EQUINOX

SUMMIT

SEPTEMBER 2014
Schedule Effective:
Sep 2, 2014 - Sep 30, 2014

GROUP FITNESS MANAGER: Renee Pesante
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Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:15 CS * Studio Cycling John Tarmaggiore	5:30 - 6:15 CL RunCross Lauren Quinn	5:30 - 6:15 CS * Studio Cycling Renee Pesante	**5:30 - 6:15** **CL** **RunCross** **Diana Leskauskas**	5:30 - 6:15 MS TRX MAX Nicole Greco-Peepas	**8:00 - 8:30** **CS** *** Cycle 30** **Frank Salzone**	8:00 - 8:45 MS Body Conditioning James Thomas
6:15 - 7:00 MS Body Conditioning John Tarmaggiore	6:00 - 6:45 CS * Studio Cycling Jodi Cortes	6:15 - 7:00 MS Boot Camp Harrison Mercado	6:00 - 6:45 CS * Studio Cycling Michelle Goldberg	**8:30 - 9:15** **CS** *** Studio Cycling** **Andres Herrera**	8:00 - 8:45 TR * Tread and Shred Andres Herrera	8:30 - 9:30 YS Inside Out Barre Shannon Isaacson
8:30 - 9:15 **CS** **Studio Cycling** **Rachel Polk**	8:30 - 9:15 CS * Studio Cycling Christian Ramos	6:15 - 7:00 YS Yoga Express Katye Stanzak	8:30 - 9:15 CS * Studio Cycling Christian Ramos	**8:30 - 9:15** **MS** **VIPR™ Circuit** **Jennifer DeLuccia**	**8:30 - 9:00** **CL** **X-Treme X-Train** **Frank Salzone**	9:00 - 9:45 CS * Studio Cycling Lauren Quinn
8:30 - 9:15 MS Shockwave Diana Leskauskas	**8:30 - 9:15** **MS** **TRX MAX** **Michelle Goldberg**	**8:30 - 9:15** **CS** *** Studio Cycling** **Renee Pesante**	**8:30 - 9:15** **MS** **METCON3** **Debra Martin**	**8:30 - 9:30** **YS** **Power Vinyasa Yoga** **Anne Britt**	9:00 - 9:45 CS * Studio Cycling Frank Salzone	9:00 - 9:45 MS METCON3 James Thomas
8:30 - 9:30 YS Inside Out Barre Shannon Isaacson	8:30 - 9:15 YS Pilates Rachel Polk	**8:30 - 9:15** **MS** **Whipped!** **Lauren Quinn**	**8:30 - 9:15** **YS** **Pilates** **Michele Shanaphy**	9:30 - 10:15 CS * Studio Cycling Jennifer DeLuccia	9:00 - 9:45 MS Shockwave Debra Martin	**10:00 - 10:45** **CS** *** Studio Cycling** **Renee Pesante**
9:30 - 10:15 CS * Studio Cycling Kelly Swift	8:30 - 9:15 TR * Tread and Shred Andres Herrera	**8:30 - 9:30** **YS** **Inside Out Barre** **Janine Boland**	8:30 - 9:15 TR * Tread and Shred Andres Herrera	**9:30 - 10:15** **MS** **Whipped!** **Kristin Shallcross**	**9:00 - 9:45** **YS** **Pilates** **Shannon Isaacson**	**10:00 - 11:30** **YS** **Yoga REvival** **Anne Britt**
