EQUINOX **GREENWICH CT**

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 MS *	MetCon Monday *Rene Lund*
7:15-8:00 YS *	**Barefoot Sculpt: The Ring** ***Brianne Pellini***
8:15-9:00 MS *	Body Sculpt *Brianne Pellini*
8:30-9:15 CS *	Anthem Ride *Jillian Paladino*
8:30-9:15 YS *	Pilates at the Barre *Joshua Diaz*
9:30-10:15 MS *	Stronger *Gabriel Hidalgo*
10:00-10:45 YS *	Pilates Mat *Jillian Paladino*
10:30-11:15 MS *	Cardio Sculpt *Jordan Perry*
11:15-12:15 YS *	Slow Flow Yoga *Giovanna Accinelli*
12:30-1:30 YS *	The Refined Core *Giovanna Accinelli*
4:30-5:15 YS *	True Barre: Bala Bangle *Cindy Factor*
5:30-6:15 CS *	Beats Ride *Doug Schwartz*
5:30-6:15 YS *	Pilates Fusion *Maura McIntyre*
6:30-7:15 MS *	Core6 *Doug Schwartz*
6:30-7:30 YS *	Vinyasa Yoga *Peter Lyons*

TUESDAY

6:15-7:05 MS *	Whipped! *Gabriel Hidalgo*
7:15-8:00 MS *	Body Sculpt *Sky Cody*
8:15-9:00 MS *	MetCon3 *Kristen Schmidt*
8:15-9:00 TR *	Precision Walk: Elevate *Sam Wolf*
8:15-9:00 YS *	Barefoot Sculpt: The Ring *Jillian Paladino*
9:15-10:00 MS *	Cardio Sculpt *Nikki Glor*
9:15-10:00 YS *	Athletic Stretch *Jillian Paladino*
10:15-11:00 MS *	Rounds: Boxing *Dashaun Johns*
10:15-11:00 YS *	True Barre *Joshua Diaz*
11:15-12:00 YS *	Pilates Mat *Joshua Diaz*
4:30-5:15 YS *	Barefoot Sculpt *Sasha Cakir*
5:30-6:20 TR *	Precision Walk: Elevate + Strength *Noah Orlian*
5:30-6:15 YS *	Pilates Mat *Sasha Cakir*
6:30-7:15 MS *	MetCon3 *Jeriel Banks*
6:35-7:35 YS *	Sound Meditation *Brianne Pellini*

WEDNESDAY

6:00-6:50 CS *	Precision Ride *Doug Schwartz*
6:15-7:00 MS *	Stronger *Gina Capicotto*
7:15-8:15 YS *	Barefoot Sculpt *Gina Capicotto*
8:15-9:00 MS *	Stronger *Gabriel Hidalgo*
8:30-9:15 CS *	Beats Ride *Will Salgado-You*
8:30-9:15 YS *	Pilates at the Barre *Jillian Paladino*
9:30-10:20 MS *	Rounds: Boxing *Aaron Brown*
10:00-10:45 YS *	Pilates Fusion *Jillian Paladino*
10:30-11:15 MS *	Cardio Dance *Jordan Perry*
11:15-12:15 YS *	Yin Yoga *Giovanna Accinelli*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Beth Tomkiewicz*
5:30-6:15 YS *	The Refined Core *Giovanna Accinelli*
6:30-7:30 MS *	Rounds: Bags and Mitts *Aaron Brown*
6:30-7:30 YS *	Vinyasa Yoga *Peter Lyons*

THURSDAY

6:15-7:00 MS *	**Stacked** ***Gabriel Hidalgo***
7:15-8:00 MS *	Athletic Conditioning *Sky Cody*
8:15-9:00 MS *	Athletic Conditioning *Jeriel Banks*
8:15-9:00 TR *	Precision Run® *Sam Wolf*
8:15-9:00 YS *	Barefoot Sculpt *Jillian Paladino*
9:15-10:00 MS *	MetCon3 *Kevin Sanchez*
9:15-10:00 YS *	Athletic Stretch *Jillian Paladino*
10:15-11:00 MS *	Cardio Dance *Brandon Mubuuke*
10:15-11:00 YS *	True Barre *Peggy Berenblum*
11:15-12:00 YS *	**Pilates Fusion** ***Courtney DeVincentis***
4:30-5:15 YS *	Pilates at the Barre *Joshua Diaz*
5:30-6:30 YS *	Vinyasa Yoga *Alexa Moro*
6:30-7:15 MS *	Stronger *Doug Schwartz*
6:35-7:20 YS *	Sonic Meditation *Alexa Moro*

FRIDAY

6:15-7:00 MS *	Athletic Conditioning *Kim Pearson*
7:15-8:15 YS *	True Barre *Cindy Factor*
8:15-9:15 MS *	Atletica *Elizabeth DeLuca*
8:30-9:15 CS *	Anthem Ride *Ashley Skouras*
8:30-9:30 YS *	True Barre: Bala Bangle *Cindy Factor*
9:30-10:30 MS *	Impact! *Elizabeth DeLuca*
10:00-11:00 YS *	Power Vinyasa *Nikki Glor*
11:15-12:00 YS *	Pilates Fusion *Joshua Diaz*
5:30-6:15 YS *	Pilates Fusion *Deb Shin*
6:30-7:30 MS *	Rounds: Boxing *Aaron Brown*

SATURDAY

8:00-9:00 YS *	Slow Flow Yoga *Giovanna Accinelli*
8:15-9:00 CS *	Beats Ride *Doug Schwartz*
8:15-9:00 MS *	MetCon3 *Kim Pearson*
9:15-10:05 TR *	Precision Walk: Elevate + Strength *Sabrina Imbrogno*
9:15-10:15 YS *	True Barre *Giovanna Accinelli*
9:30-10:15 CS *	Beats Ride *Luke Scully*
9:30-10:15 MS *	Stacked *Doug Schwartz*
10:30-11:30 MS *	Rounds: Boxing *Aaron Brown*
10:30-11:15 YS *	Pilates Fusion *Madison Bildahl*
11:30-12:30 YS *	**Barefoot Sculpt: The Ring** ***Beth Tomkiewicz***

SUNDAY

8:30-9:15 MS *	Tabata Max *Justin Hood*
8:30-9:15 YS *	Pilates Fusion *Maura McIntyre*
9:30-10:15 CS *	Beats Ride *Matthew Tallett*
9:30-10:15 MS *	Leg Day *Elisabeth DellaMonica*
9:30-10:15 YS *	True Barre *Hannah Carmody*
10:30-11:15 MS *	Cardio Dance *Hannah Carmody*
10:30-11:30 YS *	Vinyasa Yoga *Amanda DeRubeis*
3:30-4:30 YS *	Weekend Wind Down Yoga *Renee Diamond*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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-SUN 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.

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.
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

Athletic Stretch Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

Strength

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

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.

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.
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.

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

Impact! Gloves on in this intense freestanding bag class created by global fitness expert, Ilaria Montagnani. Punch and kick a target to improve form and technique, increase stamina, speed and agility. Participants must bring their own gloves.
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.

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.
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.