

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◆	Boot Camp <i>Matthew Johnson</i>	8:30-9:30 CS◆	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>	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◆	<b>PURE STRENGTH</b> <i>Rosa Brucia</i>
8:30-9:15 TR◆	Elevate <i>Lorna DeVeaux</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 <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	<b>Ab Lab</b> <i>Rosa Brucia</i>
9:00-9:25 MS◆	Firestarter <i>Christine Scerba-Crosby</i>	8:30-9:15 CS◆	<b>Studio Cycling</b> <i>Gianna Amato</i>	9:30-10:15 MS	<b>Chisel'd</b> <i>Lorna DeVeaux</i>	9:00-9:15 MS	Above the Belt <i>Lorna DeVeaux</i>	9:00-9:45 YS◆	<b>THE MUSE™</b> <i>Cristy Sycip</i>	9:10-9:40 MS◆	Firestarter <i>Lorna DeVeaux</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>	10:15-10:30 MS	<b>Core Cuts</b> <i>Miri Greenberg</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◆	<b>Elevate</b> <i>Yagnesh Jani</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◆	<b>Ultimate Challenge</b> <i>Christine Scerba-Crosby</i>	10:15-11:15 YS	Vinyasa Yoga <i>Cheri Ann Kwon</i>	9:30-10:15 MS	Hot Vinyasa Yoga <i>Maryse Karunarante</i>	9:30-10:15 MS	METCON3 <i>Rachel Vaziralli</i>	9:30-10:45 YS	Vinyasa Yoga <i>Annette Vetere</i>	9:45-10:15 MS	<b>Upper Body Conditioning</b> <i>Rosa Brucia</i>
10:20-10:35 MS	<b>Ab Lab</b> <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>	10:30-10:30 YS	Barre Fit Cardio <i>Michael Clark</i>	9:30-10:15 TR◆	Precision Running® <i>Yagnesh Jani</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>Megan Grbic</i>	10:00-11:00 YS	Vinyasa Yoga <i>Megan Grbic</i>	10:45-11:30 MS	<b>Cardio Kick</b> <i>Miri Greenberg</i>	10:30-11:30 YS	Barre Fit Cardio <i>Lorna DeVeaux</i>	10:30-11:00 MS	Above the Belt <i>Christine Scerba-Crosby</i>	9:45-10:30 MS	Cardio Sculpt <i>Lorna DeVeaux</i>	10:30-11:15 MS	VIPR™ Cardio Intervals <i>Lorna DeVeaux</i>
5:30-6:15 CS◆	Studio Cycling <i>Syuzanna Grinshpun</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 MS	Precision Running® <i>Yagnesh Jani</i>	10:30-11:30 YS	Vinyasa Yoga <i>Joshua Ehlin</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 MS◆	Kettlebell Power <i>Christina Corino</i>	5:30-6:15 MS	Cross Fusion <i>Christine Scerba-Crosby</i>	6:30-7:15 MS	Ultimate Challenge <i>Lorna DeVeaux</i>	5:30-6:15 CS◆	Studio Cycling <i>Christian Ramos</i>	6:00-7:00 MS	Boxing <i>Andre DeVeaux</i>		
6:20-7:05 MS	Tabata <i>Christine Scerba-Crosby</i>	5:30-6:15 TR◆	Elevate <i>Arwen Lawson</i>	5:30-6:15 YS	Barre Bootcamp <i>Saige Miller</i>	6:30-7:30 YS	Vinyasa Yoga <i>Andrew Hoffman</i>	6:00-7:00 MS					
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	4X4 <i>Lorna DeVeaux</i>	6:30-7:15 CS◆	Studio Cycling <i>Rosa Brucia</i>						
		6:30-7:30 YS	Hot Style Yoga <i>Cheri Ann Kwon</i>	7:00-8:00 YS	Vinyasa Yoga <i>Joshua Ehlin</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
TR	Treadmill Area
MS	Main Studio

### 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

**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

**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.

**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.

**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.

**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 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.

**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!

**VIPR™ 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** 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.

**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** A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

**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.

**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** 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.

**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.

**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.

**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

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

**CARDIO KICK** An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.