

EQUINOX

HIGH-PERFORMANCE LIVING



OUR OFFERINGS YOUR RESULTS

The Equinox High-Performance Living Program represents a holistic approach to workplace wellness through an expertly designed set of offerings that can be customized to your needs. Our Premiere Group Fitness programming will keep your employees active, energized, strong and more balanced. And by providing access to our esteemed nutritional philosophies and proprietary Personal Training assessments and stress-reduction tools, we can help improve your performance competitively and in your day-to-day life. We offer expertly designed High-Performance Living content to boost commitment, engagement and loyalty.

Activities are complimentary and open to members and non-members alike. We encourage you to speak to your Account Executive about the many new options available, enabling you to build a programming calendar that perfectly suits your needs.



TEAM ENGAGEMENT PROGRAMS

VARYING FROM TWO TO SIX WEEKS

Whether you want to involve your entire company, one department or a high-potential group, we'll motivate them with our fitness groups and competitions. These longer commitments have a significant payoff; every participant can experience Equinox and receive curated health and fitness content to round out their program. Our one-hour HPL activities can be planned in between these programs which strengthen comradery and have been proven to deliver results.

PROJECT FIT | 4 OR 6 WEEKS

A six-week team-based competition tracking the body-fat loss of employees using our InBody scales. At the end, the team with the most significant total loss in body-fat percentage wins exclusive prizes.

PROJECT RUN | 4 WEEKS

A four-week team-based challenge where participants log miles on the treadmill each week. At the end, the team that records the most miles over the month wins exclusive prizes.

RUNNING CLUBS/RACE TRAINING | 4 WEEKS OR AS NEEDED

Whether you're creating a running group or prepping for a race using our guides, we have programs designed for specific goals for all Running enthusiasts.

RECREATIONAL SPORTS LEAGUES | 6-8 WEEKS*

Arrange an interoffice league or compete against other high-profile companies in our High-Performance Living program. Available only at Equinox Sports Clubs.

ETC | 6 WEEKS**

This focused progression program drives transformative personal results through collaborative group training. Three times per week, our renowned fitness professionals will push you through innovative, high-intensity workouts supported by elements of movement, nutrition and regeneration for a comprehensive approach to meeting your fitness goals.

TEAM TRAINING | 6 WEEKS**

Team Training is designed to get you into peak condition and exceed your most ambitious performance goals. Our renowned coaches will motivate and challenge you to strengthen your foundation and intensify your workouts. See how cutting-edge workouts and utilizing the range of equipment on the fitness floor will push you beyond your comfort zone and into new levels of fitness.

TIER 4 TEAM TRAINING | 6 WEEKS**

Transform your body and its performance ability with a challenging progressive program. Our most elite trainer, the Tier 4 Coach, is the best in the industry and possesses key insight and expertise in Personal Training and nutrition design. They will create a comprehensive and creative training regimen that focuses on individual parameters in a group setting, while motivating you to reach the top of your game.

*At select clubs

**At select clubs and at an extra cost



TEAM-BUILDING ACTIVITIES

ONE HOUR

Get energized and boost team spirit through an invigorating private Group Fitness class. These hand-picked classes, available at select clubs, are suitable for groups of 15-50 and we can assemble a one-time class or a series. These provide a great alternative to Team Engagement Programs for a shorter period of time.

THE PURSUIT*

An immersive studio cycling experience that uses groundbreaking in-studio gaming and stunning data visualization to drive competition and inspire peak performance.

ROPES & ROWERS*

A full-body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

SHOCKWAVE

This total-body circuit challenge combines WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body.

PLANK CHALLENGE

Now that the plank has effectively supplanted the crunch as the go-to core strengthener, exercisers have placed a premium on their ability to hold the move—the longer, the better. Host a lively solo competition which will maximize the move's payoff.

*Signature Programming



FITNESS ASSESSMENTS & WELLNESS EVENTS

1 HOUR TO ONE DAY

Participate in unique events held on site or at an Equinox club designed to help you formulate a comprehensive approach to fitness and to keep your body aligned and strong. Through assessment tools and consults, your employees will be more informed about their physicality and less prone to injury. These events are great ways to enhance your company's current initiatives.