9:30 - 10:15 **MS** **Kick It!** **Joseph D.**	9:30 - 10:15 CS * Studio Cycling Christian Ramos	9:30 - 10:15 CS * Studio Cycling Lauren Quinn	9:30 - 10:15 CS * Studio Cycling Renee Pesante	9:30 - 10:30 YS Inside Out Barre Shannon Isaacson	10:00 - 11:00 MS WillPower & Grace™ Renee Pesante	
9:30 - 10:30 YS Power Vinyasa Yoga Alison Bernasco	9:30 - 10:30 MS WillPower & Grace™ Renee Pesante	9:30 - 10:15 MS Tabata Renee Pesante	**9:30 - 10:15** **MS** **Athletic Conditioning** **Debra Martin**	**9:30 - 10:15** **TR** **Precision Running** **Michelle Goldberg**	10:00 - 11:30 YS Power Vinyasa Yoga Alison Bernasco	
9:30 - 10:15 **TR** **Precision Running** **Melissa Falcone**	9:30 - 10:30 YS Vinyasa Yoga Courtney Bevilacqua	**9:30 - 10:30** **YS** **Inside Out Barre** **Janine Boland**	9:30 - 10:30 YS Vinyasa Yoga Courtney Bevilacqua	**10:30 - 11:00** **MS** **Streamline Sculpt** **Jennifer DeLuccia**		
10:30 - 11:00 **MS** **Beautiful Booty** **Joseph D.**	10:30 - 11:30 YS Inside Out Barre Michelle Goldberg	10:30 - 11:00 MS Arm Candy Lauren Quinn	**10:30 - 11:30** **YS** **Inside Out Barre** **Jo Marie Steinel**	10:30 - 11:15 YS Pilates Shannon Isaacson		
12:30 - 1:15 **MS** **Shockwave** **Lauren Quinn**		**12:30 - 1:15** **MS** **TRX MAX** **Nicole Greco-Peepas**		**12:30 - 1:15** **MS** **CSI-Cardio Strength Intervals** **Rachel Polk**		
6:00 - 6:45 CS * Studio Cycling Renee Pesante	**6:00 - 6:45** **MS** **Cardio-KB: Totally Soaked** **Kristin Shallcross**	6:00 - 6:45 CS * Studio Cycling Diana Leskauskas	**6:00 - 6:45** **MS** **TRX MAX** **Nicole Greco-Peepas**			
6:00 - 6:45 YS Pilates Rachel Polk	**6:00 - 7:00** **YS** **Inside Out Barre** **Michelle Goldberg**	6:00 - 6:45 MS MMA Conditioning Ozzy Dugulubgov	**6:00 - 6:45** **TR** **Precision Running** **James Thomas**			
6:45 - 7:30 MS Tabata Renee Pesante	6:45 - 7:30 CS * Studio Cycling Andres Herrera	6:00 - 6:45 YS Pilates Shannon Isaacson	6:45 - 7:30 CS * Studio Cycling Christian Ramos			
7:00 - 8:00 **YS** **Yoga Blueprint** **Anne Britt**	**7:00 - 7:45** **MS** **Whipped!** **Kristin Shallcross**	7:00 - 7:45 MS Boxing Boot Camp Ozzy Dugulubgov	**7:00 - 7:45** **MS** **METCON3** **Kristin Shallcross**			
		7:00 - 8:00 YS Vinyasa Yoga Danielle Ayer				

