

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
5:30-6:15 CS◆ Studio Cycling <i>John Tarmaggiore</i>	6:15-7:00 YS Pilates <i>John Tarmaggiore</i>	5:30-6:15 MS◆ Shockwave <i>Lauren Quinn</i>	5:30-6:15 YS Barre <i>Nicole Dockx</i>	5:30-6:15 CS◆ Studio Cycling <i>Renee Pesante</i>	6:15-7:00 MS Boot Camp <i>Harrison Mercado</i>	7:30-8:20 CS◆ <b>The Pursuit: Build</b> <i>Renee Pesante</i>	8:30-9:20 CS◆ <b>The Pursuit: Burn</b> <i>Debra Martin</i>	8:00-8:45 MS X-Treme X-Train <i>James Thomas</i>	8:30-9:15 MS <b>METCON3</b> <i>Jennifer DeLuccia</i>	8:00-8:45 CS◆ Studio Cycling <i>Renee Pesante (SUB)</i>	8:00-8:45 MS X-Treme X-Train <i>Felix Erazo (SUB)</i>	8:00-8:45 MS Body Conditioning <i>Matthew Pasqua</i>	8:30-9:30 YS True Barre <i>Danielle Mack</i>
8:30-9:00 MS◆ Firestarter <i>Renee Pesante</i>	6:15-7:00 CS◆ Studio Cycling <i>Jodi Cortes</i>	6:15-7:00 CS◆ Studio Cycling <i>Jodi Cortes</i>	6:15-7:00 YS Studio Cycling <i>Jodi Cortes</i>	8:30-9:15 CS◆ Studio Cycling <i>Renee Pesante</i>	8:30-9:15 MS Studio Cycling <i>Renee Pesante</i>	8:00-8:45 MS X-Treme X-Train <i>James Thomas</i>	8:30-9:15 MS X-Treme X-Train <i>James Thomas</i>	9:30-10:15 CS◆ Studio Cycling <i>Jennifer DeLuccia</i>	9:30-10:15 CS◆ Studio Cycling <i>Jennifer DeLuccia</i>	8:00-8:45 TR◆ Tread and Shred <i>Leo Troso</i>	8:00-8:45 TR◆ Tread and Shred <i>Leo Troso</i>	9:00-9:50 CS◆ The Pursuit: Build <i>Lauren Quinn</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 CS◆ Studio Cycling <i>Christian Ramos</i>	8:30-9:15 CS◆ Studio Cycling <i>Christian Ramos</i>	8:30-9:15 YS Hard Core Conditioning <i>Robin Brody (SUB)</i>	8:30-9:15 MS◆ Shockwave <i>Lauren Quinn</i>	8:30-9:15 YS Shockwave <i>Lauren Quinn</i>	8:30-9:30 YS True Barre <i>Michelle Goldberg</i>	9:30-10:15 MS Tabata Circuit <i>Debra Martin</i>	9:30-10:15 MS Tabata Circuit <i>Debra Martin</i>	9:30-10:15 MS Tabata Circuit <i>Debra Martin</i>	8:00-8:45 YS True Barre <i>Michelle Goldberg</i>	8:00-8:45 YS True Barre <i>Michelle Goldberg</i>	9:00-9:45 MS Yoga REvival <i>Danielle Ayer</i>	9:00-9:45 MS Yoga REvival <i>Danielle Ayer</i>
9:00-9:15 MS Upper Body Conditioning <i>Renee Pesante</i>	8:30-9:15 MS Hard Core Conditioning <i>Robin Brody (SUB)</i>	8:30-9:15 MS Hard Core Conditioning <i>Robin Brody (SUB)</i>	8:30-9:15 TR◆ Tread and Shred <i>Andres Herrera</i>	8:30-9:15 YS Pilates <i>Anna Upton</i>	9:30-10:15 CS◆ Studio Cycling <i>Lauren Quinn</i>	9:00-10:15 CS◆ Beast n Feast Ride <i>Renee Pesante</i>	9:30-10:15 MS TRX MAX <i>Jennifer DeLuccia</i>	9:30-10:15 MS TRX MAX <i>Jennifer DeLuccia</i>	9:30-10:15 MS TRX MAX <i>Jennifer DeLuccia</i>	9:00-9:45 CS◆ Studio Cycling <i>Michelle Goldberg (SUB)</i>	9:00-9:45 MS I.T.V. interval training <i>Debra Martin</i>	10:00-11:30 YS Yoga REvival <i>Danielle Ayer</i>	10:00-11:30 YS Yoga REvival <i>Danielle Ayer</i>
