

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

# 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.



## Running

**Precision Run**® An interval-based, treadmill running workout created by running expert, David Sikk. 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, NJ & 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.

**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.



## 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, dumbbells, 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 Coglitore for a high-energy fusion of grooves, stretch, and Street Funk choreography. Each week builds a routine that leaves you sharper, sweeter, 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, 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.



## 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.