

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
5:45-6:30 MS	Body Challenge <i>Arwen Lawson</i>	5:45-6:30 CS◆	Studio Cycling <i>Anthony Bianco</i>	8:15-9:00 TR◆	Precision Running® <i>Devon Clark</i>	8:30-9:30 CS◆	Studio Cycling <i>Anthony Bianco</i>	8:30-9:15 MS	Studio Cycling <i>Gianna Amato</i>	5:45-6:15 MS◆	Firestarter <i>Rosa Brucia</i>	6:00-6:45 CS◆	Studio Cycling <i>Gianna Amato</i>
6:00-6:45 CS◆	Studio Cycling <i>Mary Acoury</i>	6:00-6:45 MS	RIPPED Abs & Arms <i>Mary Acoury</i>	8:30-9:30 CS◆	Studio Cycling <i>Anthony Bianco</i>	8:30-9:15 MS◆	PURE STRENGTH <i>Arwen Lawson (SUB)</i>	8:30-9:15 MS	BoxCamp <i>Ozzy Dugulubgov</i>	6:00-6:45 TR◆	Precision Running® <i>Arwen Lawson</i>	6:00-6:45 MS	Diezel Warriors <i>Ozzy Dugulubgov</i>
8:30-9:15 MS	Tabata Cardio <i>Lorna DeVeaux</i>	8:30-9:15 CS◆	Studio Cycling <i>Rachel Vaziralli</i>	8:30-9:15 MS	Shockwave <i>Lorna DeVeaux</i>	9:30-9:45 MS	Ab Lab <i>Christine Scerba-Crosby (SUB)</i>	8:30-9:15 TR◆	Precision Running® <i>Yagnesh Jani</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>
9:30-10:15 CS◆	Studio Cycling <i>Christine Scerba-Crosby</i>	9:00-10:00 YS	True Barre <i>Cristy Sycip</i>	9:15-9:45 MS◆	Firestarter <i>Lorna DeVeaux</i>	9:30-11:00 YS	Vinyasa Yoga	9:30-10:15 CS◆	Red, Ride and Blue <i>Christian Ramos</i>	6:15-6:30 MS	Ab Lab <i>Rosa Brucia</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>	9:30-10:15 TR◆	Precision Running® <i>Mary Acoury</i>	9:45-10:15 MS	Upper Body Conditioning <i>Christine Scerba-Crosby (SUB)</i>	9:30-10:15 MS	Summer Sculpt <i>Christine Scerba-Crosby</i>	8:30-9:15 CS◆	Studio Cycling <i>Gianna Amato (SUB)</i>	10:15-10:30 MS	Ab Lab <i>Christine Scerba-Crosby</i>
9:30-10:30 YS	Hot Vinyasa Yoga <i>Maryse Karunarante</i>	9:30-10:15 MS◆	PURE STRENGTH <i>Rachel Vaziralli</i>	9:30-10:45 YS	Vinyasa Yoga <i>Annette Vetere</i>	10:00-10:45 CS◆	Studio Cycling <i>Christian Ramos</i>	10:30-11:15 MS	Deep EXtreme <i>Lorna DeVeaux</i>	9:30-10:15 MS	Chisel'd <i>Lorna DeVeaux</i>	10:15-11:15 YS	Vinyasa Yoga <i>Cheri Ann Kwon</i>
10:30-11:15 MS	EQX Barre Burn <i>Lorna DeVeaux</i>	9:30-10:15 TR◆	Precision Running® <i>Yagnesh Jani</i>	9:45-10:30 CS◆	Studio Cycling <i>Rosa Brucia</i>	10:30-11:15 MS	Tabata Cardio <i>Lorna DeVeaux</i>	10:30-11:30 YS◆	Memorial Day Warrior Yoga <i>Andrew Hoffman</i>	9:30-10:15 TR◆	Precision Running® <i>Yagnesh Jani</i>	10:30-11:00 MS	Best Butt Ever <i>Christine Scerba-Crosby</i>
5:30-6:20 TR◆	Precision Running® <i>Yagnesh Jani</i>	10:30-11:00 MS	Above the Belt <i>Lorna DeVeaux</i>	9:50-10:35 MS	H.I.T. Full Body Conditioning <i>Lorna DeVeaux</i>					10:00-11:00 YS	Vinyasa Yoga <i>Maryse Karunarante</i>	12:00-1:00 YS	Vinyasa Yoga <i>Maryse Karunarante</i>
6:30-7:15 CS◆	Studio Cycling <i>Christine Scerba-Crosby</i>	10:30-11:30 YS	Vinyasa Yoga <i>Andrew Hoffman</i>	10:45-11:30 MS	The willPower Method <i>Alexia Kalfas</i>					10:30-11:15 MS	EQX Barre Burn <i>Saige Miller</i>	5:30-6:30 MS	True Barre <i>Saige Miller</i>
6:30-7:15 MS◆	PURE STRENGTH <i>Lorna DeVeaux</i>	5:30-6:15 CS◆	Studio Cycling <i>Christian Ramos</i>							5:30-6:15 MS	H.I.T. Full Body Conditioning <i>Lorna DeVeaux</i>	5:30-6:00 MS◆	Firestarter <i>Christine Scerba-Crosby</i>
6:30-7:30 YS	Vinyasa Yoga <i>Andrew Hoffman</i>									5:30-6:20 TR◆	Precision Running® <i>Arwen Lawson</i>	6:00-6:45 MS	THE CUT <i>Christine Scerba-Crosby</i>
										6:15-7:15 MS	4X4 <i>Lorna DeVeaux</i>	6:30-7:15 CS◆	Studio Cycling <i>Rosa Brucia</i>
										6:30-7:15 CS◆	Studio Cycling <i>Christian Ramos</i>	6:45-7:15 MS	Best Abs Ever <i>Christine Scerba-Crosby</i>
										6:30-7:30 YS	Hot Style Yoga <i>Andrew Hoffman</i>	7:00-8:00 YS	Vinyasa Yoga

## PARAMUS

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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 07:00 AM - 05:00 PM

**MAY 29:** 07:00 AM - 07:00 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

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

**WHAT'S NEW THIS MONTH**  
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## STUDIO CYCLING

**RED, RIDE AND BLUE** 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.

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## 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.

## 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.

**MEMORIAL DAY WARRIOR YOGA** Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

**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

**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.

**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 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.

## BARRE

**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.

**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.

**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.

**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.

**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.

**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.

**SUMMER SCULPT** Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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

**THE WILLPOWER METHOD** The willPower Method® combines strong cardio, muscle conditioning and flexibility training into one fluid format. This barefoot fusion class is sweaty and powerful, working the whole body and yielding great results.

**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.

**THE CUT** A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.