

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 Precision Run® TR * <i>Doug Schwartz</i>	6:15-7:05 Whipped! MS * <i>Gabriel Hidalgo</i>	6:00-6:50 Precision Ride CS * <i>Doug Schwartz</i>	6:15-7:05 Core6 MS * <i>Gabriel Hidalgo</i>	6:15-7:00 MetCon3 MS * <i>Kim Pearson</i>	8:00-9:00 Slow Flow Yoga YS * <i>Giovanna Accinelli</i>	8:30-9:15 Tabata Max MS * <i>Justin Hood</i>
6:15-7:00 Core6 MS * <i>Rene Lund</i>	8:15-9:00 <b>Athletic Conditioning</b> <i>Kristen Schmidt</i>	6:15-7:00 <b>Limited Series: Stronger Women</b> <i>Gina Capicotto</i>	8:15-9:00 Athletic Conditioning MS * <i>Jeriel Banks</i>	7:15-8:15 True Barre YS * <i>Cindy Factor</i>	8:15-9:05 Precision Ride CS * <i>Doug Schwartz</i>	8:30-9:15 True Barre YS * <i>Vye Moran</i>
8:15-9:00 MetCon Monday MS * <i>Brianne Munch</i>	8:15-9:05 Precision Walk: Elevate TR * <i>Sam Wolf</i>	7:15-8:00 Barefoot Sculpt YS * <i>Jenn Evans</i>	8:15-9:05 Precision Walk: Elevate Sam Wolf	8:15-9:15 Atletica MS * <i>Elizabeth DeLuca</i>	8:15-9:00 MetCon3 MS * <i>Kim Pearson</i>	9:30-10:15 Beats Ride CS * <i>Vanessa DePaola</i>
8:30-9:15 Anthem Ride CS * <i>Jillian Paladino</i>	9:15-10:00 Cardio Sculpt MS * <i>Nikki Glor</i>	8:15-9:00 <b>Stronger</b> <i>Gabriel Hidalgo</i>	8:15-9:00 Barefoot Sculpt YS * <i>Jillian Paladino</i>	8:30-9:15 Anthem Ride CS * <i>Ashley Skouras</i>	9:15-10:05 Precision Walk: Elevate TR * <i>Nicola Barn</i>	9:30-10:15 Stronger MS * <i>Elisabeth DellaMonica</i>
8:30-9:15 Pilates at the Barre YS * <i>Joshua Diaz</i>	9:15-10:00 Athletic Stretch YS * <i>Jillian Paladino</i>	8:30-9:15 Beats Ride MS * <i>Will Salgado-You</i>	9:15-10:00 MetCon3 MS * <i>Kevin Sanchez</i>	8:30-9:30 True Barre YS * <i>Cindy Factor</i>	9:15-10:00 True Barre YS * <i>Giovanna Accinelli</i>	9:30-10:15 Pilates Fusion YS * <i>Maura McIntyre</i>
9:30-10:15 Stronger MS * <i>Gabriel Hidalgo</i>	10:15-11:00 Cardio Dance MS * <i>Jordan Perry</i>	8:30-9:15 Pilates Fusion Jillian Paladino	9:15-10:00 Athletic Stretch Jillian Paladino	9:30-10:30 Powerstrike! MS * <i>Elizabeth DeLuca</i>	9:30-10:15 Beats Ride CS * <i>Luke Scully</i>	10:30-11:30 Vinyasa Yoga YS * <i>Amanda DeRubeis</i>
9:30-10:20 Precision Walk: Elevate + Strength TR * <i>Brianne Munch</i>	10:15-11:00 True Barre YS * <i>Joshua Diaz</i>	9:30-10:30 Rounds: Boxing Aaron Brown	10:15-11:00 Cardio Dance MS * <i>Brandon Mbuuke</i>	9:30-10:20 Precision Walk: Elevate TR * <i>Ashley Skouras</i>	9:30-10:15 Stacked MS * <i>Doug Schwartz</i>	3:30-4:30 Weekend Wind Down Yoga YS * <i>Kristen Schmidt</i>
10:00-10:45 Pilates Mat Jillian Paladino	11:15-12:00 Pilates at the Barre YS * <i>Joshua Diaz</i>	10:00-10:45 Pilates at the Barre Jillian Paladino	10:15-11:00 True Barre YS * <i>Peggy Berenblum</i>	10:00-11:00 Power Vinyasa YS * <i>Nikki Glor</i>	10:30-11:30 Rounds: Boxing Aaron Brown	
11:15-12:15 Slow Flow Yoga YS * <i>Giovanna Accinelli</i>	12:30-1:30 Vinyasa Yoga YS * <i>Pilin Anice</i>	11:15-12:15 Slow Flow Yoga YS * <i>Giovanna Accinelli</i>	11:15-12:00 Pilates Fusion Summer Venuto	11:15-12:00 Pilates Fusion YS * <i>Joshua Diaz</i>	11:30-12:15 True Barre YS * <i>Beth Tomkiewicz</i>	
12:30-1:30 The Refined Core YS * <i>Giovanna Accinelli</i>	4:30-5:15 Barefoot Sculpt YS * <i>Summer Venuto</i>	12:30-1:30 True Barre YS * <i>Pilin Anice</i>	12:30-1:15 Barefoot Sculpt Summer Venuto	5:30-6:15 Pilates Fusion YS * <i>Deb Shin</i>	3:00-4:00 Sound Meditation YS * <i>Ashley Scully</i>	
4:30-5:15 True Barre: Bala Bangle YS * <i>Cindy Factor</i>	5:30-6:15 Anthem Ride CS * <i>Noah Orlan</i>	4:30-5:15 True Barre: Bala Bangle YS * <i>Beth Tomkiewicz</i>	4:30-5:15 Pilates at the Barre YS * <i>Joshua Diaz</i>	6:30-7:30 Rounds: Boxing MS * <i>Aaron Brown</i>		
5:30-6:15 Beats Ride YS * <i>Doug Schwartz</i>	6:30-7:15 MetCon3 MS * <i>Jeriel Banks</i>	5:30-6:15 Beats Ride CS * <i>Matthew Tallett</i>	5:30-6:15 True Barre YS * <i>Maura McIntyre</i>			
5:30-6:15 Pilates Fusion YS * <i>Maura McIntyre</i>	6:30-7:30 Vinyasa Yoga YS * <i>Haley Jones</i>	5:30-6:15 The Refined Core YS * <i>Giovanna Accinelli</i>	6:30-7:15 Stronger MS * <i>Doug Schwartz</i>			
6:30-7:20 Whipped! MS * <i>Doug Schwartz</i>		6:30-7:30 Rounds: Bags and Mitts MS * <i>Aaron Brown</i>	6:30-7:30 Vinyasa Yoga YS * <i>Kristen Schmidt</i>			
6:30-7:30 Vinyasa Yoga YS * <i>Peter Lyons</i>		6:30-7:30 Vinyasa Yoga YS * <i>Peter Lyons</i>				
8:00-8:45 Sound Meditation YS * <i>Lana Arus</i>						

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

# EQUNOX

**GREENWICH CT**  
16 Old Track Road  
GREENWICH CT 06830  
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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.  
**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.  
**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.

## ❖ 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.

## ❖ 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

**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.  
**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

**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.  
**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.