EQUINOX **SUMMIT**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:00-6:45 YS *	Pilates Fusion *Rebecca Van Vliet*
6:30-7:15 MS *	MetCon Monday *Jackie Jay*
7:30-8:15 MS *	Stacked *Valerie Flax*
8:00-8:45 YS *	Best Stretch Ever *Annalisa Venezia*
8:30-9:15 CS *	Beats Ride *Renee Pesante*
9:15-10:00 YS *	Pilates Mat *Anna Upton*
9:30-10:20 MS *	Stronger Women *Renee Pesante*
9:30-10:20 TR *	Precision Walk: Elevate *John Tarmaggiore*
10:20-10:50 MS *	Core6 Express *Renee Pesante*
10:30-11:30 YS *	Power Vinyasa *Jen Guarnieri*
5:15-6:05 MS *	360 Strength *Michelle Ennis*
5:30-6:15 YS *	True Barre *Jo Marie Steinel*
6:30-7:30 YS *	Vinyasa Yoga *Courtney Bevilacqua*
6:45-7:30 MS *	Stacked *Elit Kirschenbaum*

TUESDAY

5:30-6:20 MS *	Stronger Women *Jodi Cortes*
6:30-7:20 TR *	Precision Walk: Elevate *Jodi Cortes*
7:30-8:15 YS *	Barefoot Sculpt *Caitlyn Sleeman*
8:30-9:15 MS *	MetCon3 *Nicole Greco-Peepas*
8:30-9:20 TR *	Precision Walk: Elevate + Strength *Jennifer DeLuccia*
9:15-10:15 YS *	Vinyasa Yoga *Courtney Bevilacqua*
9:30-10:15 MS *	Kettlebell Power *Nicole Greco-Peepas*
10:30-11:20 YS *	Pilates Rise *Shannon McColl*
12:30-1:20 YS *	Pilates at the Barre *Shannon McColl*
4:30-5:15 YS *	Barefoot Sculpt: The Ring *Adante C*
5:30-6:30 YS *	Hatha Yoga *Alison Bernasco*
5:45-6:30 MS *	Kettlebell Power *Michelle Ennis*
6:45-7:35 TR *	Precision Walk: Elevate *Christian Ramos*
7:00-7:45 YS *	Pilates Mat *Elit Kirschenbaum*

WEDNESDAY

6:00-6:45 YS *	Barefoot Sculpt: The Ring *Caitlyn Sleeman*
6:30-7:15 MS *	Stacked *Selena Dorans*
7:30-8:15 MS *	Athletic Conditioning *Renee Pesante*
8:00-8:45 YS *	Pilates Mat *John Tarmaggiore*
8:30-9:15 CS *	Beats Ride *Christian Ramos*
9:15-10:00 YS *	True Barre *Jo Marie Steinel*
9:30-10:15 MS *	Stacked *Valerie Flax*
9:30-10:20 TR *	Precision Run® *Christian Ramos*
10:30-11:15 MS *	Body Sculpt *Renee Pesante*
5:15-6:00 MS *	MetCon3 *Adante C*
5:30-6:15 YS *	Pilates Mat *John Tarmaggiore*
5:45-6:35 TR *	Precision Run + Strength *Leo Troso*
6:30-7:30 YS *	Vinyasa Yoga *Courtney Bevilacqua*
6:45-7:35 MS *	Stronger *Diana Leskauskas*

