

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Athletic Conditioning <i>Anne Olivieri</i>	6:00-6:50 MS * <b>Leg Day</b> <b>Doug Schwartz</b>	6:00-6:50 YS * Barefoot Sculpt <i>Summer Venuto</i>	6:00-6:50 MS * Athletic Conditioning <i>Vanessa DePaola</i>	6:00-6:50 YS * True Barre: Bala Bangle <i>Anne Olivieri</i>	7:30-8:20 YS * True Barre: Bala Bangle <b>Larissa Crecco</b>	8:30-9:20 MS * <b>Rounds: Bags and Mitts</b> <b>Aaron Brown</b>
7:30-8:20 YS * Pilates Mat <i>Adele Mackey</i>	7:30-8:20 YS * Barefoot Sculpt <i>Zina Ovchinnikoff</i>	7:15-8:00 CS * Beats Ride <i>Lisa Gagliardi</i>	7:30-8:20 YS * Pilates Fusion <i>Larissa Crecco</i>	7:30-8:20 YS * True Barre <i>Vye Moran</i>	8:30-9:20 MS * Stronger <i>Zina Ovchinnikoff</i>	8:30-9:20 YS * True Barre: Bala Bangle <i>Jessica Mikel-Bertolini</i>
8:30-9:20 MS * Core6 <i>Zina Ovchinnikoff</i>	8:30-9:15 CS * Beats + Bands Ride <i>Lisa Gagliardi</i>	7:30-8:20 YS * Sunrise Vinyasa Yoga <i>Haley Jones</i>	8:30-9:20 MS * Athletic Conditioning <i>Lisa Gagliardi</i>	8:30-9:20 MS * Whipped! <i>Lisa Gagliardi</i>	8:30-9:20 TR * Precision Run@ <i>Vanessa DePaola</i>	9:30-10:15 CS * Beats Ride <i>Jessica Mikel-Bertolini</i>
8:30-9:20 YS * True Barre <i>Jenn Evans</i>	8:30-9:20 MS * Body Sculpt <i>Jenn Evans</i>	8:30-9:20 MS * Cardio Kickboxing <i>Francisco Sanchez</i>	8:30-9:20 YS * Barefoot Sculpt <i>Larissa Crecco</i>	8:30-9:20 TR * Precision Walk: Elevate + Strength <i>Beth Tomkiewicz</i>	8:30-9:20 YS * True Barre <i>Anne Olivieri</i>	9:30-10:20 MS * Stacked <i>Theo Bennett</i>
9:30-10:20 MS * <b>Leg Day</b> <b>Dashaun Johns</b>	8:30-9:20 YS * Pilates at the Barre <i>Margaret Cunzio</i>	8:30-9:20 TR * Precision Run + Strength <i>Jenn Evans</i>	9:30-10:30 MS * Rounds: Boxing <i>Aaron Brown</i>	8:30-9:20 YS * Pilates Mat <i>Jillian Paladino</i>	9:30-10:15 CS * Beats Ride <i>Vanessa DePaola</i>	9:30-10:15 YS * Pilates Fusion <i>Margaret Cunzio</i>
9:30-10:20 TR * Precision Run + Strength <i>Danielle Corpina</i>	9:30-10:20 MS * Cardio Sculpt <i>Lisa Gagliardi</i>	8:30-9:20 YS * Pilates Fusion <i>Summer Venuto</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Margaret Cunzio</i>	9:30-10:15 CS * Beats Ride <i>Lisa Gagliardi</i>	9:30-10:20 MS * MetCon3 <i>Larissa Crecco</i>	10:30-11:20 MS * Cardio Kickboxing <i>Francisco Sanchez</i>
9:30-10:30 YS * Diamondfit Yoga Flow <i>Renee Diamond</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Zina Ovchinnikoff</i>	9:30-10:20 MS * Body Sculpt <i>Brianne Pellini</i>	9:30-10:30 YS * Vinyasa Yoga <i>Paula Bellini</i>	9:30-10:20 MS * Body Sculpt <i>Sabrina Cohen</i>	9:30-10:30 MS * Vinyasa Yoga <b>Paula Bellini</b>	10:30-11:30 YS * Slow Flow Yoga <i>Roxanne Gamory</i>
10:45-11:45 YS * Pilates Fusion <i>Sarah Harrison</i>	9:30-10:20 YS * True Barre <i>Julie de Marte</i>	9:30-10:20 YS * True Barre <i>Kate Petrov</i>	10:45-11:45 YS * True Barre <i>Jenn Evans</i>	9:30-10:20 YS * True Barre <i>Jillian Paladino</i>	10:45-11:35 YS * Pilates Rise <i>Zina Ovchinnikoff</i>	
12:00-12:50 YS * True Barre <i>Kate Petrov</i>	10:30-11:30 YS * Slow Flow Yoga <i>Franklin Shire</i>	10:30-11:30 YS * Vinyasa Yoga <i>Candice Alcantara</i>	5:00-5:45 YS * True Barre <i>Vye Moran</i>	10:30-11:30 YS * Vinyasa Yoga <i>Saya Suyama</i>		
4:00-4:50 TR * <b>Precision Walk: Elevate + Strength</b> <b>Danielle Corpina</b>	12:00-12:50 YS * Pilates at the Barre <i>Zina Ovchinnikoff</i>	4:00-4:45 YS * <b>Pilates Fusion</b> <b>Summer Venuto</b>	6:00-6:45 YS * Pilates Fusion <i>Margaret Cunzio</i>			
5:00-5:45 YS * Barefoot Sculpt <i>Danielle Corpina</i>	4:00-4:45 YS * <b>True Barre: Bala Bangle</b> <b>Rachel Shaver</b>	5:00-5:50 MS * <b>Leg Day</b> <b>Zina Ovchinnikoff</b>				
6:00-7:00 YS * Slow Flow Yoga <b>Paula Bellini</b>	5:00-5:45 YS * Pilates Fusion <i>Deb Shin</i>	6:00-6:45 YS * <b>Sonic Meditation</b> <b>Lana Arus</b>				
	6:00-6:50 MS * Athletic Conditioning <i>Dashaun Johns</i>					

# EQUINOX

## ARMONK

99 Business Park Drive

ARMONK NY 10504

EQUINOX.COM

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**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT** 06:00 AM 08:00 PM

**SUN** 07:00 AM 07:00 PM

**Kids**

**MON-FRI** 08:00 AM 12:00 PM

**SAT-SUN** 08:00 AM 01:00 PM

**GROUP FITNESS MANAGER**

zina.ovchinnikoff@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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

## **Running**

**Precision Run + Strength** A track and field circuit-based workout. created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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, NJ & 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**

**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.

**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.

**Sunrise Vinyasa Yoga** Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

**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.

## **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.

**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.

**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.

**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.

## **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.

**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**

**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.

## **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.

**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**

**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.