

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 CS◆ Studio Cycling <i>Gianna Amato</i>	5:45-6:30 MS Super Sculpt <i>Rosa Brucia</i>	6:00-6:45 CS◆ Studio Cycling <i>Gianna Amato</i>	5:45-6:30 MS Tabata Strength <i>Arwen Lawson</i>	5:45-6:30 CS◆ Studio Cycling <i>Anthony Bianco</i>	8:15-9:00 MS Shockwave <i>Lorna DeVeaux</i>	8:30-9:30 CS◆ Studio Cycling <i>Anthony Bianco</i>
6:15-7:00 MS Diezel Warriors <i>Ozzy Dugulubgov</i>	6:00-6:45 TR◆ Precision Running® <i>Arwen Lawson</i>	6:00-7:00 TR◆ Elevate <i>Yagnesh Jani</i>	6:00-6:45 CS◆ Studio Cycling <i>Mary Acoury</i>	6:00-6:45 MS RIPPED Abs & Arms <i>Mary Acoury</i>	8:15-9:00 TR◆ Precision Running® <i>Devon Clark</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Mary Acoury</i>
9:00-9:25 MS◆ Firestarter <i>Christine Scerba-Crosby</i>	6:00-7:00 YS Vinyasa Yoga <i>Maryse Karunarante</i>	6:15-7:00 MS BoxCamp <i>Ozzy Dugulubgov</i>	8:45-9:15 MS◆ Firestarter <i>Lorna DeVeaux</i>	8:30-9:15 CS◆ Studio Cycling <i>Rachel Vaziralli</i>	8:30-9:30 CS◆ Studio Cycling <i>Anthony Bianco</i>	9:30-9:45 MS Ab Lab <i>Mary Acoury</i>
9:30-10:15 CS◆ Studio Cycling <i>Christian Ramos</i>	8:30-9:15 CS◆ Studio Cycling <i>Mary Acoury</i>	8:30-9:30 YS True Barre <i>Saige Miller</i>	9:30-10:15 CS◆ Studio Cycling <i>Christine Scerba-Crosby</i>	9:00-10:00 YS True Barre <i>Cristy Sycip</i>	9:10-9:40 MS◆ Firestarter <i>Lorna DeVeaux</i>	9:30-10:20 TR◆ Precision Running® <i>Devon Clark</i>
9:30-10:15 MS Definitions <i>Christine Scerba-Crosby</i>	9:30-10:15 MS Boot Camp <i>Mary Acoury</i>	9:15-10:00 MS Diezel Warriors <i>Ozzy Dugulubgov</i>	9:30-10:15 MS Super Sculpt <i>Rosa Brucia</i>	9:30-10:15 CS◆ Studio Cycling <i>Christian Ramos</i>	9:30-10:20 TR◆ Elevate <i>Mary Acoury</i>	9:30-10:45 YS Vinyasa Yoga <i>Annette Vetere</i>
10:30-11:15 TR◆ Elevate <i>Lorna DeVeaux</i>	9:30-10:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	9:30-10:15 CS◆ Studio Cycling <i>Rosa Brucia</i>	9:30-10:30 YS Hot Vinyasa Yoga <i>Maryse Karunarante</i>	9:30-10:15 MS◆ PURE STRENGTH: SUMMER EDITION <i>Rachel Vaziralli</i>	9:45-10:30 CS◆ Studio Cycling <i>Rosa Brucia</i>	9:45-10:15 MS Upper Body Conditioning <i>Mary Acoury</i>
10:30-11:30 YS Vinyasa Yoga <i>Andrew Hoffman</i>	10:00-11:00 YS Vinyasa Yoga <i>Megan Grbic</i>	10:15-11:15 YS Vinyasa Yoga <i>Cheri Ann Kwon</i>	10:30-11:15 YS Barre Fit Cardio <i>Lorna DeVeaux</i>	9:30-10:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	9:45-10:30 MS H.I.T. Full Body Conditioning <i>Lorna DeVeaux</i>	10:00-10:45 CS◆ Studio Cycling <i>Christian Ramos</i>
5:30-6:15 CS◆ Studio Cycling <i>Syuzanna Grinshpun</i>	10:30-11:15 MS EQX Barre Burn <i>Saige Miller</i>	10:30-10:45 MS Ab Lab <i>Christine Scerba-Crosby</i>	5:30-6:15 CS◆ Studio Cycling <i>Christine Scerba-Crosby</i>	10:30-10:45 MS Best Arms Ever <i>Lorna DeVeaux</i>	10:45-11:30 CS◆ Studio Cycling <i>Alex Lepinsky</i>	10:30-11:15 MS MMA Conditioning <i>Ozzy Dugulubgov</i>
5:30-6:15 MS Formula <i>Lorna DeVeaux</i>	5:30-6:15 MS◆ Kettlebell Power <i>Christina Corino</i>	10:45-11:15 MS Best Butt Ever <i>Christine Scerba-Crosby</i>	5:30-6:20 TR◆ Precision Running® <i>Yagnesh Jani</i>	10:30-11:30 YS Vinyasa Yoga <i>Andrew Hoffman</i>	10:45-11:30 MS Barre Bootcamp <i>Saige Miller</i>	
6:30-7:15 MS BoxCamp <i>Ozzy Dugulubgov</i>	5:30-6:15 TR◆ Elevate <i>Arwen Lawson</i>	12:00-1:00 YS Vinyasa Yoga <i>Maryse Karunarante</i>	5:30-6:15 YS Deep EXtreme <i>Lorna DeVeaux</i>	5:30-6:15 CS◆ Studio Cycling <i>Christian Ramos</i>		
6:30-7:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	6:20-7:20 MS 4X4 <i>Lorna DeVeaux</i>	5:30-6:15 MS Body Challenge <i>Christine Scerba-Crosby</i>	6:30-7:15 MS PURE STRENGTH <i>Lorna DeVeaux</i>	6:00-7:00 MS Boxing <i>T.B.D.</i>		
6:30-7:30 YS Vinyasa Yoga <i>Maryse Karunarante</i>	6:30-7:15 CS◆ Studio Cycling <i>Christian Ramos</i>	5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>	6:30-7:30 YS Vinyasa Yoga <i>Andrew Hoffman</i>			
	6:30-7:30 YS Hot Style Yoga <i>Andrew Hoffman</i>	6:15-6:45 MS Ab Lab <i>Christine Scerba-Crosby</i>				
		6:30-7:15 CS◆ Studio Cycling <i>Rosa Brucia</i>				
		7:00-8:00 YS Vinyasa Yoga <i>Joshua Ehlin</i>				

