

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|--|---|--|
| 6:00-6:50 MS* Athletic Conditioning <i>Anne Olivieri</i> | 6:00-6:50 MS* Stacked <i>Doug Schwartz</i> | 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> | 8:30-9:20 MS* Stronger <i>Zina Ovchinnikoff</i> | 8:30-9:20 MS* Rounds: Boxing <i>Aaron Brown</i> |
| 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>Summer Venuto</i> | 7:30-8:20 YS* True Barre <i>Vye Moran</i> | 8:30-9:20 TR* Precision Run® <i>Vanessa DePaola</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 YS* True Barre <i>Anne Olivieri</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> | 9:30-10:15 CS* Beats Ride <i>Vanessa DePaola</i> | 9:30-10:20 MS* Stacked <i>Theo Bennett</i> |
| 9:30-10:20 MS* Rounds: Boxing <i>Dashaun Johns</i> | 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> | 9:30-10:20 MS* MetCon3 <i>Larissa Crecco</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> | 9:30-10:30 MS* Vinyasa Yoga <i>Candice Alcantara</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> | 10:45-11:35 YS* Pilates Rise <i>Zina Ovchinnikoff</i> | 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> | 12:00-1:00 YS* Sound Meditation <i>Kat Palmieri</i> | 3:00-4:00 YS* Weekend Wind Down Yoga <i>Franklin Shire</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> | | |
| 5:00-5:45 YS* Barefoot Sculpt <i>Danielle Corpina</i> | 12:00-12:50 YS* Pilates at the Barre <i>Zina Ovchinnikoff</i> | 5:00-5:45 YS* Pilates Fusion <i>Summer Venuto</i> | 6:00-6:45 YS* Pilates Fusion <i>Margaret Cunzio</i> | | | |
| 6:00-6:50 MS* Core6 <i>Sabrina Imbrogno</i> | 5:00-5:45 YS* Pilates Fusion <i>Deb Shin</i> | 5:30-6:15 MS* Body Sculpt <i>Zina Ovchinnikoff</i> | | | | |
| 6:00-7:00 YS* Slow Flow Yoga <i>Roxanne Gamory</i> | 6:00-6:50 MS* Athletic Conditioning <i>Dashaun Johns</i> | 6:30-7:15 YS* Sonic Meditation <i>Lana Arus</i> | | | | |
| | 6:00-7:00 YS* Power Vinyasa <i>Deb Shin</i> | | | | | |

EQUINOX

ARMONK

99 Business Park Drive

ARMONK NY 10504

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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.

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.

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.

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, 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: 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.



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.