

Bold New Class, Instructor, or Time
 ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30-6:30 YS ◆	Vinyasa Yoga <i>Jen Guameri</i>	5:30-6:15 YS ◆	Barefoot Body Sculpt <i>Jodi Cortes</i>	5:30-6:15 CS ◆	Cycle Power <i>Renee Pesante</i>	5:30-6:15 MS ◆	TRX Max <i>Renee Pesante</i>	5:30-6:15 TR ◆	Precision Run® <i>Nicole Greco-Peepas</i>	7:30-8:15 MS ◆	Athletic Conditioning <i>Diana Leskauskas</i>	8:00-8:45 MS ◆	Tabata Max <i>Selena Dorans</i>
6:30-7:15 MS ◆	METCON3 <i>John Morales</i>	6:30-7:20 TR ◆	Elevate <i>Jodi Cortes</i>	6:30-7:15 MS ◆	Tabata Max <i>Selena Dorans</i>	6:30-7:15 CL ◆	RunCross <i>Diana Leskauskas</i>	6:30-7:15 MS ◆	Master of One <i>Nicole Greco-Peepas</i>	8:00-8:45 CS ◆	Cycle Power <i>Frank Salzone</i>	8:30-9:45 YS ◆	Vinyasa Yoga <i>Danielle Ayer</i>
7:15-8:00 CS ◆	Cycle Beats <i>Kelly Christmas</i>	7:30-8:15 MS ◆	Tabata Max <i>Jackie Jay</i>	6:30-7:30 YS ◆	Yoga Strong <i>Rebecca Van Vliet</i>	7:30-8:15 MS ◆	Athletic Conditioning <i>Hamison Mercado</i>	6:30-7:15 MS ◆	Barefoot Body Sculpt <i>Rebecca Van Vliet</i>	8:15-9:00 TR ◆	Tread and Shred <i>Leo Troso</i>	9:00-9:50 CS ◆	The Pursuit: Build <i>Selena Dorans</i>
8:15-9:00 MS ◆	Athletic Conditioning <i>Renee Pesante</i>	8:15-9:00 YS ◆	Barre <i>Katye Stanzak</i>	7:15-8:00 CS ◆	Cycle Power <i>Renee Pesante</i>	8:15-9:00 YS ◆	Barefoot Body Sculpt <i>Shannon Perez</i>	6:30-7:15 YS ◆	Cycle Power <i>Lauren Quinn</i>	8:30-9:15 YS ◆	Pilates Mat <i>Jennifer DeLuccia</i>	9:15-10:00 TR ◆	Precision Run® <i>Melissa Osofsky</i>
8:15-9:00 YS ◆	Pilates Remix <i>Hannah Bomstein</i>	8:30-9:15 MS ◆	Stacked! <i>Breanna Cummings</i>	8:15-9:00 MS ◆	Tabata Max <i>Lauren Quinn</i>	8:15-9:00 MS ◆	Best Butt Ever + Best Abs Ever <i>Katye Stanzak</i>	7:15-8:00 CS ◆	METCON3 <i>John Tammaggiore</i>	9:00-9:45 MS ◆	Stacked! <i>Frank Salzone</i>	9:30-10:15 MS ◆	METCON3 <i>Hannah Bomstein</i>
8:30-9:15 CS ◆	Cycle Power <i>Brian Ahn</i>	8:30-9:20 TR ◆	Elevate <i>Jennifer DeLuccia</i>	8:30-9:15 CS ◆	Pilates Mat <i>John Tammaggiore</i>	8:30-9:15 TR ◆	Precision Run® <i>Christian Ramos</i>	8:15-9:00 MS ◆	True Bare <i>Michael Clark</i>	9:15-10:00 MS ◆	Power Yoga + Meditation <i>Alison Bemasco</i>	10:15-11:00 YS ◆	Barre <i>Shannon Perez</i>
9:15-10:15 YS ◆	Athletic Yoga <i>Alison Bemasco</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Omri Kleinberger</i>	9:15-10:00 YS ◆	Cycle Power <i>Christian Ramos</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Annalisa Venezia</i>	8:15-9:00 YS ◆	Cycle Power <i>Selena Dorans</i>	8:30-9:15 CS ◆	Pilates Remix <i>Michael Clark</i>	10:30-11:15 MS ◆	Cycle Power <i>Christian Ramos</i>
9:30-10:15 MS ◆	PURE STRENGTH <i>Dale Tapps</i>	9:30-10:15 CS ◆	Cycle Beats <i>Katye Stanzak</i>	9:30-10:15 MS ◆	TRX Max <i>Renee Pesante</i>	9:30-10:15 CS ◆	Cycle Power <i>Renee Pesante</i>	9:15-10:00 YS ◆	Pilates Mat <i>Michael Clark</i>	9:30-10:15 YS ◆	Stacked! <i>Selena Dorans</i>	10:30-11:15 MS ◆	Cardio Dance <i>Hannah Bomstein</i>
9:30-10:20 TR ◆	Elevate <i>Brian Ahn</i>	9:30-10:15 MS ◆	METCON3 <i>Breanna Cummings</i>	9:30-10:15 TR ◆	Precision Run® <i>Christian Ramos</i>	9:30-10:15 MS ◆	Master of One <i>Nicole Greco-Peepas</i>	9:30-10:15 MS ◆	Stacked! <i>Selena Dorans</i>	9:30-10:15 MS ◆	Elevate <i>John Tammaggiore</i>	11:00-11:50 TR ◆	Pilates Mat <i>Shannon Perez</i>
