EQUINOX **ARMONK**

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

6:00-6:50 MS *	Athletic Conditioning *Anne Olivieri*
7:30-8:20 YS *	Pilates Mat *Zina Ovchinnikoff*
8:30-9:20 MS *	Core6 *Zina Ovchinnikoff*
8:30-9:20 YS *	True Barre *Jenn Evans*
9:30-10:15 MS *	Leg Day *Dashaun Johns*
9:30-10:20 TR *	Precision Run + Strength *Danielle Corpina*
9:30-10:30 YS *	Diamondfit Yoga Flow *Renee Diamond*
10:15-10:30 MS *	Upper Body Pump *Dashaun Johns*
10:45-11:45 YS *	Pilates Fusion *Sarah Harrison*
12:00-12:50 YS *	True Barre *Kate Petrov*
5:00-5:50 YS *	Barefoot Sculpt: The Ring *Danielle Corpina*
6:00-6:45 YS *	Athletic Stretch *Paula Bellini*

TUESDAY

6:00-6:50 MS *	**Stronger** ***Doug Schwartz***
7:30-8:20 YS *	Barefoot Sculpt *Zina Ovchinnikoff*
8:30-9:15 CS *	Beats + Bands Ride *Lisa Gagliardi*
8:30-9:20 MS *	Body Sculpt *Jenn Evans*
8:30-9:20 YS *	Pilates Fusion *Margaret Cunzio*
9:30-10:20 MS *	Cardio Sculpt *Lisa Gagliardi*
9:30-10:20 TR *	Precision Walk: Elevate *Zina Ovchinnikoff*
9:30-10:20 YS *	True Barre *Julie de Marte*
10:30-11:30 YS *	Slow Flow Yoga *Franklin Shire*
5:00-5:45 YS *	**True Barre: Bala Bangle** ***Rachel Shaver***
5:30-6:20 MS *	**Athletic Conditioning** ***Dashaun Johns***
6:00-7:00 YS *	**Vinyasa Yoga (Heated)** ***Deb Shin***

WEDNESDAY

6:00-6:50 YS *	True Barre *Julie de Marte*
7:15-8:00 CS *	Beats Ride *Lisa Gagliardi*
8:30-9:20 MS *	Cardio Kickboxing *Francisco Sanchez*
8:30-9:20 TR *	Precision Run + Strength *Jenn Evans*
8:30-9:20 YS *	Pilates Fusion *Rachel Nicks*
9:30-10:20 MS *	Body Sculpt *Brianne Pellini*
9:30-10:20 YS *	True Barre *Kate Petrov*
10:30-11:30 YS *	Vinyasa Yoga *Candice Alcantara*
5:00-5:45 YS *	**Pilates Fusion** ***Hannah Davis***
5:30-6:15 MS *	**Leg Day** ***Zina Ovchinnikoff***
6:15-6:30 MS *	**Upper Body Pump** ***Zina Ovchinnikoff***

THURSDAY

6:00-6:50 MS *	MetCon3 *Jenee Boothe*
7:30-8:20 YS *	Pilates Fusion *Hannah Davis*
8:30-9:20 MS *	Athletic Conditioning *Lisa Gagliardi*
8:30-9:20 YS *	Barefoot Sculpt: The Ring *Gina Capicotto*
9:30-10:30 MS *	Rounds: Bags and Mitts *Aaron Brown*
9:30-10:20 TR *	Precision Walk: Elevate *Margaret Cunzio*
9:30-10:30 YS *	**Slow Flow Yoga** ***Paula Bellini***
10:45-11:45 YS *	True Barre *Jenn Evans*
5:00-5:45 YS *	Sonic Meditation *Lana Arus*
6:00-6:45 YS *	Pilates Fusion *Margaret Cunzio*

FRIDAY

6:00-6:50 YS *	True Barre: Bala Bangle *Anne Olivieri*
7:30-8:20 YS *	True Barre *Vye Moran*
8:30-9:20 MS *	Whipped! *Lisa Gagliardi*
8:30-9:20 TR *	Precision Walk: Elevate + Strength *Beth Tomkiewicz*
8:30-9:20 YS *	Pilates Mat *Jillian Paladino*
9:30-10:15 CS *	Beats Ride *Brianne Pellini*
9:30-10:20 MS *	Body Sculpt *Sabrina Cohen*
9:30-10:20 YS *	True Barre *Jillian Paladino*
10:30-11:30 YS *	Vinyasa Yoga *Saya Suyama*

SATURDAY

7:30-8:20 YS *	Barefoot Sculpt *Gina Capicotto*
8:30-9:20 MS *	Leg Day *Dashaun Johns*
8:30-9:20 TR *	Precision Run + Strength *Gina Capicotto*
8:30-9:20 YS *	True Barre *Anne Olivieri*
9:30-10:15 CS *	Beats Ride *Vanessa DePaola*
9:30-10:20 MS *	MetCon3 *Zina Ovchinnikoff*
9:30-10:30 YS *	Vinyasa Yoga *Saya Suyama*
10:45-11:35 YS *	Pilates Rise *Zina Ovchinnikoff*

SUNDAY

8:30-9:20 MS *	Rounds: Boxing *Aaron Brown*
8:30-9:20 YS *	True Barre: Bala Bangle *Jessica Mikel-Bertolini*
9:30-10:15 CS *	Beats Ride *Jessica Mikel-Bertolini*
9:30-10:20 MS *	**Stronger** ***Theo Bennett***
9:30-10:15 YS *	Pilates Fusion *Margaret Cunzio*
10:30-11:20 MS *	Cardio Kickboxing *Francisco Sanchez*
10:30-11:30 YS *	Slow Flow Yoga *Anna Nowok*
12:00-1:00 YS *	**Sound Meditation** ***Kat Palmieri***
3:00-4:00 YS *	Weekend Wind Down Yoga *Franklin Shire*

VISIT 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

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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.

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.
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.

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.

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

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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.

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 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.
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.
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.

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.

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.