

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
5:45-6:30 CS◆ Studio Cycling <i>Gianna Amato</i>	6:00-6:45 MS BoxCamp <i>Ozzy Dugulubgov</i>	5:45-6:30 MS Super Sculpt <i>Rosa Brucia</i>	6:00-6:45 TR◆ Precision Running® <i>Arwen Lawson</i>	6:00-6:45 MS Diezel Warriors <i>Ozzy Dugulubgov</i>	8:30-9:30 YS True Barre <i>Saige Miller</i>	5:45-6:30 MS Body Challenge <i>Arwen Lawson</i>	6:00-6:45 CS◆ Studio Cycling <i>Mary Acoury</i>	5:45-6:30 CS◆ Studio Cycling <i>Anthony Bianco</i>	6:00-6:45 MS RIPPED Abs & Arms <i>Mary Acoury</i>	8:15-9:00 TR◆ Precision Running® <i>Devon Clark</i>	8:30-9:30 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>Anthony Bianco</i>	
9:00-9:30 MS◆ Firestarter <i>Christine Scerba-Crosby</i>	9:30-10:15 CS◆ Studio Cycling <i>Christian Ramos</i>	6:00-7:00 YS Ashtanga Style Vinyasa Yoga <i>Maryse Karunarante</i>	8:30-9:15 CS◆ Studio Cycling <i>Mary Acoury</i>	9:15-10:00 MS Diezel Warriors <i>Ozzy Dugulubgov</i>	9:30-10:15 CS◆ Studio Cycling <i>Rosa Brucia</i>	8:45-9:15 MS◆ Firestarter <b>Lorna DeVeaux</b>	9:30-10:15 CS◆ Studio Cycling <i>Christine Scerba-Crosby</i>	8:30-9:15 CS◆ Studio Cycling <i>Rachel Vaziralli</i>	9:00-10:00 YS True Barre <i>Cristy Sycip</i>	9:10-9:55 MS◆ Firestarter <i>Lorna DeVeaux</i>	9:30-10:15 MS◆ Precision Running® <i>Mary Acoury</i>	9:30-9:45 MS Ab Lab <i>Mary Acoury</i>	9:30-10:45 YS Vinyasa Yoga <i>Joshua Ehlin</i>	
9:30-10:15 MS Definitions <i>Christine Scerba-Crosby</i>	10:15-11:00 TR◆ <b>Elevate</b> <b>Lorna DeVeaux</b>	9:30-10:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	10:30-11:15 YS Vinyasa Yoga <i>Megan Grbic</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 MS Super Sculpt <i>Rosa Brucia</i>	9:30-10:15 MS◆ <b>PURE STRENGTH: SUMMER EDITION</b> <b>Rachel Vaziralli</b>	9:30-10:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	9:30-10:45 YS Vinyasa Yoga <i>Annette Vetere</i>	9:30-10:15 TR◆ Precision Running® <i>Mary Acoury</i>	9:30-10:45 MS H.I.T. Full Body Conditioning <i>Lorna DeVeaux</i>	9:30-10:45 MS Upper Body Conditioning <i>Mary Acoury</i>	10:00-10:45 CS◆ Studio Cycling <i>Christian Ramos</i>	
10:30-11:30 YS Vinyasa Yoga <i>Andrew Hoffman</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>	10:30-11:00 MS Best Butt Ever <i>Christine Scerba-Crosby</i>	5:30-6:20 TR◆ Precision Running® <i>Yagnesh Jani</i>	5:30-6:15 MS Deep EXtreme <i>Lorna DeVeaux</i>	10:30-11:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	10:30-11:00 MS <b>Best Arms Ever</b> <b>Lorna DeVeaux</b>	10:45-11:30 MS 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>	10:30-11:15 MS MMA Conditioning <i>Ozzy Dugulubgov</i>		
6:30-7:15 MS BoxCamp <i>Ozzy Dugulubgov</i>	5:30-6:15 MS H.I.T. Full Body Conditioning <i>Lorna DeVeaux</i>	5:30-6:20 TR◆ Precision Running® <i>Arwen Lawson</i>	5:30-6:00 MS◆ Firestarter <b>Christine Scerba-Crosby</b>	5:30-6:30 MS True Barre <i>Saige Miller</i>	6:30-7:15 CS◆ Studio Cycling <i>Christine Scerba-Crosby</i>	6:30-7:15 MS Precision Running® <i>Yagnesh Jani</i>	6:30-7:15 MS◆ <b>PURE STRENGTH: SUMMER EDITION</b> <b>Lorna DeVeaux</b>	5:30-6:15 CS◆ Studio Cycling <i>Christian Ramos</i>						
6:30-7:15 TR◆ Precision Running® <i>Yagnesh Jani</i>	6:15-7:15 MS 4X4 <i>Lorna DeVeaux</i>	6:30-7:15 MS Studio Cycling <i>Christian Ramos</i>	6:00-6:45 MS Chisel'd <b>Christine Scerba-Crosby</b>	5:30-6:00 MS◆ Firestarter <b>Christine Scerba-Crosby</b>	6:30-7:30 YS Vinyasa Yoga <i>Andrew Hoffman</i>	6:30-7:15 MS◆ Studio Cycling <i>Rosa Brucia</i>	6:30-7:30 YS Vinyasa Yoga <i>Andrew Hoffman</i>							
6:30-7:30 YS Vinyasa Yoga <i>Maryse Karunarante</i>	6:30-7:15 CS◆ Studio Cycling <i>Christian Ramos</i>	6:30-7:30 YS Hot Style Yoga <i>Andrew Hoffman</i>	7:00-8:00 YS Vinyasa Yoga <i>Joshua Ehlin</i>	6:00-6:45 MS Diezel Warriors <i>Ozzy Dugulubgov</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
MS	Main Studio
TR	Treadmill Area
YS	Yoga 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

**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.

**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!

## 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.

**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.

**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.

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

**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.

**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: 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, jumprobes are mandatory. Mouthpiece optional.

**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!