ONSITE WITH INBODY

Receive an accurate body composition assessment from innovative InBody technology scales including an analysis of both your dry lean mass and total body water, a comparison between your skeletal muscle mass, and more. Then, learn tips and tools in a private session with a personal trainer to make adjustments.

TIER 4 ASSESSMENT

Experience our most sophisticated assessment tool performed by our most elite Personal Training Group, Tier 4. They'll use diagnostic techniques and look at key fitness parameters to devise a health and exercise strategy designed for maximizing your results.

POSTURE AND GAIT ASSESSMENT

Measure the imbalances of your posture and gait to optimize performance and reduce discomfort.

STRETCHING SERIES

Trainers can be onsite to help target every muscle group in 30 minutes flat.

FUNCTIONAL MOVEMENT SCREENING

Identify your body's functional limitations and asymmetries, and improve your body awareness through a comprehensive ranking and grading system.

VO2 MAX

This assessment measures heart rate, pulmonary ventilation and gas exchange to figure out the ideal exertion level at which fat metabolism is maximized and fatigued, and muscle soreness is minimized, at a level just below the anaerobic threshold.

CHAIR MESSAGES

The tension-relieving benefits of massage therapy are well documented, but the new findings suggest that a mere 10-minute massage can also help reduce inflammation in muscles, an underlying factor in chronic diseases like arthritis. Our LMTs from The Spa can visit onsite to give your employees a little R&R.



PRIVATE GROUP FITNESS CLASSES

45-50 MINUTES

Our Group Fitness offering is dynamic, innovative and includes a range for every fitness level. Most classes can be held privately. You can choose one class or hold a series. Classes are launched frequently and are not available in every club, so consult with your Account Executive for the latest Group Fitness scheduling for clubs of interest to you.

YOGA

Whether you're looking for a dynamic, athletic experience or a connection with your inner Zen, Equinox offers superior Yoga classes. Power Vinyasa is our most popular but we offer a stunning variety including Hatha, Anusara and Iyengar. Prepare to be transformed in body and mind. Examples include: Flow Play Yoga*, Hot Vinyasa Yoga, Hatha Yoga.

RUNNING

For those who think the only miles that count are the ones you run outside, think again. Equinox is redefining Running training and casting a whole new light on the treadmill. Industry-defining classes merge technique with intensity in a collection of classes designed to take you to the next level as a runner. Examples include: Precision Running*, Runner's Reset, Run Cross.

CYCLING

Cardio training meets inspired playlists, with a variety of drills, intervals and team challenges. Climb, sprint and let the energy move you. Examples include: Rhythm Revolution, Cycle Beats, Interval Cycling.

CONDITIONING

From strength training and body sculpting to functional training and core conditioning, you'll move better, feel stronger and look more chiseled. Intense and focused, these classes bring the fun factor as well as the burn. See results in weight management, cardiovascular health and lean muscle development. Examples include: Body Sculpt, Definitions, Deep Extreme.

ATHLETIC TRAINING

The science behind our high-intensity Athletic Training proves that elite conditioning is attainable. Our expert instructors deliver dynamic experiences that are intense, challenging and proven to burn calories, ramp up your metabolism and ignite your energy. Examples include: METCON3*, Whipped!, Tabata.

PILATES

No muscle is ever over or under-trained in this challenging mat workout, based on the teachings of Joseph Pilates. We offer an assortment of Pilates workouts, all of which strengthen while they stretch, with a deep emphasis on the core. Examples include: Pilates Fusion, Pilates Power Flow.

BARRE

To create a more perfect Barre program, we began with the rigor and tradition born out of ballet school and evolved it as only we can, marrying precise technique to high-performance athleticism — blending skill with sweat. This is intense. Examples include: True Barre, Eqx Barre Burn*, Gold Barre.

REGENERATION

Maximize overall health, prevent injury, and mobilize and reset tissues with techniques that complement your movement regimen. Myofascial routines, athletic stretching, breath-work and mindset teaching combine for the ultimate restorative experience. Examples include: Stretch Therapy, RX Series, Meditation.

BOXING AND MARTIAL ARTS

Mindful movement will shift you towards mastery. From traditional boxing and bag-work to cardio-kickboxing and sport-specific conditioning, you'll work with experienced instructors on your chosen discipline. The healthy way to let off steam and turn your day around. Examples include: The Cut, Powerstrike!, Boxing Boot Camp.