BOLD New Class, Instructor or Time
* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE
Unless otherwise indicated, all levels are welcome

L1	Beginner
L1/2	Beginner/Intermediate
L2	Intermediate
L2/3	Intermediate/Advanced
L3	Advanced/Practiced

STUDIO KEY

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area
CL	Club Lobby

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

SUMMIT

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CLUB HOURS
Mon - Thu: 5:00am - 10:00pm
Fri: 5:00am - 9:00pm
Sat & Sun: 7:00am - 7:00pm

BULLETIN BOARD

LET'S TAKE THIS OUTSIDE!
Enjoy the fall weather with classes meant to take you to your limits while taking you outdoors!
Tuesday & Thursday
5:30am RunCross
A quick run followed by bodyweight resistance training on the football field. Start your mornings off breathing in that fresh autumn air!
Saturday
8am-9am
Cycle (8am-8:30am) & X-Treme X-Train (8:30am-9am)!
Cycle hard for 30 minutes then let Frank take you outside for some extreme cross-training!

SEPTEMBER 2014 - CLASS DESCRIPTIONS

ARM CANDY
One of the best accessories ever is smooth, firm arms, yummy to the eyes and delicious to the touch. Bend, push, pull and twist your way to sexy sculpted shoulders, toned triceps a chiseled back and whittled waist in 30 elegant exercises created by Team Equinox!

ATHLETIC CONDITIONING
Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits through the use of not only weights but the use of your own body weight.

BEAUTIFUL BOOTY
A class devoted exclusively to lifting and shaping the booty and upper legs. You'll tighten the abs and trim the waist for an overall beautiful look.

BODY CONDITIONING
Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

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!

BOXING BOOT CAMP
Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Come with your gloves and wraps to participate.

CARDIO-KB: TOTALLY SOAKED
Cardio-KB is a rapid fire, calorie burning workout that takes traditional kick boxing to a whole new level! High intensity cardio combinations that mix classic boxing drills with martial arts and dance deliver an energetic exercise experience guaranteed to leave you Totally Soaked!!!

CSI-CARDIO STRENGTH INTERVALS
Be challenged through the athletic warmup to 1 min. then 45 second intervals alternating cardio drills then strength exercises with the use of weights, medicine balls, jump ropes, plyometrics, and calisthenics. This workout will bring you results like never before.

CYCLE 30
Double your results in half the time. 30 minutes of INTENSE Cycling Intervals where you pedal hard with zero down time. We'll have you in and out in 30 minutes. Guaranteed.

INSIDE OUT BARRE
Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

KICK IT!
A non stop high intensity workout featuring kickboxing, athletic training, plyometrics and cardio dance moves to heart pounding high energy music. Aerobic and anaerobic threshold training to push your cardiovascular system to a place it has never gone before!

METCON3
Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

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!

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.

POWER VINYASA YOGA
A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

PRECISION RUNNING
Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You’ll increase your power and speed, and forever improve your run. Created by David Siik for Equinox.

RUNCROSS
This outdoor run course experience moves you forward and features expertly designed cross training drills and mad motivation for the ultimate strength-meets-cardio experience. Created by David Siik for Equinox.

SHOCKWAVE
Extreme cross training at its best! This total body circuit challenge combines the Indo-Row 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!

STREAMLINE SCULPT
Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

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.

TABATA
A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

TREAD AND SHRED
A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

TRX MAX
Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

VINYASA YOGA
A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

VIPR™ CIRCUIT
Introducing the next WAVE of VIPR™, this circuit-style class coalesces three components: functional strength and mobility, core conditioning and cardio driven exercises all performed in challenging intervals. Progressive & fun variety of real-life movement & whole body integration.

WHIPPED!
Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

WILLPOWER & GRACE™
Experience a unique, full-body, barefoot cardio-sculpting workout with the intensity of boot-camp, the self-awareness of yoga, and the discipline of Pilates. Formatted movement sequences are matched with positive, uplifting philosophy to increase your self-confidence and show you results.

X-TREME X-TRAIN
A challenging cross-training class that combines sets and reps of muscle conditioning exercises, with plyometric training drills. A fast paced total body workout geared toward increasing both muscular strength and endurance.

YOGA BLUEPRINT
Build a better asana with a practice designed to teach novice and experienced practitioners alike how to align, strengthen and deepen each asana to safely advance the poses and build a solid vinyasa practice.

YOGA EXPRESS
A great class for beginners who are working on building their flow endurance. Also perfect for more advanced students who are limited on time. Build the bond between your poses and your breath in this 45 minute format.

YOGA REVIVAL
REjuvinate with cleansing breath exercises (pranayama), REvive with relatable classical yoga poses (asana), and dynamic movement to raise the energy and create fluidity (Shingjon). Then REfocus the mind to tranquility with restorative yoga and a guided meditation (dyana).