9:30-10:15 CS◆ Studio Cycling <i>Kelly Christmas</i>	8:30-9:15 TR◆ Tread and Shred <i>Andres Herrera</i>	8:30-9:15 TR◆ Tread and Shred <i>Andres Herrera</i>	8:30-9:15 YS Yoga Core <i>Maya Ashley</i>	9:30-10:15 MS◆ Whipped! <i>James Thomas</i>	9:30-10:15 MS Whipped! <i>James Thomas</i>	9:30-10:15 MS Carve and Sculpt <i>James Thomas</i>	10:30-11:15 MS Power Yoga <i>Maya Ashley</i>	10:30-11:15 MS Power Yoga <i>Maya Ashley</i>	10:30-12:00 YS Power Yoga <i>Maya Ashley</i>	9:00-9:45 YS Pilates <i>Jennifer DeLuccia</i>	9:00-9:45 YS Pilates <i>Jennifer DeLuccia</i>	11:00-11:45 MS Cross Fusion <i>Matthew Pasqua</i>	11:00-11:45 MS Cross Fusion <i>Matthew Pasqua</i>
9:30-10:15 MS TRX MAX <i>Felix Erazo</i>	9:30-10:15 YS Yoga Core <i>Maya Ashley</i>	9:30-10:15 YS Yoga Core <i>Maya Ashley</i>	9:30-10:15 MS Best Butt Ever <i>Kathryn Blaze (SUB)</i>	9:30-10:15 YS Pilates <i>Anna Upton</i>	9:30-10:15 YS Pilates <i>Anna Upton</i>	9:30-10:15 YS Pilates <i>Anna Upton</i>	10:30-12:00 YS Power Yoga <i>Maya Ashley</i>	10:30-12:00 YS Power Yoga <i>Maya Ashley</i>	10:30-12:00 YS Power Yoga <i>Maya Ashley</i>	9:00-9:45 YS Pilates <i>Jennifer DeLuccia</i>	9:00-9:45 YS Pilates <i>Jennifer DeLuccia</i>	4:00-5:15 YS Restorative Flow Yoga <i>Courtney Bevilacqua</i>	4:00-5:15 YS Restorative Flow Yoga <i>Courtney Bevilacqua</i>
9:30-10:30 YS Power Yoga <i>Alison Bernasco</i>	9:30-10:15 MS Best Butt Ever <i>Kathryn Blaze (SUB)</i>	9:30-10:15 MS Best Butt Ever <i>Kathryn Blaze (SUB)</i>	9:30-10:30 MS Vinyasa Yoga <i>Melanie Finnmern (SUB)</i>	10:30-11:00 MS Upper Body Conditioning <i>Lauren Quinn</i>	10:30-11:00 MS Upper Body Conditioning <i>Lauren Quinn</i>	10:30-11:15 MS Half Time Hustle <i>Matthew Pasqua</i>	11:30-12:15 MS EQX Barre Burn <i>Kathryn Blaze</i>	11:30-12:15 MS EQX Barre Burn <i>Kathryn Blaze</i>	11:30-12:15 MS EQX Barre Burn <i>Kathryn Blaze</i>	10:00-10:30 MS Hard Core Conditioning <i>Renee Pesante</i>	10:00-10:30 MS Hard Core Conditioning <i>Renee Pesante</i>		
12:30-1:15 MS Tabata <i>Lauren Quinn</i>	9:30-10:30 YS Vinyasa Yoga <i>Melanie Finnmern (SUB)</i>	9:30-10:30 YS Vinyasa Yoga <i>Melanie Finnmern (SUB)</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>	10:30-11:00 MS Upper Body Conditioning <i>Lauren Quinn</i>	10:30-11:30 YS Half Time Hustle <i>Matthew Pasqua</i>	11:30-12:15 MS EQX Barre Burn <i>Kathryn Blaze</i>	11:30-12:15 MS EQX Barre Burn <i>Kathryn Blaze</i>	11:30-12:15 MS EQX Barre Burn <i>Kathryn Blaze</i>	10:00-11:30 YS Power Yoga <i>Stacey Bell</i>	10:00-11:30 YS Power Yoga <i>Stacey Bell</i>		
2:05-2:55 CS◆ Private Event <i>Renee Pesante</i>	10:30-11:30 YS EQX Barre Burn <i>Kathryn Blaze</i>	10:30-11:30 YS EQX Barre Burn <i>Kathryn Blaze</i>	12:30-1:15 MS TRX MAX <i>Frank Salzone (SUB)</i>	12:30-1:15 MS TRX MAX <i>Frank Salzone (SUB)</i>	12:30-1:15 MS TRX MAX <i>Frank Salzone (SUB)</i>	10:30-11:30 YS Gratitude Yoga <i>Jen Guarnieri</i>	12:30-1:15 MS Athletic Conditioning <i>Nick Dowling</i>	12:30-1:15 MS Athletic Conditioning <i>Nick Dowling</i>	12:30-1:15 MS Athletic Conditioning <i>Nick Dowling</i>	10:30-11:00 MS◆ Firestarter <i>Renee Pesante</i>	10:30-11:00 MS◆ Firestarter <i>Renee Pesante</i>		
