

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 TR * Precision Run® Doug Schwartz	6:15-7:05 MS * Whipped! Gabriel Hidalgo	6:00-6:50 CS * Precision Ride Doug Schwartz	6:15-7:05 MS * Ropes and Rowers Gabriel Hidalgo	6:15-7:00 MS * MetCon3 Kim Pearson	8:00-9:00 YS * Slow Flow Yoga Giovanna Accinelli	8:30-9:15 MS * Tabata Max Justin Hood
6:15-7:00 MS * Tabata Max Rene Lund	8:15-9:00 Limited Series: Stronger Women	6:15-7:00 MS * Stronger Gina Capicotto	8:15-9:00 MS * Athletic Conditioning Jeriel Banks	7:15-8:15 YS * True Barre Cindy Factor	8:15-9:05 CS * Precision Ride Doug Schwartz	8:30-9:15 YS * True Barre Vye Moran
8:15-9:00 MS * MetCon Monday Brienne Munch	MS * Kristen Schmidt	7:15-8:00 YS * Barefoot Sculpt Jenn Evans	8:15-9:05 TR * Precision Walk: Elevate Sam Wolf	8:15-9:15 MS * Atletica Elizabeth DeLuca	8:15-9:00 MS * MetCon3 Kim Pearson	9:30-10:15 CS * Beats Ride Vanessa DePaola
8:30-9:15 CS * Anthem Ride Ashley Skouras	8:15-9:05 TR * Precision Walk: Elevate Sam Wolf	8:15-9:00 MS * MetCon3 Gabriel Hidalgo	8:15-9:00 YS * True Barre: Bala Bangle Ashley Skouras	8:30-9:15 CS * Anthem Ride Allie Taylor Mannle	9:15-10:05 TR * Precision Walk: Elevate Nicola Bam	9:30-10:15 MS * Stronger Elisabeth DellaMonica
8:30-9:15 YS * Pilates at the Barre Joshua Diaz	8:15-9:00 YS * Barefoot Sculpt Ashley Skouras	8:15-9:05 Precision Walk: Elevate + Strength Jenn Evans	9:15-10:00 MS * Tabata Max Ashley Skouras	8:30-9:30 YS * True Barre Cindy Factor	9:15-10:15 YS * True Barre Giovanna Accinelli	9:30-10:15 YS * Pilates Fusion Maura McIntyre
9:30-10:15 MS * Stronger Gabriel Hidalgo	9:15-10:00 YS * Slow Flow Yoga Kristen Schmidt	8:30-9:15 CS * Beats Ride Will Salgado-You	9:15-10:00 YS * Vinyasa Yoga Peggy Berenblum	9:30-10:30 MS * Powerstrike! Elizabeth DeLuca	9:30-10:15 CS * Beats Ride Luke Scully	10:30-11:30 YS * Vinyasa Yoga Amanda DeRubeis
10:00-10:50 YS * Pilates Rise Ashley Skouras	10:15-11:00 MS * Cardio Dance Jordan Perry	8:30-9:15 YS * True Barre Ashley Skouras	10:15-11:00 MS * Cardio Dance Brandon Mubuuke	9:30-10:20 TR * Precision Walk: Elevate Allie Taylor Mannle	9:30-10:15 MS * Stacked Doug Schwartz	3:30-4:30 YS * Weekend Wind Down Yoga Renee Diamond
11:15-12:15 YS * Slow Flow Yoga Giovanna Accinelli	10:15-11:00 YS * True Barre Joshua Diaz	9:30-10:30 MS * Rounds: Boxing Aaron Brown	10:15-11:00 YS * True Barre Peggy Berenblum	10:00-11:00 YS * Power Vinyasa Nikki Glor	10:30-11:30 MS * Rounds: Boxing Aaron Brown	
12:30-1:30 YS * The Refined Core Giovanna Accinelli	11:15-12:00 YS * Pilates at the Barre Joshua Diaz	10:00-10:45 YS * Pilates Fusion Deb Shin	11:15-12:00 YS * Pilates Fusion Summer Venuto	11:15-12:00 YS * Pilates Fusion Joshua Diaz	10:30-11:15 YS * Pilates Fusion Ashley Skouras	
4:30-5:15 YS * True Barre: Bala Bangle Cindy Factor	12:30-1:15 YS * True Barre: Bala Bangle Ashley Skouras	11:15-12:00 YS * Barefoot Sculpt Ashley Skouras	4:30-5:15 YS * Pilates at the Barre Joshua Diaz	5:30-6:15 YS * Pilates Fusion Deb Shin	11:30-12:30 YS * True Barre Beth Tomkiewicz	
5:30-6:15 CS * Beats Ride Doug Schwartz	4:30-5:15 YS * Barefoot Sculpt Summer Venuto	4:30-5:15 YS * True Barre: Bala Bangle Beth Tomkiewicz	5:30-6:15 YS * Pilates Fusion Maura McIntyre	6:30-7:30 MS * Rounds: Boxing Aaron Brown	3:00-4:00 YS * Sound Meditation Lana Arus	
5:30-6:15 YS * Pilates Fusion Maura McIntyre	5:30-6:15 CS * Anthem Ride Noah Orlan	5:30-6:15 CS * Beats Ride Matthew Tallett	6:30-7:15 MS * Stronger Doug Schwartz			
6:30-7:20 MS * Whipped! Doug Schwartz	5:30-6:15 YS * Pilates Fusion Summer Venuto	5:30-6:15 YS * The Refined Core Giovanna Accinelli				
6:30-7:30 YS * Vinyasa Yoga Peter Lyons	6:30-7:15 MS * MetCon3 Jeriel Banks	6:30-7:30 MS * Rounds: Bags and Mitts Aaron Brown				
8:00-8:45 YS * Sound Meditation Lana Arus		6:30-7:30 YS * Power Vinyasa Peter Lyons				

# EQUINOX

## GREENWICH CT

16 Old Track Road

GREENWICH CT 06830

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

jillian.paladino@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

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



## 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

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**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.

**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.



## 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.

**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.

**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.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**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 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.

**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.



## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.



## Boxing

**Powerstrike!** An authentic martial arts based, rhythmic-cardio workout created by global fitness expert, Ilaria Montagnani. Punch and kick to improve speed, balance and coordination.

**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.

**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

**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.

**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.



## Strength

**Aletica** A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.