



# IMPROVE YOUR BALANCE

**SIX SINGLE-LEG MOVES THAT WORK  
YOUR UPPER AND LOWER BODY.**

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## **10-MINUTE STRENGTH WITH ARIEL COMEAU**

Grab a bench or a chair for this  
bodyweight strength session.

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EXCLUSIVE OFFER



## **FRIENDSHIP WITH BENEFITS**

Refer a friend to become a member  
and you'll receive a \$150 gift card.

[REFER A FRIEND](#)

CONTACT [LILY.MALCOLM@EQUINOX.COM](mailto:LILY.MALCOLM@EQUINOX.COM) FOR MORE INFORMATION.