

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30 * Studio Cycling CS Kacie Ciali <b>6:00 - 6:45 BoxCamp</b> <b>MS Ozzy Dugulubgov</b> 8:30 - 9:30 Inside Out Barre YS Dana Davidson 9:30 - 10:15 * Studio Cycling CS Christian Ramos <b>9:30 - 10:30 Definitions</b> <b>MS Christine Scerba-Crosby</b> 9:30 - 10:30 Pilates YS Dana Davidson <b>10:30 - 11:15 Tabata</b> <b>MS Lorna DeVeaux</b> 10:30 - 11:30 Yoga YS Nick Gordon	5:45 - 6:30 METCON3 MS Mary Acoury 6:00 - 7:00 * Precision Running MS Arwen Lawson 8:30 - 9:15 * Studio Cycling CS Mary Acoury <b>9:30 - 10:25 X-Treme X-Train</b> <b>MS Lorna DeVeaux</b> 9:30 - 10:30 Hot Style Yoga YS Andrew Hoffman	5:45 - 6:30 Boot Camp MS Ozzy Dugulubgov 6:00 - 6:45 * Studio Cycling CS Gianna Amato 8:30 - 9:30 Inside Out Barre YS Cristy Sycip 9:30 - 10:15 * Studio Cycling CS Rosa Brucia 9:30 - 10:15 Diezel Warriors MS Ozzy Dugulubgov 10:15 - 10:30 Ab Lab MS Christine Scerba-Crosby 10:15 - 11:15 Vinyasa Yoga YS Andrew Hoffman <b>10:30 - 11:00 Lower Body Blast!</b> <b>MS Christine Scerba-Crosby</b>	7:00 - 7:45 * Precision Running TR Arwen Lawson 9:30 - 10:15 * Studio Cycling CS Alexis LaGrotteria 9:30 - 10:30 Adrenaline MS Karen Wolf 9:30 - 10:30 Hot Vinyasa Yoga YS Megan Lavner 10:30 - 11:30 Barre Burn MS Karen Wolf	5:30 - 6:15 * Studio Cycling CS Anthony Bianco 6:00 - 7:00 Ashtanga Style Vinyasa YS Yoga Megan Lavner 9:00 - 10:00 Inside Out Barre YS Cristy Sycip 9:30 - 10:15 * Studio Cycling CS Christian Ramos <b>9:30 - 10:15 Elimin8tor</b> <b>MS Mary Acoury</b> 10:15 - 11:15 Vinyasa Yoga YS Andrew Hoffman 10:30 - 11:15 Precision Running TR Mary Acoury	8:30 - 9:30 * Studio Cycling CS Anthony Bianco 8:30 - 9:15 Shockwave MS Lorna DeVeaux <b>9:00 - 10:15 Yoga</b> <b>YS Gosha Karpowicz</b> 9:30 - 10:30 H.I.T. Full Body MS Conditioning Janice Sontag 9:30 - 10:15 * Precision Running TR Mary Acoury 9:45 - 10:30 * Studio Cycling CS Rosa Brucia <b>10:30 - 11:30 Dance!</b> <b>MS Vanessa Agudelo</b> <b>10:30 - 11:30 Inside Out Barre</b> <b>YS Lorna DeVeaux</b>	8:30 - 9:30 * Studio Cycling CS Anthony Bianco <b>8:30 - 9:15 Elimin8tor</b> <b>MS Mary Acoury</b> 9:00 - 10:00 Inside Out Barre YS Cristy Sycip 9:30 - 9:45 ABsession™ MS Mary Acoury 9:45 - 10:15 Armed and Dangerous MS Mary Acoury 10:00 - 10:45 * Studio Cycling CS Christian Ramos 10:15 - 11:45 Powerflow Yoga YS Andrew Hoffman 10:45 - 11:30 MMA Conditioning MS Ozzy Dugulubgov
<b>12:00 - 12:45 Elimin8tor</b> <b>MS Arwen Lawson</b>						
5:30 - 6:15 * Studio Cycling CS Syuzanna Grinshpun 5:30 - 6:15 Barre Burn MS Lorna DeVeaux 6:30 - 7:15 * Studio Cycling CS Jennifer Brunet <b>6:30 - 7:30 H.I.T. Full Body</b> <b>MS Conditioning Lorna DeVeaux</b> 6:30 - 7:30 Vinyasa Yoga YS Patti Lewis	<b>5:00 - 5:25 Booty Blast</b> <b>MS Lorna DeVeaux</b> 5:30 - 5:55 Jump Rope! MS Lorna DeVeaux 6:00 - 6:45 BoxCamp MS Ozzy Dugulubgov 6:30 - 7:15 * Studio Cycling CS Christian Ramos 6:30 - 7:30 Hot Style Yoga YS Megan Lavner 7:30 - 8:20 METCON3 MS Arwen Lawson	<b>5:30 - 5:55 Strength &amp; Sweat</b> <b>MS James Thomas</b> 5:30 - 6:30 Inside Out Barre YS Amanda Moltisanti <b>6:00 - 6:45 * Precision Running</b> <b>MS James Thomas</b> 6:30 - 7:15 * Studio Cycling CS Syuzanna Grinshpun <b>6:45 - 7:30 Diezel Warriors</b> <b>MS Ozzy Dugulubgov</b>	<b>5:30 - 6:15 Elimin8tor</b> <b>MS Christine Scerba-Crosby</b> 5:30 - 6:30 Barre Fit Cardio YS Lorna DeVeaux 6:30 - 7:15 * Studio Cycling CS Gianna Amato 6:30 - 7:15 Tabata MS Lorna DeVeaux 6:30 - 7:30 Yoga YS Andrew Hoffman	5:30 - 6:15 * Cycle 45 CS Christian Ramos 6:15 - 7:00 BoxCamp MS Ozzy Dugulubgov		

