

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
5:45-6:30 CS◆ Studio Cycling <i>Mary Acoury (SUB)</i>	5:45-6:30 MS Super Sculpt <i>Rosa Brucia</i>	6:00-6:45 CS◆ Studio Cycling <i>Anthony Bianco (SUB)</i>	8:30-9:15 CS◆ Beast n Feast Ride <i>Mary Acoury</i>	8:30-9:15 CS◆ Studio Cycling <i>Christian Ramos (SUB)</i>	8:15-9:00 MS Boot Camp <i>Mary Acoury</i>	8:30-9:30 CS◆ Studio Cycling <i>Anthony Bianco</i>	8:30-9:30 CS◆ Studio Cycling <i>Anthony Bianco</i>	8:30-9:30 CS◆ Studio Cycling <i>Christian Ramos</i>	8:15-9:00 TR◆ Precision Running@ <i>Devon Clark</i>	8:30-9:30 CS◆ Studio Cycling <i>Anthony Bianco</i>	9:10-9:40 MS◆ Firestarter <i>Christine Scerba-Crosby</i>	9:30-10:15 TR◆ Precision Running@ <i>Devon Clark</i>	8:30-9:30 MS Studio Cycling <i>Anthony Bianco</i>
6:15-7:00 YS Barre <i>Michael Clark</i>	6:00-6:45 TR◆ Precision Running@ <i>Arwen Lawson</i>	6:00-7:00 TR◆ Elevate <i>Yagnesh Jani</i>	8:30-9:15 MS 4X4 <i>Lorna DeVeaux</i>	9:00-10:00 YS True Barre <i>Cristy Sycip</i>	8:15-9:00 TR◆ Precision Running@ <i>Devon Clark</i>	9:30-9:45 MS Ab Lab <i>Mary Acoury</i>	9:30-10:15 CS◆ Studio Cycling <i>Christian Ramos</i>	9:30-10:15 MS◆ Ultimate Challenge <i>Christine Scerba-Crosby</i>	9:10-9:40 MS◆ Firestarter <i>Christine Scerba-Crosby</i>	9:30-10:15 TR◆ Precision Running@ <i>Yagnesh Jani</i>	9:30-10:20 TR◆ Elevate <i>Mary Acoury</i>	9:30-10:45 YS Vinyasa Yoga <i>Joshua Ehlin</i>	9:30-10:15 TR◆ Precision Running@ <i>Devon Clark</i>
8:30-9:15 TR◆ Elevate <i>Lorna DeVeaux</i>	6:00-7:00 YS Ashtanga Style Vinyasa Yoga <i>Joshua Ehlin (SUB)</i>	8:30-9:30 YS True Barre <i>Saige Miller</i>	8:30-9:15 TR◆ Precision Running@ <i>Yagnesh Jani</i>	9:30-10:15 MS◆ Above the Belt <i>Christine Scerba-Crosby</i>	9:30-10:45 YS Gratitude Yoga <i>Megan Grbic</i>	9:45-10:15 MS Upper Body Conditioning <i>Mary Acoury</i>	9:30-10:15 MS◆ Studio Cycling <i>Christian Ramos</i>	9:30-10:15 MS◆ Studio Cycling <i>Christine Scerba-Crosby</i>	9:30-10:45 YS Elevate <i>Mary Acoury</i>	10:00-10:45 MS Carve and Sculpt <i>Rosa Brucia</i>	9:45-10:30 CS◆ Studio Cycling <i>Rosa Brucia</i>	10:15-11:00 CS◆ Studio Cycling <i>Christian Ramos</i>	9:30-10:15 TR◆ Precision Running@ <i>Devon Clark</i>
9:00-9:25 MS◆ Firestarter <i>Christine Scerba-Crosby</i>	8:30-9:15 CS◆ Studio Cycling <i>Mary Acoury</i>	9:30-10:15 CS◆ Studio Cycling <i>Rosa Brucia</i>	9:20-9:50 MS◆ Firestarter <i>Lorna DeVeaux</i>	10:30-11:00 MS Vinyasa Yoga <i>Joshua Ehlin</i>	9:45-10:30 CS◆ Studio Cycling <i>Rosa Brucia</i>	10:15-11:00 CS◆ Studio Cycling <i>Christian Ramos</i>	10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>	9:30-10:15 MS◆ Precision Running@ <i>Yagnesh Jani</i>	9:30-10:45 YS Gratitude Yoga <i>Megan Grbic</i>	10:00-10:45 YS◆ Gratitude Yoga <i>Maryse Karunarante</i>	9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		9:30-10:15 TR◆ Precision Running@ <i>Devon Clark</i>
9:30-10:15 CS◆ Studio Cycling <i>Christian Ramos</i>	9:00-9:55 YS Pilates <i>Cheri Wild</i>	9:30-10:15 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>	9:30-10:15 CS◆ Studio Cycling <i>Christine Scerba-Crosby</i>	10:30-11:00 MS Vinyasa Yoga <i>Cheri Ann Kwon</i>	9:30-10:45 YS Gratitude Yoga <i>Megan Grbic</i>		10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>	10:30-11:00 MS Above the Belt <i>Christine Scerba-Crosby</i>	9:30-10:45 YS Gratitude Yoga <i>Megan Grbic</i>		9:45-10:30 CS◆ Studio Cycling <i>Rosa Brucia</i>		9:30-10:45 YS Vinyasa Yoga <i>Joshua Ehlin</i>
