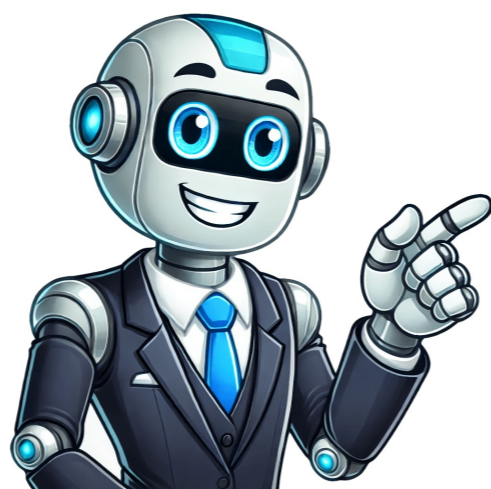


I'm human





Hi there! I'm Katy, a certified personal trainer and yoga teacher based in Fairfield County, CT. I offer one-on-one sessions at home and online for people of all ages and abilities. My qualifications include RYT-500 certification as a yoga instructor, ACE certification as a health coach, CrossFit Level 1 training, and more. Many customers have given me high praise - including a 4.4/5-star rating based on 23 reviews. They love my Equinox gym in Darien, citing great classes, friendly staff, and clean facilities. Some even mention taking classes with Maria, Lukasz, Megan, Cody, or Jess as their favorite part of the experience. It seems like this particular Equinox is one of the better ones, despite some layout issues and crowded spaces during peak hours. However, many customers appreciate the premium service and attention to detail provided by the staff, who promise a top-notch experience for all members. The benefits of working out at Equinox Darien can be summarized as follows: Equinox Darien offers high-end fitness facilities that cater to diverse tastes and interests. As a member, one has access to various classes such as signature Cycling, Boxing and Martial Arts, sculpting Pilates, and others. The membership lets you take multiple classes per week with the Equinox+ app. For those looking for an affordable option, Equinox Darien offers a Singal Club Membership priced at \$198 per month. This option provides access to all classes and amenities in the club, making it suitable for individuals who want to work out regularly. However, those seeking flexibility and freedom can opt for All United States Clubs Membership, which costs \$290-\$330 per month. With this membership plan, one can workout in any Equinox club across the country while traveling. Additionally, Equinox Darien offers Guest Passes as a way for prospective members to experience their facilities before committing to a full membership. The guest pass is available free of charge and provides an opportunity to learn about the gym's environment and services. Equinox Darien Amenities and Benefits for Members Visit for guest pass inquiries The Equinox Darien gym offers a luxurious fitness experience with massages and facials. Its unique program combines ballet, yoga, and strength training. The club features an indoor lap pool, sauna, and spa services. Members praise the clean facilities, friendly trainers, and relaxing atmosphere. However, some complain about complicated fees and poor customer service. The gym's hours of operation are Monday to Sunday, with varying hours for the pool, spa, and kids' programs. The address is 72 Heights Road in Darien, CT, and nearby locations include Greenwich.

[Orangetheory darien schedule.](#) [Equinox darien schedule pdf.](#) [Equinox darien.](#) [Equinox darien class schedule.](#) [Darien time.](#) [Darien library holiday hours.](#)