

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ◆	STRONG <i>Michelle Goldberg</i>	6:00-6:45 MS ◆	Tabata Max <i>Jen DeSalvo</i>	6:00-6:45 CS ◆	Cycle Power <i>Gianna Amato</i>	6:00-6:45 YS ◆	EQX Barre Bum <i>Michael Clark</i>	6:00-6:45 MS ◆	STRONG <i>Rosa Brucia</i>	7:45-8:30 TR ◆	Precision Run® <i>Michael Clark</i>	8:00-8:45 MS ◆	Cardio Boxing <i>Holly Silver</i>
7:30-8:15 TR ◆	Precision Run® <i>Christian Ramos</i>	6:30-7:15 CS ◆	Cycle Power <i>Rob Guidetti</i>	6:15-7:00 YS ◆	Pilates Mat <i>Annie Chen</i>	6:30-7:15 CS ◆	Cycle Power <i>Rob Guidetti</i>	7:00-7:45 CS ◆	Cycle Power <i>Gianna Amato</i>	8:30-9:15 CS ◆	Cycle Power <i>Rob Guidetti</i>	8:30-9:15 CS ◆	Cycle Power <i>Christian Ramos</i>
8:15-9:00 MS ◆	METCON3 <i>Dan Nunes</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Megan Grbic</i>	6:30-7:15 MS ◆	METCON3 <i>Michael Clark</i>	6:30-7:15 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Holly Silver</i>	7:15-8:00 TR ◆	Precision Run® <i>Breanna Cummings</i>	8:30-9:15 MS ◆	METCON3 <i>Olivia Chrinian</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Team Equinox</i>
8:30-9:15 CS ◆	Cycle Power <i>Christian Ramos</i>	8:30-9:15 MS ◆	The Muse 2.0 <i>Michael Clark</i>	8:00-8:45 MS ◆	Tabata Max <i>Olivia Chrinian</i>	7:00-8:00 YS ◆	Athletic Yoga <i>Rebecca Van Vliet</i>	8:30-9:15 CS ◆	Cycle Power <i>Christian Ramos</i>	9:30-10:15 YS ◆	Athletic Yoga <i>Megan Grbic</i>	9:00-9:45 MS ◆	Athletic Conditioning <i>Holly Silver</i>
8:30-9:15 YS ◆	Off The Barre <i>Holly Silver</i>	8:30-9:15 YS ◆	True Barre <i>Jen DeSalvo</i>	8:00-9:00 YS ◆	Yoga Strong <i>Megan Grbic</i>	7:30-8:15 MS ◆	Cardio Boxing <i>Holly Silver</i>	9:30-10:15 MS ◆	Athletic Conditioning <i>Breanna Cummings</i>	9:30-10:15 MS ◆	STRONG <i>Holly Silver</i>	9:30-10:15 CS ◆	Cycle Power <i>Brian Ahn</i>
9:30-10:15 MS ◆	STRONG <i>Holly Silver</i>	9:30-10:15 CS ◆	Cycle Power <i>Gianna Amato</i>	8:30-9:15 CS ◆	Cycle Power <i>Rosa Brucia</i>	8:30-9:15 YS ◆	Pilates Mat <i>Jen DeSalvo</i>	9:30-10:15 CS ◆	Tabata Max + Best Butt Ever <i>Olivia Chrinian</i>	10:30-11:15 MS ◆	Cycle Power <i>Michelle Goldberg</i>	10:00-10:45 YS ◆	Pilates Mat <i>Cheri Wild</i>
9:30-10:15 YS ◆	Pilates Remix <i>Michael Clark</i>	9:30-10:15 MS ◆	Tabata Max <i>Renee Pesante</i>	9:30-10:15 MS ◆	STRONG <i>Arwen Lawson</i>	9:30-10:15 YS ◆	Master of One <i>Rosa Brucia</i>	9:30-10:15 MS ◆	Elevate <i>Brian Ahn</i>	10:30-11:15 YS ◆	Tabata Max <i>Michael Clark</i>	10:30-11:15 MS ◆	Stacked! <i>Brian Ahn</i>
10:30-11:15 CS ◆	Cycle Beats <i>Holly Silver</i>	9:30-10:15 TR ◆	Precision Run® <i>Arwen Lawson</i>	9:30-10:15 YS ◆	True Barre <i>Michael Clark</i>	9:30-10:15 MS ◆	Firestarter + Best Abs Ever <i>Rosa Brucia</i>	9:30-10:15 MS ◆	Vinyasa Yoga <i>Annalisa Venezia</i>	10:30-11:15 MS ◆	True Barre <i>Jen DeSalvo</i>		
10:30-11:20 TR ◆	Elevate <i>Arwen Lawson</i>	10:30-11:15 MS ◆	STRONG <i>Arwen Lawson</i>	10:30-11:20 TR ◆	Elevate <i>Arwen Lawson</i>	9:30-10:15 YS ◆	Barefoot Body Sculpt <i>Jen DeSalvo</i>	10:30-11:15 MS ◆	Vinyasa Yoga <i>Annalisa Venezia</i>	11:30-12:15 MS ◆	Studio Dance <i>Michael Clark</i>		
10:30-11:30 YS ◆	Vinyasa Yoga <i>Annalisa Venezia</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Joshua Ehlin</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Megan Grbic</i>	10:30-11:15 MS ◆	Master of One <i>Rosa Brucia</i>	10:30-11:15 MS ◆	STRONG <i>Brian Ahn</i>				
