

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:45-6:30 CS ◆ Studio Cycling <i>Gianna Amato</i>		5:45-6:30 MS Body Sculpt Rosa Brucia		6:00-6:45 CS ◆ Studio Cycling <i>Gianna Amato</i>		5:45-6:30 MS Shockwave Arwen Lawson		5:45-6:30 CS ◆ Studio Cycling <i>Anthony Bianco</i>		8:00-9:00 MS ◆ Boot Camp <i>Matthew Johnson</i>		8:30-9:30 CS ◆ Studio Cycling <i>Anthony Bianco</i>	
6:15-7:00 YS Barre Fit Cardio Michael Clark		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 Above the Belt Mary Acoury		8:15-9:00 TR ◆ Precision Running® <i>Arwen Lawson</i>		8:30-9:15 MS ◆ PURE STRENGTH <i>Rosa Brucia</i>	
7:00-7:45 MS Adrenaline <i>Mac Morrisset</i>		6:00-7:00 YS Ashtanga Style Vinyasa Yoga <i>Maryse Karunarante</i>		8:30-9:30 YS True Barre <i>Saige Miller</i>		8:30-9:00 MS ◆ Firestarter Christine Scerba-Crosby		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>Rosa Brucia</i>	
8:30-9:15 TR ◆ Elevate <i>Lorna DeVeaux</i>		8:30-9:15 CS ◆ Studio Cycling <i>Gianna Amato</i>		9:30-10:15 CS ◆ Studio Cycling <i>Rosa Brucia</i>		9:00-9:15 MS Above the Belt <i>Rosa Brucia</i>		9:00-9:45 YS ◆ THE MUSE™ <i>Cristy Sycip</i>		9:10-9:40 MS ◆ Firestarter <i>Christine Scerba-Crosby</i>		9:30-10:15 TR ◆ Precision Running® <i>Marc Cooperman</i>	
9:00-9:25 MS ◆ Firestarter <i>Christine Scerba-Crosby</i>		9:00-9:55 YS Pilates <i>Cheri Wild</i>		9:30-10:15 MS Chisel'd <i>Lorna DeVeaux</i>		9:30-10:15 CS ◆ Studio Cycling <i>Christine Scerba-Crosby</i>		9:30-10:15 MS METCON3 <i>Rachel Vaziralli</i>		9:30-10:20 TR ◆ Elevate <i>Yagnesh Jani</i>		9:30-10:45 YS Vinyasa Yoga <i>Joshua Ehlin</i>	
9:30-10:15 CS ◆ Studio Cycling <i>Christian Ramos</i>		9:30-10:25 MS ◆ Ultimate Challenge <i>Christine Scerba-Crosby</i>		10:20-10:35 MS Core Cuts Christine Scerba-Crosby		9:30-10:15 MS Body Precision Rosa Brucia		9:30-10:15 TR ◆ Precision Running® <i>Yagnesh Jani</i>		9:30-10:45 YS Vinyasa Yoga <i>Annette Vetere</i>		9:45-10:15 MS Above the Belt Rosa Brucia	
9:30-10:15 MS Definitions <i>Christine Scerba-Crosby</i>		9:30-10:15 TR ◆ Precision Running® <i>Yagnesh Jani</i>		10:30-11:15 TR ◆ Elevate <i>Rosa Brucia</i>		9:30-10:30 YS Hot Vinyasa Yoga <i>Maryse Karunarante</i>		10:30-11:00 MS Above the Belt <i>Arwen Lawson</i>		9:45-10:30 CS ◆ Studio Cycling <i>Rosa Brucia</i>		10:15-11:00 CS ◆ Studio Cycling <i>Christian Ramos</i>	
10:20-10:35 MS Ab Lab <i>Christine Scerba-Crosby</i>		10:00-11:00 YS Vinyasa Yoga <i>Megan Grbic</i>		10:45-11:30 MS Deep EXtreme Miri Greenberg		10:45-11:30 YS Pilates <i>Cheri Wild</i>		10:30-11:30 YS Vinyasa Yoga <i>Joshua Ehlin</i>		9:45-10:30 MS Cardio Sculpt <i>Christine Scerba-Crosby</i>		10:30-11:15 MS VIPR™ Cardio Intervals <i>Lorna DeVeaux</i>	
10:30-11:30 YS Vinyasa Yoga <i>Megan Grbic</i>		10:30-11:15 MS EQX Barre Burn <i>Saige Miller</i>		12:00-1:00 YS Vinyasa Yoga <i>Maryse Karunarante</i>		5:30-6:15 CS ◆ ANTHEM™ Lorna DeVeaux		5:30-6:15 CS ◆ Studio Cycling <i>Christian Ramos</i>		10:45-11:30 MS Studio Cycling <i>Alex Lepinsky</i>			
5:30-6:15 CS ◆ Studio Cycling <i>Syuzanna Grinshpun</i>		5:30-6:15 MS ◆ Kettlebell Power <i>Christina Corino</i>		5:30-6:15 MS Athletic Conditioning <i>Christine Scerba-Crosby</i>		5:30-6:20 TR ◆ Precision Running® <i>Yagnesh Jani</i>		6:00-7:00 MS Boxing <i>Andre DeVeaux</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 Barre Bootcamp <i>Saige Miller</i>		6:30-7:15 MS Ultimate Challenge <i>Lorna DeVeaux</i>							
6:20-7:05 MS Tabata <i>Christine Scerba-Crosby</i>		5:30-6:15 YS ◆ THE MUSE™ Michael Clark		5:30-6:15 YS Barre Bootcamp <i>Saige Miller</i>		6:30-7:30 YS Vinyasa Yoga <i>Andrew Hoffman</i>							
6:30-7:15 TR ◆ Precision Running® <i>Yagnesh Jani</i>		6:15-6:30 MS Jump Rope! <i>Lorna DeVeaux</i>		6:15-6:45 MS Ab Lab <i>Christine Scerba-Crosby</i>									
6:30-7:30 YS Vinyasa Yoga <i>Maryse Karunarante</i>		6:30-7:15 CS ◆ Studio Cycling <i>Christian Ramos</i>		6:30-7:15 MS Studio Cycling <i>Rosa Brucia</i>									
		6:30-7:15 MS 4X4 <i>Lorna DeVeaux</i>		7:00-8:00 YS Vinyasa Yoga <i>Joshua Ehlin</i>									
		6:30-7:30 YS Hot Style Yoga <i>Megan Grbic</i>											

PARAMUS

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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

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

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.

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

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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

ADRENALINE Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One workout. One way to change your body.

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!

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.

JUMP ROPE! This isn't your schoolyard jump rope routine! An incredible cardio workout that will help you fine-tune your jumping skills.

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

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.

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.

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!

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!

VIPTM CARDIO INTERVALS Seamless transitions and non-stop movement alternating cardiovascular drills with strength training exercises in a time saver workout that delivers whole body integration for maximum metabolic rate & increased caloric expenditure, leaving you fitter and stronger.

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.

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.

BODY PRECISION Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE CUTS Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

DEEP EXTREME Get off the machines and get on your feet: the barefoot cardio training of the future. All you need is your body weight and your breath to take on this unique and challenging workout. Move, swing, hold, release, and fly in the latest creation from Robert Steinbacher.

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

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.

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

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