

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:30-6:15 CS◆	Studio Cycling <i>John Tarnaggiore</i>	5:30-6:15 MS◆	PURE STRENGTH <i>Lauren Quinn</i>	5:30-6:20 CS◆	The Pursuit: Burn Renee Pesante	5:30-6:15 CL	RunCross® <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>
6:15-7:00 YS	Pilates <i>John Tarnaggiore</i>	5:30-6:15 YS	Barre Nicole Dockx	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>Lauren Carabelli</i>	8:30-9:30 YS	True Barre <i>Danielle Mack</i>
8:30-9:15 MS	METCON3 <i>Renee Pesante</i>	6:15-7:00 CS◆	Studio Cycling <i>Jodi Cortes</i>	7:15-8:05 CS◆	The Pursuit: Build Renee Pesante	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: Build Lauren Quinn
8:30-9:30 YS	Barre Liza Gambello	8:30-9:20 CS◆	The Pursuit: Build Christian Ramos	8:30-9:15 MS	Circuit Challenge <i>Lauren Quinn</i>	8:30-9:15 MS◆	PURE STRENGTH <i>Matthew Pasqua</i>	8:30-9:30 YS	Power Yoga <i>Lisa Eisenstadt</i>	8:00-8:45 YS	Barre Liza Gambello	9:00-9:45 MS	Tabata Cardio <i>Matthew Pasqua</i>
9:30-10:15 CS◆	Studio Cycling <i>Kelly Swift</i>	8:30-9:15 MS	Hard Core Conditioning <i>Jeanne Cargill</i>	8:30-9:30 YS	True Barre <i>Jo Marie Steinel</i>	8:30-9:15 YS	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>Team Equinox</i>	10:00-11:30 YS	Yoga REvival <i>Danielle Ayer</i>
9:30-10:00 MS◆	Firestarter <i>Renee Pesante</i>	8:30-9:15 TR◆	Tread and Shred <i>Andres Herrera</i>	9:30-10:15 MS	4X4 Renee Pesante	9:30-10:15 MS	Pilates <i>Michele Shanaphy</i>	9:30-10:30 YS	Strength & Sweat Diana Leskauskas	9:00-9:45 MS	I.T.V. interval training <i>Debra Martin</i>	11:00-11:45 MS	Cross Fusion <i>Matthew Pasqua</i>
9:30-10:15 TR◆	Tread and Shred <i>Leo Troso</i>	8:30-9:15 YS	Pilates <i>Michele Shanaphy</i>	9:30-10:15 MS	True Barre <i>Jo Marie Steinel</i>	9:30-10:30 YS	Tabata Cardio <i>Matthew Pasqua</i>	9:30-10:30 YS	True Barre <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>	9:30-10:15 MS	Best Butt Ever <i>Jeanne Cargill</i>	9:30-10:30 YS	Upper Body Conditioning <i>Lauren Quinn</i>	10:30-11:00 MS	Vinyasa Yoga <i>Andrea Scaramelli</i>	10:30-11:15 YS	Pilates <i>Jeanne Cargill</i>	10:00-10:30 MS	Hard Core Conditioning <i>Renee Pesante</i>		
10:00-10:30 MS	Hard Core Conditioning Renee Pesante	9:30-10:30 YS	Vinyasa Yoga <i>Courtney Bevilacqua</i>	10:30-11:00 MS	METCON3 <i>James Thomas</i>	12:30-1:15 MS	Best Abs Ever <i>Matthew Pasqua</i>	12:30-1:15 MS	Athletic Conditioning <i>Nick Dowling</i>	10:00-11:30 YS	Power Yoga <i>Stacey Bell</i>		
12:30-1:15 MS	Whipped! <i>Lauren Quinn</i>	10:30-11:30 YS	EQX Barre Burn <i>Kathryn Blaze</i>	6:00-6:45 MS	Studio Cycling <i>Kelly Swift</i>	6:00-6:45 MS	Jump Train <i>Nicole Greco-Peepas</i>	6:00-6:45 MS	Jump Train <i>Nicole Greco-Peepas</i>	10:30-11:00 MS◆	Firestarter <i>Renee Pesante</i>		
6:00-6:45 CS◆	Studio Cycling <i>Renee Pesante</i>	6:00-6:45 MS	Tabata Circuit <i>Nick Dowling</i>	6:00-6:45 CS◆	Studio Cycling <i>Kelly Swift</i>	6:00-7:00 YS	Barre Jamie Greer	6:00-7:00 YS	Barre Jamie Greer	12:00-12:45 MS	Strength & Sweat <i>John Tarnaggiore</i>		
6:00-6:45 YS	Pilates <i>Danielle Mack</i>	6:00-7:00 YS	Barre <i>Laura Fielding</i>	6:00-6:45 MS	Best Butt Ever Alexia Kalfas	7:00-7:45 TR◆	Precision Running® <i>James Thomas</i>	7:00-7:45 TR◆	Precision Running® <i>James Thomas</i>				
7:00-7:45 MS◆	PURE STRENGTH <i>Renee Pesante</i>	7:00-7:45 MS	METCON3 <i>Debra Martin</i>	7:00-7:45 MS	Athletic Conditioning <i>Brian Grogan</i>	7:00-7:45 YS	Pilates <i>Matthew Pasqua</i>	7:00-7:45 YS	Pilates <i>Matthew Pasqua</i>				
7:00-8:00 YS	Power Yoga <i>Lisa Eisenstadt</i>	7:00-7:45 YS	Pilates <i>Laura Fielding</i>	7:00-8:00 YS	Vinyasa Yoga <i>Courtney Bevilacqua</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
CL	Club Lobby

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO 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

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.

RUNCROSS This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

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.

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.

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.

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

4X4 Rev up your engine & go for the long haul.

This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

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.

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.