10:30-11:15 YS ◆	Barre <i>Shannon Perez</i>	10:30-11:15 YS ◆	Pilates Mat <i>Michele Shanaphy</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Lisa Eisenstadt</i>	10:30-11:15 YS ◆	Pilates Mat <i>Jennifer DeLuccia</i>	9:30-10:20 TR ◆	Elevate <i>John Tammaggiore</i>	10:30-11:30 YS ◆	Athletic Yoga <i>Omri Kleinberger</i>	12:00-12:45 MS ◆	Gentle Yoga + Meditation <i>Courtney Bevilacqua</i>
12:30-1:15 YS ◆	Pilates Mat <i>Jennifer DeLuccia</i>	12:30-1:15 MS ◆	Kettlebell Power <i>John Morales</i>	12:30-1:15 MS ◆	Whipped! <i>Marcus Gaudin</i>	10:30-11:15 YS ◆	Pilates Mat <i>Jennifer DeLuccia</i>	10:30-11:30 YS ◆	Athletic Yoga <i>Omri Kleinberger</i>	12:30-1:15 MS ◆	Tabata Max <i>Jackie Jay</i>	3:00-4:15 YS ◆	
5:15-6:00 MS ◆	Tabata Max <i>Lauren Quinn</i>	5:15-6:00 TR ◆	Precision Run® <i>Melissa Osofsky</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Jackie Jay</i>	12:30-1:15 YS ◆	Barre <i>Shannon Perez</i>	12:30-1:15 MS ◆	Tabata Max <i>Jackie Jay</i>	4:00-5:00 YS ◆	Athletic Yoga <i>Alison Bemasco</i>		
5:30-6:15 YS ◆	Pilates Fusion <i>Katye Stanzak</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Alison Bemasco</i>	5:30-6:15 YS ◆	True Barre <i>Hannah Bomstein</i>	5:15-6:00 CS ◆	Cycle Power <i>Selena Dorans</i>	4:00-5:00 YS ◆	Athletic Yoga <i>Alison Bemasco</i>	5:15-6:00 MS ◆	Stacked! <i>Hannah Bomstein</i>		
6:30-7:30 YS ◆	Vinyasa Yoga <i>Lisa Eisenstadt</i>	5:45-6:30 MS ◆	TRX Max <i>Renee Pesante</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Courtney Bevilacqua</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Annalisa Venezia</i>	5:15-6:00 MS ◆	Stacked! <i>Hannah Bomstein</i>	5:30-6:15 YS ◆	Pilates Mat <i>Shannon Perez</i>		
6:45-7:30 MS ◆	Athletic Conditioning <i>Marcus Gaudin</i>	6:45-7:30 CS ◆	Cycle Power <i>Christian Ramos</i>	6:45-7:30 MS ◆	Tabata Max <i>John Morales</i>	5:45-6:30 MS ◆	METCON3 <i>Michelle Ennis</i>	5:30-6:15 YS ◆	Pilates Mat <i>Shannon Perez</i>				
		7:00-7:45 YS ◆	Pilates Mat <i>Diana Leskauskas</i>			6:45-7:35 TR ◆	Elevate <i>Michelle Ennis</i>						
						7:00-7:45 YS ◆	Barefoot Body Sculpt <i>Jodi Cortes</i>						

EQUINOX

SUMMIT

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MON - THU: 5:00AM - 9:00PM

FRI: 5:00AM - 7:00PM

SAT - SUN: 7:00AM - 5:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

renee.pesante@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

CL	Club Lobby
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area
MS	Main Studio

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS 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.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

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.

RUNCROSS An outdoor interval workout that combines running drills and cross training. Build strength, stamina, and cardio fitness for the ultimate running experience. An Equinox exclusive.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

ATHLETIC YOGA 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.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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 REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. 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.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

KETTLEBELL POWER This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCONS 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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. 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.