

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
5:30-6:15 MS	Shockwave <i>Diana Leskauskas</i>	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>	8:30-9:15 MS	METCON3 <i>Renee Pesante</i>	5:30-6:15 MS◆	PURE STRENGTH <i>Lauren Quinn</i>	5:30-6:20 CS◆	The Pursuit: Burn <i>Renee Pesante</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>Lauren Carabelli</i>	8:30-9:30 YS	True Barre <i>Danielle Mack</i>	8:30-9:30 YS	True Barre <i>Jeanne Cargill</i>	6:15-7:00 CS◆	Studio Cycling <i>Jodi Cortes</i>	6:15-7:00 MS	Boot Camp <i>Harrison Mercado</i>
8:30-9:15 CS◆	Studio Cycling <i>Christian Ramos</i>	8:30-9:20 CS◆	The Pursuit: Burn <i>Debra Martin</i>	8:00-8:45 TR◆	Tread and Shred <i>Leo Troso</i>	9:00-9:50 CS◆	The Pursuit: Build <i>Renee Pesante (SUB)</i>	9:30-10:20 CS◆	The Pursuit: Burn <i>Renee Pesante</i>	8:30-9:20 CS◆	The Pursuit: Build <i>Christian Ramos</i>	7:15-8:00 CS◆	Studio Cycling <i>Renee Pesante</i>
8:30-9:15 MS◆	PURE STRENGTH <i>Matthew Pasqua</i>	8:30-9:15 MS	TRX MAX <i>Jennifer DeLuccia</i>	9:00-9:45 CS◆	Red, Ride and Blue <i>Renee Pesante</i>	9:00-9:45 MS	Tabata Cardio <i>Matthew Pasqua</i>	9:30-10:15 MS	Best Butt Ever <i>Jeanne Cargill</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 TR◆	Tread and Shred <i>Andres Herrera</i>	8:30-9:30 YS	Power Yoga <i>Lisa Eisenstadt</i>	9:00-9:45 MS	I.T.V. interval training <i>Debra Martin</i>	9:00-9:45 MS	Yoga REvival <i>Danielle Ayer</i>	9:30-10:15 MS	Pilates <i>Jennifer DeLuccia</i>	8:30-9:15 TR◆	Tread and Shred <i>Andres Herrera</i>	8:30-9:15 MS	Circuit Challenge <i>Lauren Quinn</i>
8:30-9:15 YS	Pilates <i>Michele Shanaphy</i>	9:30-10:15 CS◆	Studio Cycling <i>Jennifer DeLuccia</i>	9:00-9:45 YS	Pilates <i>Jennifer DeLuccia</i>	10:00-11:30 YS	Yoga REvival <i>Danielle Ayer</i>	9:30-10:15 YS	Pilates <i>Jennifer DeLuccia</i>	8:30-9:15 YS	Pilates <i>Michele Shanaphy</i>	8:30-9:30 YS	True Barre <i>Jo Marie Steinel</i>
9:30-10:20 CS◆	The Pursuit: Build <i>Christian Ramos (SUB)</i>	9:30-10:15 MS	Whipped! <i>Diana Leskauskas</i>	10:00-10:30 MS	Summer Sculpt <i>Renee Pesante</i>	10:00-11:30 YS	Yoga REvival <i>Danielle Ayer</i>	10:30-12:00 YS	Memorial Day Warrior Yoga <i>Alison Bernasco</i>	9:30-10:15 CS◆	Studio Cycling <i>Christian Ramos</i>	9:30-10:15 MS	Studio Cycling <i>Lauren Quinn</i>
9:30-10:15 MS	Tabata Cardio <i>Matthew Pasqua</i>	9:30-10:15 TR◆	Tread and Shred <i>Andres Herrera</i>	10:00-10:30 MS	Summer Sculpt <i>Renee Pesante</i>	10:00-11:30 YS	Yoga REvival <i>Danielle Ayer</i>	12:30-1:15 CL	Summer Slam <i>Brian Grogan</i>	9:30-10:15 MS	Best Butt Ever <i>Jeanne Cargill</i>	9:30-10:15 MS	Strength & Sweat <i>Renee Pesante</i>
9:30-10:30 YS	Vinyasa Yoga <i>Andrea Scaramelli</i>	9:30-10:30 YS	True Barre <i>Jeanne Cargill</i>	10:00-11:30 YS	Power Yoga <i>Alison Bernasco (SUB)</i>	10:30-11:00 MS◆	Yoga REvival <i>Danielle Ayer</i>			9:30-10:30 YS	Vinyasa Yoga <i>Courtney Bevilacqua</i>	9:30-10:30 YS	True Barre <i>Jo Marie Steinel</i>
10:30-11:00 MS	Best Abs Ever <i>Matthew Pasqua</i>	10:30-11:15 YS	Pilates <i>Jeanne Cargill</i>	10:30-11:00 MS◆	Firestarter <i>Renee Pesante</i>					10:30-11:30 YS	EQX Barre Burn <i>Kathryn Blaze</i>	10:30-11:00 MS	Upper Body Conditioning <i>Lauren Quinn</i>
10:30-11:30 YS	EQX Barre Burn <i>Kathryn Blaze</i>	12:30-1:15 MS	Athletic Conditioning <i>Nick Dowling</i>	12:00-12:45 MS	Strength & Sweat <i>John Tarmaggiore</i>					6:00-6:45 MS	Tabata Circuit <i>Nick Dowling</i>	12:30-1:15 MS	TRX MAX <i>Nicole Greco-Peepas</i>
6:00-6:45 MS	Jump Train <i>Nicole Greco-Peepas</i>									6:00-7:00 YS	Barre <i>Laura Fielding</i>	6:00-6:45 CS◆	Studio Cycling <i>Kelly Swift</i>
7:00-7:45 YS	Pilates <i>Matthew Pasqua</i>									7:00-7:45 MS	METCON3 <i>Debra Martin</i>	6:00-6:45 YS	Pilates <i>Anna Upton</i>
										7:00-7:45 YS	Pilates <i>Laura Fielding</i>	7:00-7:45 MS	Athletic Conditioning <i>Brian Grogan</i>
												7:00-8:00 YS	Vinyasa Yoga <i>Courtney Bevilacqua</i>

SUMMIT

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 05:00 PM

MAY 29: 07:00 AM - 07:00 PM

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

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

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

RED, RIDE AND BLUE 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.

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

TREAD AND SHRED A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and 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!

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

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.

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!

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

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.

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!

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals.

Push yourself with external weights and your own weight to take your performance higher.

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.

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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.

CONDITIONING

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

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.

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.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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

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.