sculpt MS * <i>Gina Capicotto</i> 8:30-9:15 Pilates Fusion YS * <i>Margaret Cunzio</i> 9:15-10:00 Beats Ride CS * <i>Beth Tomkiewicz</i> 9:30-10:15 Core6 MS * <i>Doug Schwartz</i> 9:30-10:30 Vinyasa Yoga YS * <i>Deb Shin</i> 10:45-11:30 Body Sculpt MS * <i>Jenn Evans</i> 10:45-11:45 True Barre YS * <i>Cindy Factor</i> 12:15-1:00 Pilates at the Barre YS * <i>Cindy Factor</i> 4:30-5:20 True Barre: Bala Bangle YS * <i>Beth Tomkiewicz</i> 5:30-6:20 Stronger MS * <i>Brianne Munch</i> 6:00-7:00 Diamondfit Yoga YS * <i>Renee Diamond</i> 6:30-7:15 Precision Walk: Elevate TR * <i>Theo Bennett</i>	6:00-6:50 Stronger MS * <i>Gina Capicotto</i> 7:15-8:00 True Barre: Bala Bangle YS * <i>Cindy Factor</i> 8:00-8:50 MetCon3 MS * <i>Beth Tomkiewicz</i> 8:30-9:15 Beats Ride CS * <i>Jessica Mikel-Bertolini</i> 8:45-9:45 Vinyasa Yoga Danica Ambron 9:30-10:15 Rounds: Boxing MS * <i>Sabrina Cohen</i> 9:30-10:20 Precision Run® Mychal Ertel 10:45-11:35 Studio Dance: The Choreo Collective Rob Cogliore 10:45-11:30 Pilates Mat Joshua Diaz 10:45-11:30 Pilates at the Barre YS * <i>Rachel Nicks</i> 5:30-6:30 Pilates Fusion YS * <i>Joshua Diaz</i> 6:15-7:15 Rounds: Kickboxing MS * <i>Sabrina Imbrogno</i> 6:45-7:30 Best Stretch Ever YS * <i>Joshua Diaz</i> 7:30-8:30 Studio Dance: Jazz MS * <i>Laura Aronoff</i>	6:00-6:45 Stacked Nora Apostle 6:00-7:00 Vinyasa Yoga YS * <i>Rachel Nicks</i> 8:00-8:45 Body Sculpt Zina Ovchinnikoff 8:30-9:20 Precision Walk: Elevate + Strength TR * <i>Mychal Ertel</i> 8:45-9:45 True Barre YS * <i>Cindy Factor</i> 9:15-10:00 Beats Ride CS * <i>Doug Schwartz</i> 9:30-10:20 Precision Walk: Elevate Nora Apostle 10:45-11:35 Studio Dance: The Choreo Collective Rob Cogliore 12:15-1:15 Vinyasa Yoga Saya Suyama 4:30-5:15 Barefoot Sculpt YS * <i>Rachel Shaver</i> 5:30-6:15 Precision Walk: Elevate + Strength TR * <i>Rachel Shaver</i> 5:45-6:45 Gentle Yoga YS * <i>Roxanne Gamory</i>	6:00-6:50 Whipped! MS * <i>Doug Schwartz</i> 7:15-8:00 Pilates at the Barre Nora Apostle 8:00-8:50 Athletic Conditioning Jenn Evans 8:30-9:15 Beats Ride CS * <i>Beth Tomkiewicz</i> 8:45-9:45 Vinyasa Yoga Renee Diamond 9:30-10:20 Best Butt Ever Beth Tomkiewicz 10:00-10:50 Precision Walk: Elevate Nora Apostle 10:45-11:35 Studio Dance: The Choreo Collective Rob Cogliore 10:45-11:45 True Barre YS * <i>Cindy Factor</i> 5:30-6:15 Pilates at the Barre YS * <i>Rachel Nicks</i> 6:20-7:05 Core6 Nora Apostle	6:00-6:45 Core6 MS * <i>Chris Konopka</i> 7:15-8:00 Pilates Mat Margaret Cunzio 8:00-8:50 Cardio Sculpt Nora Apostle 8:45-9:45 Sculpted Yoga™ Joshua Diaz 9:15-10:00 Beats Ride MS * <i>Nicolle Herzog</i> 9:30-10:15 Stronger MS * <i>Larissa Crecco</i> 10:45-11:30 Rounds: Boxing Dashawn Johns 11:00-12:00 Diamondfit Yoga Flow Renee Diamond 5:30-6:30 Slow Flow Yoga (Heated) YS * <i>Rachel Nicks</i>	8:00-8:50 Cardio Sculpt Nora Apostle 8:25-9:15 Precision Walk: Elevate TR * <i>Beth Tomkiewicz</i> 9:30-10:20 Beats + Bands Ride CS * <i>Beth Tomkiewicz</i> 9:30-10:30 True Barre YS * <i>Cindy Factor</i> 10:00-10:15 Best Abs Ever MS * <i>Nora Apostle</i> 10:30-11:15 MS * <i>Vinyasa Yoga</i> 11:00-12:00 Vinyasa Yoga Roxanne Gamory 4:00-5:00 Sound Meditation YS * <i>Kat Palmieri</i>	8:00-8:50 MetCon3 MS * <i>Theo Bennett</i> 8:00-8:45 Barefoot Sculpt YS * <i>Gina Capicotto</i> 9:15-10:15 Rounds: Boxing MS * <i>Dashawn Johns</i> 9:15-10:15 Vinyasa Yoga Haley Jones 9:30-10:15 Beats Ride CS * <i>Ali Foglia</i> 9:45-10:35 Precision Walk: Elevate + Strength Nora Apostle 10:00-10:15 Best Abs Ever MS * <i>Nora Apostle</i> 10:30-11:15 Core6 YS * <i>Gina Capicotto</i> 10:45-11:30 Pilates Fusion Joshua Diaz 4:00-5:00 Sound Meditation YS * <i>Kat Palmieri</i>

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

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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.

❖ 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 Exclusively at CT & Westchester, NY locations. 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.

❖ Yoga

Diamondfit Yoga Flow Created by Renee Diamond, this class weaves breath and body in an intelligent way, with a focus on graceful transitions and dynamic rejuvenation.

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.

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

❖ 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 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will 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.

❖ 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.

❖ Dance

Studio Dance: Jazz A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.

Studio Dance: The Choreo Collective Join pro dancer Rob Cogliore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweater, and more confident. Feel like you're dancing on tour — no experience required, just good vibes and pure joy.

❖ 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.

❖ 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.

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, low-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.

❖ 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.

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.