9:30-10:15 MS Definitions <i>Christine Scerba-Crosby</i>	9:30-10:15 MS Boot Camp <i>Mary Acoury</i>	10:15-11:15 YS Vinyasa Yoga <i>Cheri Ann Kwon</i>	10:00-10:45 MS Ab Lab <i>Miri Greenberg (SUB)</i>	10:30-11:15 TR◆ Elevate <i>Rosa Brucia</i>	9:45-10:30 CS◆ Studio Cycling <i>Rosa Brucia</i>		10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>	10:30-11:00 MS Above the Belt <i>Christine Scerba-Crosby</i>	9:45-10:30 CS◆ Studio Cycling <i>Rosa Brucia</i>		9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		9:45-10:15 MS Upper Body Conditioning <i>Mary Acoury</i>
10:20-10:35 MS Best Abs Ever <i>Christine Scerba-Crosby</i>	9:30-10:15 TR◆ Precision Running@ <i>Yagnesh Jani</i>	10:30-10:45 MS Ab Lab <i>Miri Greenberg (SUB)</i>	10:30-11:15 TR◆ Elevate <i>Rosa Brucia</i>	10:45-11:15 MS Best Butt Ever <i>Miri Greenberg (SUB)</i>	9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>	10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>	9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		10:15-11:00 CS◆ Studio Cycling <i>Christian Ramos</i>
10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin (SUB)</i>	10:00-11:00 YS Vinyasa Yoga <i>Megan Grbic</i>	10:30-11:15 TR◆ Elevate <i>Rosa Brucia</i>	10:45-11:15 MS Best Butt Ever <i>Miri Greenberg (SUB)</i>	10:45-11:15 MS Best Butt Ever <i>Miri Greenberg (SUB)</i>	9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>	5:30-6:15 CS◆ Studio Cycling <i>Christian Ramos</i>	9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		10:15-11:00 CS◆ Studio Cycling <i>Christian Ramos</i>
5:30-6:15 CS◆ Studio Cycling <i>Syuzanna Grinshpun</i>	5:30-6:15 MS◆ Kettlebell Power <i>Christina Corino</i>	12:00-1:00 YS Vinyasa Yoga <i>Megan Grbic (SUB)</i>	5:30-6:15 MS Body Challenge <i>Christine Scerba-Crosby</i>	5:30-6:15 MS Body Challenge <i>Christine Scerba-Crosby</i>	10:45-11:30 MS Studio Cycling <i>Alex Lepinsky</i>		5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>	5:30-6:15 MS Body Challenge <i>Christine Scerba-Crosby</i>	10:45-11:30 MS Studio Cycling <i>Alex Lepinsky</i>		10:45-11:30 MS Barre Bootcamp <i>Saige Miller</i>		
5:30-6:15 MS Deep EXtreme <i>Lorna DeVeaux</i>	5:30-6:15 TR◆ Elevate <i>Arwen Lawson</i>	5:30-6:15 MS Body Challenge <i>Christine Scerba-Crosby</i>	5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>	5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>	10:45-11:30 MS Barre Bootcamp <i>Saige Miller</i>		6:15-6:45 MS Ab Lab <i>Christine Scerba-Crosby</i>	5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>	10:45-11:30 MS Barre Bootcamp <i>Saige Miller</i>		10:45-11:30 MS Barre Bootcamp <i>Saige Miller</i>		
6:20-7:05 MS Sweat <i>Christine Scerba-Crosby</i>	6:15-6:30 MS THE CUT: Jump Rope <i>Lorna DeVeaux</i>	5:30-6:15 MS Body Challenge <i>Christine Scerba-Crosby</i>	6:15-6:45 MS Ab Lab <i>Christine Scerba-Crosby</i>	6:15-6:45 MS Ab Lab <i>Christine Scerba-Crosby</i>			6:30-7:15 MS Studio Cycling <i>Christine Scerba-Crosby</i>	6:30-7:15 MS Studio Cycling <i>Christine Scerba-Crosby</i>					
