

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30-6:15 CS◆	Studio Cycling <i>John Tarmaggiore</i>	5:30-6:15 MS◆	Shockwave <i>Lauren Quinn</i>	5:30-6:20 CS◆	The Pursuit: Build Renee Pesante	5:30-6:15 MS	METCON3 Diana Leskauskas	5:30-6:15 MS	TRX MAX <i>Nicole Greco-Peepas</i>	8:00-8:45 CS◆	Studio Cycling <i>Diana Leskauskas</i>	8:00-8:45 MS	Body Conditioning <i>Matthew Pasqua</i>
6:15-7:00 YS	Pilates <i>John Tarmaggiore</i>	5:30-6:15 YS	Barre <i>Nicole Dockx</i>	6:15-7:00 MS	Boot Camp <i>Harrison Mercado</i>	6:15-7:00 CS◆	Studio Cycling <i>Jennifer DeLuccia</i>	6:15-7:15 YS	Get Up & Flow! <i>Jen Guarnieri</i>	8:00-8:45 MS	X-Treme X-Train <i>Frank Salzone</i>	8:00-9:00 YS	True Barre <i>Michael Clark</i>
8:30-9:15 CS◆	Studio Cycling <i>Kelly Christmas</i>	6:15-7:00 CS◆	Studio Cycling <i>Jodi Cortes</i>	7:15-8:00 CS◆	Studio Cycling <i>Renee Pesante</i>	8:30-9:15 CS◆	Studio Cycling <i>Christian Ramos</i>	8:30-9:15 MS	TRX MAX <i>Jennifer DeLuccia</i>	8:00-8:45 TR◆	Tread and Shred <i>Leo Troso</i>	9:00-9:50 CS◆	The Pursuit: Burn Lauren Quinn
8:30-9:00 MS◆	Firestarter <i>Renee Pesante</i>	8:30-9:20 CS◆	The Pursuit: Burn Christian Ramos	8:30-9:15 CS◆	Studio Cycling <i>Renee Pesante</i>	8:30-9:15 MS	Body Conditioning <i>Matthew Pasqua</i>	8:30-9:30 YS	Power Yoga <i>Lisa Eisenstadt</i>	8:00-8:45 YS	True Barre <i>Michelle Goldberg</i>	9:00-9:45 MS	Tabata Cardio <i>Matthew Pasqua</i>
8:30-9:30 YS	Barre <i>Liza Gambello</i>	8:30-9:15 MS	Hard Core Conditioning <i>Jeanne Cargill</i>	8:30-9:15 MS	Studio Cycling <i>Renee Pesante</i>	8:30-9:15 MS	Tread and Shred <i>Andres Herrera</i>	9:30-10:15 CS◆	Studio Cycling <i>Jennifer DeLuccia</i>	9:00-9:45 CS◆	Studio Cycling <i>Frank Salzone</i>	9:00-9:45 YS◆	THE MUSE™ <i>Michael Clark</i>
9:00-9:15 MS	Above the Belt <i>Renee Pesante</i>	8:30-9:15 TR◆	Tread and Shred <i>Andres Herrera</i>	8:30-9:15 YS◆	METCON3 <i>Lauren Quinn</i>	8:30-9:15 YS	Pilates <i>Michele Shanaphy</i>	9:30-10:15 MS	METCON3 Diana Leskauskas	9:00-9:45 MS◆	Ropes and Rowers Debra Martin	10:00-10:45 CS◆	Studio Cycling <i>Renee Pesante</i>
9:30-10:15 CS◆	Studio Cycling <i>Renee Pesante</i>	8:30-9:15 YS	Pilates <i>Michele Shanaphy</i>	9:30-10:15 CS◆	Studio Cycling <i>Lauren Quinn</i>	9:30-10:15 MS	Studio Cycling <i>Kelly Christmas</i>	9:30-10:15 TR◆	Precision Running® Marc Cooperman	9:00-9:55 PD◆	EQX H2O: Speed <i>Marc Cooperman</i>	10:00-11:30 YS	Yoga REvival <i>Danielle Ayer</i>
9:30-10:15 MS	TRX MAX <i>Felix Erazo</i>	9:30-10:15 CS◆	Studio Cycling <i>Christian Ramos</i>	9:30-10:15 MS	Stacked! <i>Renee Pesante</i>	9:30-10:15 MS	Tabata Cardio <i>Matthew Pasqua</i>	9:30-10:30 YS	Lower Body Blast! Matthew Pasqua	9:00-9:45 YS	Pilates <i>Jennifer DeLuccia</i>	11:00-11:45 MS	Cross Fusion <i>Matthew Pasqua</i>
9:30-10:15 TR◆	Tread and Shred <i>Leo Troso</i>	9:30-10:15 MS	Best Butt Ever <i>Jeanne Cargill</i>	9:30-10:30 YS	True Barre <i>Jo Marie Steinel</i>	9:30-10:30 YS	Vinyasa Yoga <i>Andrea Scaramelli</i>	10:30-11:15 YS	True Barre <i>Jeanne Cargill</i>	10:00-10:30 MS	Hard Core Conditioning <i>Renee Pesante</i>	4:00-5:15 YS	Restorative Flow Yoga <i>Courtney Bevilacqua</i>
9:30-10:30 YS	Power Yoga <i>Alison Bernasco</i>	9:30-10:30 YS	Vinyasa Yoga <i>Courtney Bevilacqua</i>	10:30-11:00 MS	Upper Body Conditioning <i>Lauren Quinn</i>	10:30-11:00 MS	THE MUSE™ Kathryn Blaze	10:30-11:15 MS	Athletic Conditioning <i>Nick Dowling</i>	10:00-11:30 YS	Power Yoga <i>Stacey Bell</i>		
12:30-1:15 MS	Tabata <i>Lauren Quinn</i>	10:30-11:30 YS	EQX Barre Burn <i>Kathryn Blaze</i>	12:30-1:15 MS	TRX MAX <i>Nicole Greco-Peepas</i>	12:30-1:15 MS	Tread and Shred <i>Lauren Quinn</i>	12:30-1:15 MS	12:30-1:15 MS	10:30-11:00 MS◆	Firestarter <i>Renee Pesante</i>		
6:00-6:45 CS◆	Studio Cycling <i>Renee Pesante</i>	12:30-1:15 TR◆	Elevate <i>Jennifer DeLuccia</i>	6:00-6:45 CS◆	Studio Cycling <i>Kelly Christmas</i>	12:30-1:15 TR◆	Tread and Shred <i>Lauren Quinn</i>	6:00-6:45 MS	TRX MAX <i>Nicole Greco-Peepas</i>	11:00-11:45 TR◆	Elevate <i>John Tarmaggiore</i>	12:00-12:45 MS	Strength & Sweat <i>John Tarmaggiore</i>
6:00-6:45 YS	Pilates <i>Danielle Mack</i>	6:00-6:45 MS	Tabata Circuit <i>Nick Dowling</i>	6:00-6:45 MS	Jump Train <i>John Morales</i>	6:00-6:45 YS	Barre <i>Kathy Donovan</i>	6:00-6:45 MS	TRX MAX <i>Nicole Greco-Peepas</i>			4:00-4:45 CS◆	Studio Cycling <i>Kelly Christmas</i>
7:00-7:45 MS	Whipped! <i>James Thomas</i>	6:00-6:50 TR◆	Elevate Laura Fielding	7:00-7:45 MS	Athletic Conditioning <i>Brian Grogan</i>	7:00-7:45 MS	Precision Running® Marc Cooperman	6:00-6:45 YS	Barre <i>Kathy Donovan</i>				
7:00-8:00 YS	Power Yoga <i>Lisa Eisenstadt</i>	7:00-7:45 MS	I.T.V. interval training Debra Martin	7:00-8:00 YS	Vinyasa Yoga <i>Courtney Bevilacqua</i>	7:00-7:45 TR◆	Precision Running® Marc Cooperman	7:00-7:45 YS	Pilates <i>Matthew Pasqua</i>				
		7:00-7:45 YS	Pilates <i>Laura Fielding</i>			7:00-7:45 YS	Pilates <i>Matthew Pasqua</i>						