## JANUARY 2015 - CLASS DESCRIPTIONS

### PARAMUS

776 Rt. 17 N.  
Paramus NJ 07652  
201.518.7999  
equinox.com

### CLUB HOURS

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

### CLASS SCHEDULE LEGEND

**BOLD** New Class, Instructor or Time  
\* Sign-up required  
(available 90 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

#### AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

#### ABSESSON™

Violet's signature class, is a highly efficient and concentrated workout which combines core strengthening and stabilizing exercises that not only give you leaner abs and a stronger back, but will help improve posture and balance. It's not all about crunches!

#### ADRENALINE

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

#### ARMED AND DANGEROUS

Take no prisoners. In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment. Workout ends with hard core abdominal training.

#### 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.

#### BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

#### BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

#### BODY CHALLENGE

An Equinox Favorite. High intensity intervals of cardio and strength training Great music, great energy great results...Using multi compound movements with weights and the latest weight lifting techniques.Be ready to take your body to the next level.

#### 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!

#### BOOTY BLAST

Dedicated to the bottom half: gluts, hips, thighs and abs. Burnin buns and a blast!

#### 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.

#### CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

#### DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop. Benefits include overall cardiovascular conditioning.

#### DEFINITIONS

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

#### 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!

#### ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

#### H.I.T. FULL BODY CONDITIONING

Hugo Diez's "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

#### 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.

#### 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.

#### JUMP ROPE!

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

#### LOWER BODY BLAST!

Buff your ASSets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

#### 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.

#### POWERFLOW YOGA

A dynamic, physically and spiritually energizing form of yoga that sculpts every muscle in the body. Linking one movement into the next for a fabulous flow, and then holding the poses.

#### 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. Sign-up is required at the front desk. Make sure to bring your own headphones.

#### 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! Sign-up is required at the front desk.

#### STRENGTH & SWEAT

Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

#### 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.

#### 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.

#### 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

A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each Instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.

#### YOGA CHISEL

Experience the best of both worlds! Combine fundamental lower body yoga movements; with upper body muscle conditioning exercises. Include core strength, balance, and flexibility for a total body workout. Yoga experience not required.