6:30-7:15 TR◆ Precision Running@ <i>Yagnesh Jani</i>	6:30-7:15 CS◆ Studio Cycling <i>Christian Ramos</i>	5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>	6:30-7:15 MS Studio Cycling <i>Rosa Brucia</i>	6:30-7:15 MS Studio Cycling <i>Rosa Brucia</i>			6:30-7:15 CS◆ Studio Cycling <i>Rosa Brucia</i>	6:30-7:15 MS Studio Cycling <i>Christian Ramos</i>					
6:30-7:30 YS Vinyasa Yoga <i>Megan Grbic (SUB)</i>	6:30-7:30 MS 4X4 <i>Lorna DeVeaux</i>	6:15-6:45 MS Ab Lab <i>Christine Scerba-Crosby</i>	7:00-8:00 YS Vinyasa Yoga <i>Joshua Ehlin</i>	7:00-8:00 YS Vinyasa Yoga <i>Joshua Ehlin</i>			7:00-8:00 YS Vinyasa Yoga <i>Joshua Ehlin</i>	6:30-7:30 MS Hot Style Yoga <i>Cheri Ann Kwon</i>					
	6:30-7:30 YS Hot Style Yoga <i>Cheri Ann Kwon</i>	6:30-7:15 MS Studio Cycling <i>Rosa Brucia</i>											

PARAMUS

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THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER
LORNA DEVEAUX
lorna.deveaux@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

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

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.

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.

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.

YOGA

ASHTANGA STYLE VINYASA YOGA A Vinyasa style class sequenced off the Ashtanga primary and intermediate series. Ashtanga Style Vinyasa includes correct breathing, posture, and gazing point. While the class is mostly physical in nature, it's ultimate aim is to calm the mind.

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

HOT STYLE YOGA A yoga practice of 26 postures performed in a specific order in a heated room to cleanse the body from the inside out. Be prepared to sweat. Improves strength and flexibility. Decreases stress. Enhances body awareness. Helps eliminate toxins.

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.

ATHLETIC TRAINING

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?

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!

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.

KETTLEBELL POWER Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

ULTIMATE CHALLENGE Test your cardio, strength and conditioning fitness levels to the max. Every week step into the unknown with only one thing for certain...go hard or go home!

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.

BARRE BOOTCAMP Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

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.

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.

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 CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

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.

DEEP EXTREME The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

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.

SUPER SCULPT Total body conditioning using weights, body bars and steps. Builds strength and endurance in the entire body.

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

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.