DANCE

Choreography by professional dancers meets of-the-moment playlists in high-energy cardio classes based upon a diverse selection of dance styles. Classes range in skill level from easy-to-follow to Broadway-level. Examples include: Cardio Dance Fusion, Werq, Zumba.

*Signature Programming



HIGH-PERFORMANCE LIVING CONTENT

We work tirelessly to provide you with the most cutting-age information and techniques to help bring about your most optimized self. For a special event, choose from an array of seminar topics to be presented onsite by experts. Our content isn't exclusive to offices near our clubs. We deliver our latest workouts, recipes and scientific research digitally through Furthermore, our online editorial site, as well as through videos from our annual High-Performance Living Seminar.

IN-PERSON SEMINARS

COMMITMENT

Commit to be fit. Reaching your goals is a process, not an event, and the key lies in setting up the right behavior changes that can ultimately become habits. Learn to define your goals and start making the small changes today that lead to big results tomorrow.

NUTRITION

Industry leaders will guide you through the twelve essential pillars for daily nutrition. Then, learn how to use the information to develop habits you can adopt today for a healthier lifestyle.

DE-STRESS

Participate in an interactive seminar focusing on overcoming stress and incorporating simple relaxation techniques into your daily routine.

FITNESS 101

Not sure what to do once you make it to the gym? Getting in the door is the first step, now discover the fundamentals of fitness in this interactive seminar. Walk away with the knowledge to structure your workouts and create a results-driven routine.

SLEEP

Often worn as a badge of honor, working from low sleep to no sleep has become a common occurrence. Learn about the potential negative consequences of sleep deficiency and how to make even the smallest changes to dramatically improve your performance, in and out of the gym.

PERFORMANCE TRAINING

Improve your sport-specific skills with our industry leaders with backgrounds in athletic training. Learn the foundational components of a performance-based program and how you can design one for yourself.

CARDIOVASCULAR

Learn about the fundamentals of the cardiovascular system, heart health and how your training can affect it. You will be lead through the basics of cardio programming and what steps you can take to go longer, faster, or both—safely.

DESKTOP ERGONOMICS

Your work space should fit your needs, not the other way around. Learn how to avoid some of the most common errors in setting up your desk. Even small changes can make a big difference in minimizing injury and making work more enjoyable.

BRAIN HEALTH

The brain is always evolving and stress can wreak havoc on it. Acquire easy changes to incorporate into your lifestyle to keep you in the best health.

SPEAKERS FROM EQUINOX HEALTH ADVISORY BOARD*

We boast a robust assembly of leaders on our health advisory board who provide compelling knowledge to elevate your approach to personal health, physical performance and vitality.

ALWAYS ON

FURTHERMORE DISTRIBUTION

20-minute workout videos, new scientific findings, sleep-recovery techniques and so much more are available through Furthermore, our acclaimed online magazine. These articles can be packaged specifically for your employees.

HIGH-PERFORMANCE LIVING SYMPOSIUM VIDEOS

Our High-Performance Living Symposium is an annual three-day summit of the brightest minds advancing the fields of Health, Sustainability and Technology as fundamental contributors to High-Performance Living. Deliver these pre-recorded presentations to your employees to expose them to interdependent breakthroughs that are leading the health and fitness industry into the future.

*Extra Cost

“In 2014, we partnered with Equinox to offer Project Fit to our employees. The Equinox staff was extremely helpful in making this program run as smoothly as possible for us... I truly feel that their professionalism and understanding of corporate culture made this program a success.”

- BARCLAYS PARTICIPANT

“Our corporate relationship with Equinox has been very favorable and beneficial to our employees. We support health and wellness in our office, which is effortlessly reinforced through Equinox... The benefits are definitely there.”

- PEAK6 INVESTMENTS PARTICIPANT

“Really the best Lunch and Learn I have attended at TW.”

- TIME WARNER PARTICIPANT

“...Mindy inspired me! I loved her tips and tricks on mindful meditation. Her truthfulness and best practices resonated with me and I will certainly be putting them to good use! I would absolutely recommend Mindy to other companies and friends. ”

- AMERICAN EXPRESS PARTICIPANT

“This has been an amazing way to get back in shape, thanks to you and this program.”

- Y&R PARTICIPANT

**FOR MORE INFORMATION, PLEASE CONTACT
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