

# EQUNOX

## ARMONK

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
6:00-6:50 Athletic Conditioning MS * Anne Olivieri	6:00-6:50 Stacked MS * Doug Schwartz	6:00-6:50 Barefoot Sculpt YS * Summer Venuto	6:00-6:50 Core6 Theo Bennett	6:00-6:50 True Barre: Bala Bangle Anne Olivieri	7:30-8:20 True Barre: Bala Bangle Bangle	8:30-9:20 Rounds: Boxing Aaron Brown
7:30-8:20 Pilates Mat YS * Adele Mackey	7:30-8:20 Barefoot Sculpt YS * Zina Ovchinnikoff	7:15-8:00 Beats Ride CS * Lisa Gagliardi	7:30-8:20 Pilates Fusion YS * Summer Venuto	8:30-9:20 Whipped! Lisa Gagliardi	8:30-9:20 True Barre: Bala Bangle Larissa Crecco	8:30-9:20 True Barre: Bala Bangle YS * Jessica Mikel-Bertolini
8:30-9:20 Core6 MS * Zina Ovchinnikoff	8:30-9:15 Beats + Bands Ride CS * Lisa Gagliardi	7:30-8:20 Vinyasa Yoga YS * Saya Suyama	8:30-9:20 Athletic Conditioning Lisa Gagliardi	8:30-9:20 Stronger MS *	8:30-9:20 Precision Run® Noah Orlan	9:30-10:15 Beats Ride Jessica Mikel-Bertolini
8:30-9:20 True Barre YS * Jenn Evans	8:30-9:20 Body Sculpt MS * Jenn Evans	8:30-9:20 Cardio Kickboxing Francisco Sanchez	8:30-9:20 Barefoot Sculpt Larissa Crecco	8:30-9:20 Precision Walk: Elevate + Strength Beth Tomkiewicz	8:30-9:20 True Barre Anne Olivieri	9:30-10:20 Stacked MS *
9:30-10:20 Rounds: Boxing MS * Dashawn Johns	8:30-9:20 Pilates at the Barre Margaret Cunzio	8:30-9:20 Precision Run + Strength Jenn Evans	9:30-10:30 Rounds: Boxing MS *	9:30-10:15 Beats Ride Lisa Gagliardi	8:30-9:20 True Barre Jillian Paladino	9:30-10:15 Pilates Fusion Margaret Cunzio
9:30-10:20 Precision Run + Strength TR * Danielle Corpina	9:30-10:20 Cardio Sculpt Lisa Gagliardi	8:30-9:20 Pilates Fusion Summer Venuto	9:30-10:20 Precision Walk: Elevate Margaret Cunzio	9:30-10:20 Body Sculpt Sabrina Cohen	9:30-10:20 True Barre Vanessa DePaola	10:30-11:20 Cardio Kickboxing Francisco Sanchez
9:30-10:30 Diamondfit Yoga Flow YS * Renee Diamond	9:30-10:20 Precision Walk: Elevate TR * Zina Ovchinnikoff	9:30-10:20 Body Sculpt MS *	9:30-10:30 Vinyasa Yoga Denise Mathieson	9:30-10:20 True Barre Jillian Paladino	9:30-10:30 Vinyasa Yoga Haley Jones	10:30-11:30 Slow Flow Yoga Roxanne Gamory
10:45-11:45 Pilates Fusion YS * Sarah Harrison	9:30-10:20 True Barre Julie de Marte	9:30-10:20 True Barre YS *	10:45-11:45 True Barre Jenn Evans	10:30-11:30 Vinyasa Yoga Saya Suyama	10:45-11:35 Pilates Rise Zina Ovchinnikoff	3:00-4:00 Weekend Wind Down Yoga Franklin Shire
12:00-12:50 True Barre YS * Kate Petrov	10:30-11:30 Slow Flow Yoga Franklin Shire	10:30-11:30 Vinyasa Yoga Susan Johnston	6:00-6:45 Pilates Fusion YS *		12:00-1:00 Sound Meditation Kat Palmieri	YS *
5:00-5:45 Barefoot Sculpt YS * Danielle Corpina	5:00-5:45 Pilates Fusion (Heated) YS * Deb Shin	12:00-12:45 Barefoot Sculpt YS *				
5:30-6:20 Core6 MS * Team Equinox	5:30-6:20 MetCon3	5:00-5:45 Pilates Fusion Summer Venuto				
6:00-7:00 Vinyasa Yoga YS * Roxanne Gamory	6:00-7:00 Vinyasa Yoga (Heated) YS *	5:30-6:15 Body Sculpt Zina Ovchinnikoff				
6:30-7:15 Beats Ride CS * Nina Powderly	6:30-7:15 Sonic Meditation Deb Shin	6:30-7:15 Yana Arus				

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

# EQUINOX

## ARMONK

99 Business Park Drive

ARMONK NY 10504

EQUINOX.COM

@EQUINOX

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.



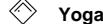
## Running

**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 & 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

**Diamondoff 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.

**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

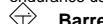
**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**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 you 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: 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.

**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.

**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.

**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

**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.