12:15-1:00 MS ◆	STRONG <i>Dan Nunes</i>	4:30-5:15 MS ◆	Tabata Max <i>Rebecca Van Vliet</i>	12:00-12:45 YS ◆	Pilates Mat <i>Michael Blackmon-Ham</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Joshua Ehlin</i>	11:00-11:45 YS ◆	Pilates Mat <i>Michael Blackmon-Ham</i>				
5:00-5:30 YS ◆	Yoga Sculpt <i>Olivia Chrinian</i>	5:15-6:00 YS ◆	Pilates Mat <i>Annie Chen</i>	5:15-6:00 MS ◆	METCON3 <i>Dan Nunes</i>	6:00-6:45 CS ◆	Cycle Power <i>Rosa Brucia</i>	6:00-6:45 MS ◆	Stacked! <i>Brian Ahn</i>				
6:00-6:45 CS ◆	Cycle Power <i>Syuzanna Grinshpun</i>	6:00-6:45 MS ◆	METCON3 <i>Brian Ahn</i>	6:00-6:45 CS ◆	Cycle Power <i>Rosa Brucia</i>	6:00-6:45 YS ◆	Barefoot Body Sculpt <i>Jen DeSalvo</i>	6:15-7:15 YS ◆	Yoga Sculpt <i>Rebecca Van Vliet</i>				
6:00-6:45 MS ◆	Ropes and Rowers <i>Olivia Chrinian</i>	6:30-7:30 YS ◆	Athletic Yoga <i>Annalisa Venezia</i>	6:00-6:45 YS ◆	Barefoot Body Sculpt <i>Jen DeSalvo</i>	6:15-7:00 MS ◆	STRONG <i>Olivia Chrinian</i>	7:00-7:45 CS ◆	Cycle Beats <i>Brian Ahn</i>				
7:00-7:45 MS ◆	Athletic Conditioning <i>Holly Silver</i>	7:00-7:45 TR ◆	Precision Run® <i>Brian Ahn</i>	6:15-7:00 MS ◆	STRONG <i>Olivia Chrinian</i>	7:00-7:45 YS ◆	Pilates Mat <i>Jen DeSalvo</i>	7:30-8:30 YS ◆	Yin Yoga <i>Rebecca Van Vliet</i>				
7:00-7:45 YS ◆	True Barre <i>Michael Clark</i>												

EQUINOX

PARAMUS

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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 - FRI: 9:00AM - 12:00PM

SAT - SUN: 9:00AM - 1:00PM

GROUP FITNESS MANAGER

michael.clark@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

TR	Treadmill Area
YS	Yoga Studio
MS	Main Studio
CS	Cycling 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.

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 RUNS 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.

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.

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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

YOGA SCULPT A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

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.

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.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

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. Burn calories and build muscle in this class that never lets you get complacent. 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.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

TABATA MAX + BEST BUTT EVER A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Butt Ever fires up your glutes to build strength and definition.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. 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 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

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

CARDIO BOXING Get your heart rate up with this intense, non-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

SCULPT

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

THE MUSE 2.0 Train like a dancer with this non-stop cardio experience. Move through choreography with the use of light weights to amplify your caloric burn and condition the upper body. An Equinox exclusive.



BARRE

EQX BARRE BURN This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.