

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 TR * Precision Run® Doug Schwartz	6:15-7:05 MS * Whipped! Gabriel Hidalgo	6:00-6:50 CS * Precision Ride Doug Schwartz	6:15-7:05 MS * Ropes and Rowers Gabriel Hidalgo	6:15-6:45 MS * SUMMER SETS: Quick HIIT Kim Pearson	8:00-9:00 YS * Slow Flow Yoga Giovanna Accinelli	8:30-9:15 MS * Tabata Max Justin Hood
6:15-7:00 MS * Tabata Max Rene Lund	8:15-9:00 MS * Athletic Conditioning Kristen Schmidt	6:15-6:45 MS * SUMMER SETS: Upper Body Pump Gina Capicotto	8:15-9:00 MS * MetCon3 Theo Bennett	6:45-7:15 MS * SUMMER SETS: Best Abs Ever Kim Pearson	8:15-9:05 CS * Precision Ride Doug Schwartz	8:30-9:15 YS * True Barre Hollis Morris
8:15-9:00 MS * MetCon Monday Brienne Munch	8:15-9:05 TR * Precision Walk: Elevate Jillian Paladino	6:45-7:15 MS * SUMMER SETS: Best Abs Ever Gina Capicotto	8:15-9:05 TR * Precision Walk: Elevate Sam Wolf	7:15-8:15 YS * True Barre Cindy Factor	8:15-9:00 MS * MetCon3 Kim Pearson	9:30-10:15 CS * Beats Ride Vanessa DePaola
8:30-9:15 CS * Anthem Ride Jillian Paladino	8:15-9:00 YS * Barefoot Sculpt Justine Ayala	7:30-8:15 YS * Barefoot Sculpt Jenn Evans	8:15-9:00 YS * Bala Bangle Barre Burn Jillian Paladino	8:15-9:15 MS * Atletica Elizabeth DeLuca	9:15-10:05 TR * Precision Walk: Elevate Nicola Bam	9:30-10:15 MS * Stronger Elisabeth DellaMonica
8:30-9:15 YS * Pilates at the Barre Rachel Johnson	9:15-10:00 MS * Cardio Sculpt Nikki Glor	8:15-9:00 MS * Stronger Gabriel Hidalgo	9:15-10:00 YS * Athletic Conditioning Jeriel Banks	8:30-9:15 CS * Anthem Ride Allie Taylor Mannle	9:15-10:15 YS * True Barre Giovanna Accinelli	9:30-10:15 YS * Pilates Fusion Maura McIntyre
9:30-10:15 MS * Stronger Gabriel Hidalgo	9:15-10:00 YS * Athletic Stretch Jillian Paladino	8:15-9:05 TR * Precision Run + Strength Jillian Paladino	10:15-11:00 MS * Studio Dance: Jazz Justine Ayala	9:30-9:30 YS * True Barre Cindy Factor	9:30-10:15 CS * Beats Ride Luke Scully	10:30-11:30 YS * Vinyasa Yoga Amanda DeRubeis
10:00-10:45 YS * Pilates Fusion Jillian Paladino	10:15-11:00 MS * Cardio Dance Jordan Perry	8:30-9:15 CS * Beats Ride Will Salgado-You	10:15-11:00 YS * True Barre Peggy Berenblum	9:30-10:30 MS * Powerstrike! Elizabeth DeLuca	10:30-11:30 MS * Rounds: Boxing Aaron Brown	11:00-11:45 MS * Studio Dance: Hip Hop Rob Coglitore
11:15-12:15 YS * Slow Flow Yoga Giovanna Accinelli	10:15-11:00 YS * True Barre Joshua Diaz	8:30-9:15 YS * True Barre Noel Rosenstein	11:15-12:00 YS * Pilates Fusion Justine Ayala	10:00-11:00 TR * Precision Walk: Elevate Allie Taylor Mannle	10:30-11:15 YS * Pilates Fusion Jillian Paladino	
12:30-1:30 YS * True Barre Giovanna Accinelli	11:15-12:00 YS * Pilates Fusion Joshua Diaz	9:30-10:30 MS * Rounds: Boxing Aaron Brown	12:30-1:15 YS * Barefoot Sculpt Summer Larese	10:00-11:00 YS * Power Vinyasa Nikki Glor	11:30-12:30 YS * True Barre Beth Tomkiewicz	
4:30-5:15 YS * Bala Bangle Barre Burn Cindy Factor	12:30-1:15 YS * Pilates at the Barre Jillian Paladino	10:00-10:50 YS * Pilates Rise Jillian Paladino	4:30-5:15 YS * Pilates at the Barre Joshua Diaz	11:15-12:00 YS * Pilates Fusion Joshua Diaz		
5:30-6:15 CS * Beats Ride Doug Schwartz	4:30-5:15 YS * Barefoot Sculpt Summer Larese	11:15-12:00 YS * Bala Bangle Barre Burn Hollis Morris	5:30-6:15 YS * Pilates Fusion Hollis Morris	5:30-6:30 YS * Pilates Fusion Giovanna Accinelli		
5:30-6:15 YS * Pilates Fusion Maura McIntyre	5:30-6:15 CS * Anthem Ride Noah Orlian	4:30-5:15 YS * Bala Bangle Barre Burn Beth Tomkiewicz	6:30-7:15 MS * Stronger Doug Schwartz	6:30-7:30 MS * Rounds: Boxing Aaron Brown		
6:30-7:20 MS * Whipped! Doug Schwartz	5:30-6:15 YS * Pilates Mat Joanne Baum	5:30-6:15 CS * Beats Ride Matthew Tallett	6:30-7:30 YS * Sound Meditation Ashley Scully			
6:30-7:30 YS * Vinyasa Yoga Peter Lyons	6:30-7:15 MS * MetCon3 Jeriel Banks	5:30-6:15 YS * Pilates Fusion Giovanna Accinelli				
	6:30-7:30 YS * Diamondfit Yoga Flow Renee Diamond	6:30-7:30 MS * Rounds: Bags and Mitts Aaron Brown				
		6:30-7:30 YS * Power Vinyasa Peter Lyons				

EQUINOX

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 + 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.



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.

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.

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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

SUMMER SETS: Quick HIIT Take the summer on with this efficient and effective full body HIIT workout. A mix of strength, cardio, and core will bring the summer heat in just 30 minutes. 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

Bala Bangle Barre Burn This off-the-barre 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.

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.



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.



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.

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Studio Dance: Jazz A choreography-driven dance class that puts style and edge at the forefront. Learn a complete combination, improve technique, and unleash your inner dancer.



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

SUMMER SETS: Best Abs Ever Take the summer on with a challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

SUMMER SETS: Upper Body Pump Take the summer on with less than 30 mins of upper body work targeting your arms, chest, and back. Get your quick pump in before heading out to the summer sun. 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.