

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15 CS◆ Studio Cycling <i>John Tarmaggiore</i>	5:30-6:15 MS◆ Ropes and Rowers <i>Lauren Quinn</i>	5:30-6:20 CS◆ <b>The Pursuit: Build</b> <b>Renee Pesante</b>	5:30-6:15 MS METCON3 <i>Diana Leskauskas</i>	5:30-6:15 MS TRX MAX <i>Nicole Greco-Peepas</i>	8:00-8:45 CL X-Treme X-Train <i>Frank Salzone</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 Mercardo</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 CS◆ Studio Cycling <i>Diana Leskauskas</i>	8:00-9:00 YS <b>True Barre</b> <b>Michael Clark</b>
8:30-9:15 CS◆ <b>Studio Cycling</b> <b>Brian Ahn</b>	6:15-7:00 CS◆ Studio Cycling <i>Jodi Cortes</i>	8:30-9:15 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◆ <b>The Pursuit: Burn</b> <b>Lauren Quinn</b>
8:30-9:00 MS◆ Firestarter <i>Renee Pesante</i>	8:30-9:20 CS◆ <b>The Pursuit: Burn</b> <b>Christian Ramos</b>	8:30-9:15 MS METCON3 <i>Lauren Quinn</i>	8:30-9:15 MS Body Conditioning <i>Matthew Pasqua</i>	8:30-9:30 YS Power Yoga <i>Maya Ashley</i>	8:00-8:45 YS <b>True Barre</b> <b>Kathryn Blaze</b>	9:00-9:45 MS Tabata Cardio <i>Matthew Pasqua</i>
8:30-9:15 YS Barre <i>Liza Gambello</i>	8:30-9:15 MS <b>Streamline Sculpt</b> <b>Jeanne Cargill</b>	8:30-9:15 MS <b>THE MUSE™</b> <b>Michael Clark</b>	8:30-9:15 TR◆ 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>	9:05-9:50 YS◆ <b>THE MUSE™</b> <b>Michael Clark</b>
9:00-9:15 MS Above the Belt <i>Renee Pesante</i>	8:30-9:15 TR◆ Tread and Shred <i>Andres Herrera</i>	9:30-10:15 CS◆ Studio Cycling <i>Lauren Quinn</i>	8:30-9:15 YS Pilates <i>Michele Shanaphy</i>	9:30-10:15 MS METCON3 <i>Diana Leskauskas</i>	9:00-11:00 FF Personal Training Workshops <i>Equinox Trainers</i>	10:00-10:45 CS◆ <b>ANTHEM™</b> <b>Renee Pesante</b>
9:30-10:15 CS◆ <b>ANTHEM™</b> <b>Renee Pesante</b>	8:30-9:15 YS Pilates <i>Michele Shanaphy</i>	9:30-10:15 MS Stacked! <i>Renee Pesante</i>	9:30-10:15 CS◆ <b>Studio Cycling</b> <b>Brian Ahn</b>	9:30-10:15 TR◆ Precision Running@ <i>Marc Cooperman</i>	9:00-9:45 MS◆ Ropes and Rowers <i>Debra Martin</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>	9:30-10:30 YS True Barre <i>Jo Marie Steinel</i>	9:30-10:15 MS Tabata Cardio <i>Matthew Pasqua</i>	9:30-10:30 YS True Barre <i>Jeanne Cargill</i>	9:00-9:55 PD◆ EQX H2O: Speed <i>Marc Cooperman</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>	10:30-11:00 MS <b>Above the Belt</b> <b>Lauren Quinn</b>	9:30-10:30 YS Vinyasa Yoga <i>Andrea Scaramelli</i>	10:30-11:15 YS Pilates <i>Jeanne Cargill</i>	9:00-9:45 YS Pilates <i>Jennifer DeLuccia</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>	12:30-1:15 MS TRX MAX <i>Nicole Greco-Peepas</i>	10:30-11:00 MS <b>The Low Down</b> <b>Matthew Pasqua</b>	10:30-11:15 YS Athletic Conditioning <i>Nick Dowling</i>	10:00-10:30 MS <b>Definitions</b> <b>Renee Pesante</b>	
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>	10:30-11:15 YS◆ <b>THE MUSE™</b> <b>Kathryn Blaze</b>	12:30-1:15 MS Athletic Conditioning <i>Nick Dowling</i>	10:00-11:30 YS Power Yoga <i>Stacey Bell</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◆ <b>Studio Cycling</b> <b>Brian Ahn</b>	12:30-1:15 TR◆ Tread and Shred <i>Lauren Quinn</i>	6:00-6:45 MS TRX MAX <i>Nicole Greco-Peepas</i>	10:30-11:00 MS◆ Firestarter <i>Renee Pesante</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 MS TRX MAX <i>Nicole Greco-Peepas</i>	6:00-6:45 YS Barre <i>Kathy Donovan</i>	11:00-11:45 TR◆ Elevate <i>John Tarmaggiore</i>	
7:00-7:45 MS Whipped! <i>James Thomas</i>	6:00-6:50 TR◆ Elevate <i>Laura Fielding</i>	7:00-7:45 MS <b>Athletic</b> <b>Conditioning</b> <b>John Morales</b>	6:00-6:45 YS Barre <i>Kathy Donovan</i>	7:00-7:45 TR◆ Precision Running@ <i>Marc Cooperman</i>	12:00-12:45 MS Strength & Sweat <i>John Tarmaggiore</i>	
7:00-8:00 YS Power Yoga <i>Lisa Eisenstadt</i>	6:00-6:45 YS <b>Best Butt Ever</b> <b>Robin Brody</b>	7:00-8:00 YS Vinyasa Yoga <i>Courtney Bevilacqua</i>	7:00-7:45 TR◆ Precision Running@ <i>Marc Cooperman</i>	7:00-7:45 YS Pilates <i>Matthew Pasqua</i>	4:00-4:45 CS◆ Studio Cycling <i>Kelly Christmas</i>	
	7:00-7:45 MS I.T.V. interval training <i>Debra Martin</i>					
	7:00-7:45 YS <b>Pilates</b> <b>Robin Brody</b>					

## SUMMIT

68 RIVER ROAD  
SUMMIT NEWJERSEY 07901  
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EQUINOX.COM  
@EQUINOX

**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
CL	Club Lobby
FF	FITNESS FLOOR
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

**ANTHEM™** Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

**STUDIO CYCLING** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

**THE PURSUIT: BUILD** Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

**THE PURSUIT: BURN** Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

#### 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.

**PERSONAL TRAINING WORKSHOPS** There's no substitute for expertise. Discover what you've always wanted to know about high-performance living, straight from our unparalleled personal trainers. Check with your club for this month's topic and be sure to add to your weekly calendar.

**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!

**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** Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

**DEFINITIONS** You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

**STREAMLINE SCULPT** Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

**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 LOW DOWN** Get a better rearview in a class devoted to intense shaping and sculpting. Challenge your abs and strengthen your glutes, thighs, and hamstrings for a total lower body workout that will enhance your finest assets.

**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.