6:00-6:45 CS◆ Studio Cycling <i>Kelly Christmas (SUB)</i>	1:05-1:55 CS◆ Private Class <i>Renee Pesante</i>	1:05-1:55 CS◆ Private Class <i>Renee Pesante</i>	6:00-6:45 CS◆ Studio Cycling <i>Kelly Christmas</i>	6:00-6:45 CS◆ Studio Cycling <i>Kelly Christmas</i>	6:00-6:45 CS◆ Studio Cycling <i>Kelly Christmas</i>		4:00-4:45 CS◆ Studio Cycling <i>Lauren Quinn</i>	4:00-4:45 CS◆ Studio Cycling <i>Lauren Quinn</i>	4:00-4:45 CS◆ Studio Cycling <i>Lauren Quinn</i>	12:00-12:45 MS Strength & Sweat <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 Tabata Circuit <i>Nick Dowling</i>	6:15-6:45 MS◆ THE CUT: Jump Rope <i>Brian Grogan (SUB)</i>	6:15-6:45 MS◆ THE CUT: Jump Rope <i>Brian Grogan (SUB)</i>	6:15-6:45 MS◆ THE CUT: Jump Rope <i>Brian Grogan (SUB)</i>								
7:00-7:45 MS◆ Shockwave <i>Diana Leskauskas (SUB)</i>	6:00-7:00 YS Barre <i>Laura Fielding</i>	6:00-7:00 YS Barre <i>Laura Fielding</i>	6:45-7:00 MS Ab Lab <i>Brian Grogan (SUB)</i>	6:45-7:00 MS Ab Lab <i>Brian Grogan (SUB)</i>	6:45-7:00 MS Ab Lab <i>Brian Grogan (SUB)</i>								
7:00-8:00 YS Power Yoga <i>Lisa Eisenstadt</i>	7:00-7:45 MS Power Sculpt <i>Debra Martin</i>	7:00-7:45 MS Power Sculpt <i>Debra Martin</i>	7:00-7:45 MS Athletic Conditioning <i>Brian Grogan</i>	7:00-7:45 MS Athletic Conditioning <i>Brian Grogan</i>	7:00-7:45 MS Athletic Conditioning <i>Brian Grogan</i>								
	7:00-7:45 YS Pilates <i>Laura Fielding</i>	7:00-7:45 YS Pilates <i>Laura Fielding</i>	7:00-8:00 YS Vinyasa Yoga <i>Melanie Finnmern (SUB)</i>	7:00-8:00 YS Vinyasa Yoga <i>Melanie Finnmern (SUB)</i>	7:00-8:00 YS Vinyasa Yoga <i>Melanie Finnmern (SUB)</i>								

## SUMMIT

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## THANKSGIVING MODIFIED HOURS

**NOVEMBER 23:** 07:00 AM - 02:00 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

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

### WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

## STUDIO CYCLING

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**PRIVATE CLASS** Private Class - Invited Attendees Only

**PRIVATE EVENT** Private Event - Invited Attendees Only

**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** 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

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, tones and 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 CORE** Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

**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!

**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.

**HALF TIME HUSTLE** Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

**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!

**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!

**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.

**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.

## CONDITIONING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**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.

**CARVE AND SCULPT** Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

**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.

**POWER SCULPT** An intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body

**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.

**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.

## BOXING & MARTIAL ARTS

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.