

# EQUNOX

## MAMARONECK

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
6:15-7:00 Beats Ride CS * <i>Nina Powderly</i>	6:15-7:00 Athletic Conditioning MS * <i>Rene Lund</i>	6:15-7:00 Beats Ride CS * <i>Andrew Katz</i>	6:15-7:00 Athletic Conditioning MS * <i>Rene Lund</i>	6:15-7:00 Stronger MS * <i>Gina Capicotto</i>	8:00-8:45 Beats Ride CS * <i>Amanda Tighe</i>	8:15-9:00 Pilates Mat YS * <i>Joshua Diaz</i>
6:15-7:05 Precision Run® TR * <i>Theo Bennett</i>	6:15-7:05 Precision Walk: Elevate TR * <i>Noah Orlan</i>	6:15-7:00 Core6 MS * <i>Theo Bennett</i>	7:30-8:15 Stronger MS * <i>Rene Lund</i>	7:15-8:15 Pilates Fusion YS * <i>Cheryl Tilles</i>	8:15-9:00 Barefoot Sculpt YS * <i>Ali Foglia</i>	9:00-9:45 Ropes and Rowers MS * <i>Doug Schwartz</i>
7:15-8:00 Barefoot Sculpt YS * <i>Kyle Brown</i>	7:30-8:15 Core6 MS * <i>Rene Lund</i>	7:15-8:00 Barefoot Sculpt YS * <i>Beth Tomkiewicz</i>	7:30-8:15 True Barre Danielle Corpina	8:15-9:05 Precision Walk: Elevate TR * <i>Rachel Shaver</i>	8:30-9:15 Whipped! MS * <i>Theo Bennett</i>	9:00-9:50 Precision Run® TR * <i>Rachel Shaver</i>
8:15-9:05 Precision Walk: Elevate TR * <i>Jessica Mikel-Bertolini</i>	7:30-8:15 Pilates Fusion YS * <i>Adele Mackey</i>	8:15-9:00 Body Sculpt Jessica Mikel-Bertolini	8:30-9:15 Beats Ride CS * <i>Will Salgado-You</i>	9:15-10:00 Body Sculpt Jenn Evans	9:15-10:00 Precision Walk: Elevate TR * <i>Margaret Cunzio</i>	9:15-10:00 True Barre YS * <i>Joshua Diaz</i>
9:15-10:00 Best But Ever MS * <i>Jessica Mikel-Bertolini</i>	8:30-9:15 Rhythmic Sculpt Larissa Crecco	8:15-9:05 Precision Walk: Elevate TR * <i>Joshua Diaz</i>	9:00-10:00 The Refined Core Giovanna Accinelli	9:15-10:15 Diamondfit Yoga Flow Renee Diamond	9:30-10:15 Beats Ride CS * <i>Jessica Mikel-Bertolini</i>	9:30-10:15 Beats Ride CS * <i>Gina Waldman</i>
9:15-10:00 True Barre: Bala Bangle YS * <i>Rachel Nicks</i>	9:00-10:00 True Barre Giovanna Accinelli	8:15-9:00 Pilates Fusion Cheryl Tilles	9:30-10:20 Switch Up: Run + Strength	10:30-11:30 True Barre Cindy Factor	9:30-10:15 MetCon3 Theo Bennett	10:00-10:45 Stronger MS * <i>Doug Schwartz</i>
10:00-10:15 Best Abs Ever MS * <i>Jessica Mikel-Bertolini</i>	9:30-10:15 Stronger Larissa Crecco	9:15-10:15 Sculpted Yoga™ Joshua Diaz	10:30-11:30 Yin Yoga Jessica Mikel-Bertolini	5:30-6:30 Vinyasa Yoga (Heated) Kaitlyn Murphy	9:30-10:15 Pilates Fusion Margaret Cunzio	10:30-11:30 Weekend Wind Down Yoga
10:30-11:15 Pilates Fusion YS * <i>Joshua Diaz</i>	9:30-10:20 Precision Walk: Elevate + Strength Beth Tomkiewicz	9:30-10:15 Beats Ride CS * <i>Beth Tomkiewicz</i>	10:30-11:30 Yin Yoga Giovanna Accinelli		10:30-11:15 Core6 Gina Capicotto	10:45-11:00 <i>Franklin Shire</i>
5:30-6:30 Vinyasa Yoga YS * <i>Danicia Ambron</i>	10:30-11:15 Best Stretch Ever YS * <i>Nora Apostle</i>	5:30-6:30 Vinyasa Yoga YS * <i>Franklin Shire</i>	5:30-6:20 Pilates Rise YS * <i>Rachel Nicks</i>		10:30-11:20 Precision Run® Noah Orlan	Best Abs Ever MS * <i>Doug Schwartz</i>
6:30-7:15 Body Sculpt MS * <i>Rachel Shaver</i>	5:30-6:30 Vinyasa Yoga YS * <i>Franklin Shire</i>	6:30-7:15 Rounds: Boxing MS * <i>Sabrina Imbrogno</i>	6:30-7:30 Vinyasa Yoga (Heated) YS * <i>Carl Vreeland</i>		10:30-11:15 True Barre: Bala Bangle YS * <i>Rachel Shaver</i>	3:00-4:00 Vinyasa Yoga YS * <i>Deb Shin</i>
	6:15-7:00 Beats Ride CS * <i>Jessica Mikel-Bertolini</i>	6:15-7:00 Beats Ride CS * <i>Jessica Mikel-Bertolini</i>			11:30-12:30 Diamondfit Yoga Stretch Renee Diamond	
	7:15-8:15 Sound Meditation YS * <i>Ashley Scully</i>	7:15-8:15 Sound Meditation YS * <i>Ashley Scully</i>	7:30-8:30 Gentle Yoga Carl Vreeland			

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUNOX

## 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

**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.

**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.

## 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.

**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.

## 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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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 Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. 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.

## 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: 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.

## 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.

**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.