THURSDAY

5:30-6:15 CS *	Beats Ride *Renee Pesante*
6:30-7:15 MS *	Core6 *Kam Falkowski*
7:30-8:20 YS *	**Pilates Rise** ***Kelsey Stalter***
8:30-9:20 MS *	Stronger *Kam Falkowski*
8:30-9:20 TR *	Precision Run + Strength *Christian Ramos*
9:15-10:15 YS *	Vinyasa Yoga *Annalisa Venezia*
9:30-10:15 MS *	Cardio Sculpt *Kelsey Stalter*
10:30-11:15 YS *	Pilates Mat *Jennifer DeLuccia*
12:30-1:15 YS *	**Barefoot Sculpt: The Ring** ***Elit Kirschenbaum***
4:30-5:15 YS *	**Barefoot Sculpt: The Ring** ***Caitlyn Sleeman***
5:30-6:15 YS *	Pilates Fusion *Danielle Ayer*
5:45-6:35 MS *	**Stronger** ***Jackie Jay***
7:00-7:45 YS *	True Barre *Jodi Cortes*

FRIDAY

5:30-6:20 TR *	Precision Run + Strength *Jodi Cortes*
6:30-7:20 MS *	360 Strength *Nicole Greco-Peepas*
8:00-8:50 YS *	Pilates Rise *Selena Dorans*
8:15-9:00 MS *	Leg Day *Michael J. Clark*
9:15-10:00 YS *	True Barre: Bala Bangle *Michael J. Clark*
9:30-10:15 MS *	MetCon3 *Selena Dorans*
9:30-10:20 TR *	Precision Walk: Elevate + Strength *John Tarmaggiore*
10:30-11:20 YS *	Pilates at the Barre *Michael J. Clark*
4:30-5:15 MS *	Best Butt Ever *Elit Kirschenbaum*
5:30-6:20 YS *	Pilates at the Barre *Elit Kirschenbaum*

SATURDAY

8:00-8:45 MS *	Stacked *Diana Leskauskas*
8:15-9:05 TR *	Precision Run® *Leo Troso*
8:30-9:15 YS *	Pilates Mat *Jennifer DeLuccia*
9:00-9:50 MS *	**Stronger** ***Brian Robinson***
9:15-10:00 CS *	Beats Ride *Renee Pesante*
9:30-10:15 YS *	Best Stretch Ever *Jennifer DeLuccia*
10:15-11:05 TR *	Precision Walk: Elevate *John Tarmaggiore*
10:30-11:15 MS *	TRX Max *Renee Pesante*
10:30-11:15 YS *	True Barre *Valerie Flax*
11:30-12:15 MS *	MetCon3 *John Tarmaggiore*
11:30-12:30 YS *	**Power Vinyasa** ***Adante C***

SUNDAY

8:30-9:15 MS *	MetCon3 *Kaitlyn Jones*
8:30-9:20 TR *	Precision Run® *Jodi Cortes*
8:30-9:45 YS *	Vinyasa Yoga *Alison Bernasco*
9:30-10:15 CS *	Beats Ride *Christian Ramos*
9:30-10:15 MS *	Stacked *Jodi Cortes*
10:15-11:00 YS *	True Barre: Bala Bangle *Shannon McColl*
10:30-11:15 MS *	Best Butt Ever *Elit Kirschenbaum*
11:30-12:15 YS *	Pilates Mat *Shannon McColl*
4:00-5:15 YS *	Weekend Wind Down Yoga *Courtney Bevilacqua*

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

SUMMIT

68 River Road

SUMMIT NJ 07901

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

Kids

MON-SUN 08:00 AM 01:00 PM

GROUP FITNESS MANAGER

renee.pesante@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Yoga

Hatha Yoga A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.
Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.
Vinyasa Yoga This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.
Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.
Core6 Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
Core6 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. Build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.
Kettlebell Power This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.
MetCon Monday Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.
MetCon3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.
Stacked Maximize your workout by “stacking” targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

Strength

360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.
Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.
Leg Day Don’t skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.
Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.
Stronger Women Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women’s performance program. Optimized for women, but open to all. An Equinox exclusive.

Running

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.
Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.
Precision Walk: Elevate + Strength A challenging circuit-based workout rotating between steep incline walking intervals on the treadmill and conditioning drills using resistance bands. Improve cardio endurance, speed, and strength with this full body workout. An Equinox exclusive.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.
True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Pilates

Pilates Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.
Pilates Mat This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.
Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.
Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.