SUMMIT

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT - SUN: 7:00AM - 7:00PM

GROUP FITNESS MANAGER
RENEE PESANTE
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

CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area
PD	Pool Deck

WHAT'S NEW THIS MONTH

Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

THE PURSUIT: BUILD Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

PRECISION RUNNING You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

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

GET UP & FLOW! An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

RESTORATIVE FLOW YOGA Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

YOGA REVIVAL Rejuvenate with cleansing breath exercises (pranayama), REvive with relatable classical yoga poses (asana), and dynamic movement to raise the energy and create fluidity (Shingjon). Then REfocus the mind to tranquility with restorative yoga and a guided meditation (dyana).

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful.

Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

CROSS FUSION A broad and inclusive workout to challenge your entire fitness level. Each workout is designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

I.T.V. INTERVAL TRAINING Interval training has never been this much fun! Join us for a mixture of muscle conditioning and high energy cardio exercises that will shape and define. Class format will vary, so expect the unexpected!

JUMP TRAIN Burn hundreds of calories and learn to build amazing functional strength! Intervals of jumping rope, plyometric drills, and functional body sculpting will concentrate your workout and deliver that lean and strong body you want!

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

SHOCKWAVE Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

TABATA CARDIO Apply the Tabata Formula to Cardio Drills and Flowing Cardio for a sweaty results- guaranteed workout. 4 minute Tabata intervals (8 rounds: 20 second high intensity training & 10 seconds active rest) between cardio sets. The Tabata Protocol is proven to physiologically transform your body.

TABATA CIRCUIT At your request we combined the best of two classes: the movement of Whipped, and the intensity of Tabata. This cardio/strength circuit workout with tabata intervals keeps you moving and consistently introduces new challenges for the full body. It's all or nothing in this breathless workout.

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

X-TREME X-TRAIN A challenging cross-training class that combines sets and reps of muscle conditioning exercises, with plyometric training drills. A fast paced total body workout geared toward increasing both muscular strength and endurance.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

LONG + LEAN

ABOVE THE BELT A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

HARD CORE CONDITIONING An intense upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. Using a variety of equipment, this class will help you define your body from head to toe.

LOWER BODY BLAST! Buff your ASSets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.