EQUINOX

MAMARONECK

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

6:15-7:00 CS *	Cycle Challenge: Mamaroneck *Nicolle Herzog*
6:15-7:00 MS *	MetCon Monday *Theo Bennett*
7:15-8:00 YS *	Barefoot Sculpt: The Ring *Kyle Brown*
8:15-9:05 TR *	Precision Walk: Elevate *Jessica Mikel-Bertolini*
9:15-10:00 MS *	Best Butt Ever *Jessica Mikel-Bertolini*
9:15-10:00 YS *	True Barre: Bala Bangle *Rachel Nicks*
10:00-10:15 MS *	Best Abs Ever *Jessica Mikel-Bertolini*
10:30-11:15 YS *	Pilates Fusion *Joshua Diaz*
11:30-12:30 YS *	Vinyasa Yoga *Haley Jones*
4:30-5:15 YS *	Pilates at the Barre *Rachel Nicks*
5:30-6:30 YS *	Vinyasa Yoga *Danicia Ambron*
6:30-7:15 MS *	Body Sculpt *Rachel Shaver*

TUESDAY

6:15-7:00 MS *	Athletic Conditioning *Rene Lund*
6:15-7:05 TR *	Precision Walk: Elevate *Noah Orlian*
7:15-7:45 MS *	**Core6 Express** ***Rene Lund***
7:30-8:15 YS *	Pilates at the Barre *Joshua Diaz*
7:45-8:15 MS *	**Upper Body Pump** ***Rene Lund***
8:30-9:15 MS *	Rhythmic Sculpt *Gina Capicotto*
9:00-10:00 YS *	True Barre *Giovanna Accinelli*
9:30-10:15 MS *	Stronger *Jenee Boothe*
9:30-10:20 TR *	Precision Walk: Elevate + Strength *Beth Tomkiewicz*
10:15-11:15 YS *	Yin Yoga *Giovanna Accinelli*
11:30-12:15 YS *	True Barre *Kate Petrov*
5:30-6:15 YS *	Barefoot Sculpt: The Ring *Gina Capicotto*
6:30-7:15 CS *	Cycle Challenge: Mamaroneck *Jessica Mikel-Bertolini*
7:30-8:30 YS *	Sound Meditation *Ashley Scully*

WEDNESDAY

6:15-7:00 CS *	Cycle Challenge: Mamaroneck *Andrew Katz*
6:15-7:00 MS *	Leg Day *Theo Bennett*
7:15-8:00 YS *	Barefoot Sculpt *Beth Tomkiewicz*
8:15-9:00 MS *	Body Sculpt *Jessica Mikel-Bertolini*
8:15-9:05 TR *	Precision Walk: Elevate + Strength *Joshua Diaz*
8:15-9:00 YS *	Pilates Fusion *Cheryl Tilles*
9:15-10:00 CS *	Cycle Challenge: Mamaroneck *Jessica Mikel-Bertolini*
9:15-10:15 YS *	Sculpted Yoga™ *Joshua Diaz*
9:30-10:15 MS *	Cardio Kickboxing *Sabrina Cohen*
10:30-11:20 YS *	True Barre *Jenn Evans*
11:30-12:30 YS *	Vinyasa Yoga *Saya Suyama*
4:30-5:15 YS *	True Barre *Jenn Evans*
5:30-6:30 YS *	Vinyasa Yoga *Franklin Shire*
6:30-7:20 MS *	Rounds: Bags and Mitts *Sabrina Imbrogno*

THURSDAY

6:15-7:00 MS *	Athletic Conditioning *Rene Lund*
7:15-8:00 MS *	**Stronger** ***Rene Lund***
7:30-8:15 YS *	True Barre *Danielle Corpina*
8:00-8:15 MS *	**Best Abs Ever** ***Rene Lund***
8:30-9:15 CS *	Cycle Challenge: Mamaroneck *Will Salgado-You*
9:00-10:00 YS *	The Refined Core *Giovanna Accinelli*
9:15-10:05 MS *	Switch Up: Run + Strength *Danielle Corpina* *Jessica Mikel-Bertolini*
10:15-11:15 YS *	Yin Yoga *Giovanna Accinelli*
11:30-12:15 YS *	Pilates at the Barre *Nora Apostle*
6:30-7:15 MS *	Body Sculpt *Kyle Brown*
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Carl Vreeland*

FRIDAY

6:15-7:00 MS *	Stronger *Gina Capicotto*
7:15-8:15 YS *	Pilates Fusion *Cheryl Tilles*
8:15-9:05 TR *	Precision Walk: Elevate *Rachel Shaver*
9:15-10:00 MS *	Body Sculpt *Jenn Evans*
9:15-10:15 YS *	Diamondfit Yoga Flow *Renee Diamond*
10:30-11:15 YS *	True Barre *Cindy Factor*
11:30-12:30 YS *	Yin Yoga *Danicia Ambron*
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Kaitlyn Murphy*

SATURDAY

7:30-8:15 MS *	Stronger *Jenee Boothe*
8:00-8:45 CS *	Cycle Challenge: Mamaroneck *Amanda Tighe*
8:15-9:00 YS *	Barefoot Sculpt: The Ring *Kyle Brown*
8:30-9:15 MS *	Stacked *Theo Bennett*
8:30-9:20 TR *	Precision Walk: Elevate *Margaret Cunzio*
9:30-10:15 CS *	Cycle Challenge: Mamaroneck *Jessica Mikel-Bertolini*
9:30-10:15 MS *	Leg Day *Theo Bennett*
9:30-10:15 YS *	Pilates Fusion *Margaret Cunzio*
10:30-11:15 MS *	Rounds: Bags and Mitts *Erik Ruiz Gonzalez*
10:30-11:20 TR *	Precision Run® *Noah Orlian*
10:30-11:15 YS *	True Barre: Bala Bangle *Rachel Shaver*
11:30-12:30 YS *	Diamondfit Yoga Stretch *Renee Diamond*

SUNDAY

8:15-9:00 YS *	Pilates Mat *Joshua Diaz*
9:00-9:45 MS *	Whipped! *Doug Schwartz*
9:00-9:50 TR *	Precision Run® *Rachel Shaver*
9:15-10:00 YS *	True Barre *Joshua Diaz*
9:30-10:15 CS *	Cycle Challenge: Mamaroneck *Gina Waldman*
10:00-10:45 MS *	Stronger *Doug Schwartz*
10:30-11:30 YS *	Weekend Wind Down Yoga *Franklin Shire*
10:45-11:00 MS *	Best Abs Ever *Doug Schwartz*
3:00-4:00 MS *	Vinyasa Yoga *Deb Shin*

EQUINOX

MAMARONECK

1053 West Boston Post Road

MAMARONECK NY 10543

EQUINOX.COM

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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-FRI 08:00 AM 11:00 AM

SAT 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

jessica.mikel-bertolini@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

Cycle Challenge: Mamaroneck Exclusively at Mamaroneck for a limited time, this cycle challenge helps you build strength, consistency, and endurance while competing for the top prize.

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.
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.
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.
Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.
Yin Yoga Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

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.
The Refined Core Created by Giovanna Accinelli, this Pilates-inspired workout redefines full-body movement. Strengthen, lengthen, and sculpt using foam rollers, gliders, bands, and body weight. Expect mindful, technique-driven exercises that build deep core strength leaving you feeling aligned and empowered.

Regeneration

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.

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.
Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient 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.
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.

Boxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.
Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.
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.