PARAMUS

776 RT. 17 N.
PARAMUS NEWJERSEY
07652
201.518.7999
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT & SUN: 7:00AM - 7:00PM

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

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

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.

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.

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.

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

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

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!

DIEZEL WARRIORS If you want to look like a warrior - this is your class! Intense interval training with calisthenics, weight training and cardio drills. Non-stop compound movements that will burn major calories and leave you feeling DIEZEL!

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.

FORMULA The perfect FORMULA to strengthen muscle and increase cardiovascular fitness uses 3 blocks of 12 exercises each. Section one stimulates muscle growth through heavy lifting; section two tones though fast-paced light weight exercises; and section three increases stamina with a bodyweight only finale.

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

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 STRENGTH No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

BARRE

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.

BARRE FIT CARDIO Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

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?

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

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

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.

H.I.T. FULL BODY CONDITIONING "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

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.

PURE STRENGTH: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

RIPPED ABS & ARMS Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

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

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.

BOXING & MARTIAL ARTS

BOXCAMP Get in shape with the "sweet science." Basic punching combinations of boxing on the heavy bag and with focus mitts. Well chosen bootcamp drills will push you to your ultimate fitness level. Handwraps/gelwraps, boxing gloves, jumpropes are mandatory. Mouthpiece optional.

BOXING A technique-based class using heavy bags, speed bags, focus pads and jump ropes. Handwraps are required.

MMA CONDITIONING This mixed martial arts conditioning class combines athletics drills rooted in various styles of martial arts, boxing and kickboxing for a high-energy, non-contact, sweat generating workout. Let's get it on!