

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * True Barre: Bala Bangle <i>Rebecca Van Vliet</i> 6:30-7:15 MS * MetCon Monday <i>Jackie Jay</i> 8:00-8:45 YS * Best Stretch Ever <i>Annalisa Venezia</i> 8:15-9:00 MS * Core6 <i>Valerie Flax</i> 8:30-9:15 CS * Beats Ride <i>Renee Pesante</i> 9:15-10:00 YS * Pilates Mat <i>Anna Upton</i> 9:30-10:20 MS * Limited Series: Stronger Women <i>Renee Pesante</i> 9:30-10:20 TR * Precision Walk: Elevate <i>Michelle Ennis</i> 10:30-11:30 YS * Power Vinyasa <i>Jen Guarnieri</i> 5:15-6:05 MS * 360 Strength <i>Michelle Ennis</i> 5:30-6:15 YS * True Barre <i>Jo Marie Steinel</i> 6:30-7:30 YS * Vinyasa Yoga <i>Courtney Bevilacqua</i> 6:45-7:30 MS * Stacked <i>Elit Kirschenbaum</i>	5:30-6:20 MS * Limited Series: Stronger Women <i>Jodi Cortes</i> 6:30-7:20 TR * Precision Walk: Elevate <i>Jodi Cortes</i> 7:30-8:15 MS * Body Sculpt <i>John Tarmaggiore</i> 8:00-8:45 YS * True Barre <i>Jo Marie Steinel</i> 8:30-9:15 MS * MetCon3 <i>Nicole Greco-Peepas</i> 8:30-9:20 TR * Precision Walk: Elevate + Strength <i>Jennifer DeLuccia</i> 9:15-10:15 YS * Vinyasa Yoga <i>Courtney Bevilacqua</i> 9:30-10:15 MS * Kettlebell Power <i>Nicole Greco-Peepas</i> 10:30-11:20 YS * Pilates Rise <i>Shannon McColl</i> 12:30-1:15 MS * Core6 <i>Shannon McColl</i> 4:30-5:15 MS * Body Sculpt <i>Jo Marie Steinel</i> 5:30-6:30 YS * Hatha Yoga <i>Allison Bernasco</i> 5:45-6:30 MS * Kettlebell Power <i>Michelle Ennis</i> 6:45-7:35 CS * Precision Ride <i>Christian Ramos</i> 7:00-7:45 YS * Pilates Mat <i>Elit Kirschenbaum</i>	6:00-6:45 YS * Pilates Mat <i>Naomi Porter</i> 6:30-7:15 MS * Stacked <i>Selena Dorans</i> 8:00-8:45 YS * Pilates Mat <i>John Tarmaggiore</i> 8:15-9:00 MS * Athletic Conditioning <i>Renee Pesante</i> 8:30-9:15 CS * Beats Ride <i>Christian Ramos</i> 9:15-10:00 YS * True Barre <i>Ellie Sharpe</i> 9:30-10:20 MS * 360 Strength <i>Valerie Flax</i> 9:30-10:20 TR * Precision Run@ <i>Christian Ramos</i> 10:30-11:15 MS * Body Sculpt <i>Renee Pesante</i> 5:15-6:00 MS * Athletic Conditioning <i>Kaitlyn Jones</i> 5:30-6:15 YS * Pilates Mat <i>John Tarmaggiore</i> 5:45-6:35 TR * Precision Run + Strength <i>Leo Troso</i> 6:30-7:30 YS * Vinyasa Yoga <i>Courtney Bevilacqua</i> 6:45-7:35 MS * Limited Series: Stronger Women <i>Diana Leskauskas</i>	5:30-6:15 CS * Beats Ride <i>Renee Pesante</i> 6:30-7:15 MS * Core6 <i>Kam Falkowski</i> 7:30-8:15 MS * Athletic Conditioning <i>Harrison Mercado</i> 8:30-9:20 MS * Stronger <i>Kam Falkowski</i> 8:30-9:20 TR * Precision Run + Strength <i>Christian Ramos</i> 9:15-10:15 YS * Vinyasa Yoga <i>Annalisa Venezia</i> 9:30-10:15 MS * Stacked <i>Kelsey Stalter</i> 10:30-11:15 YS * Pilates Mat <i>Jennifer DeLuccia</i> 12:30-1:15 MS * Barefoot Sculpt <i>Elit Kirschenbaum</i> 4:30-5:15 YS * True Barre: Bala Bangle <i>Shannon McColl</i> 5:30-6:20 YS * Pilates Rise <i>Shannon McColl</i> 5:45-6:30 MS * MetCon3 <i>Jackie Jay</i> 7:00-7:45 YS * True Barre <i>Jodi Cortes</i>	5:30-6:20 TR * Precision Run + Strength <i>Jodi Cortes</i> 6:30-7:20 MS * 360 Strength <i>Nicole Greco-Peepas</i> 7:30-8:00 MS * Best Butt Ever <i>Michael J. Clark</i> 8:00-8:50 YS * Pilates Rise <i>Selena Dorans</i> 8:15-9:00 MS * Dance Series: Music Video <i>Michael J. Clark</i> 8:30-9:15 CS * Beats Ride <i>John Tarmaggiore</i> 9:15-10:00 YS * True Barre: Bala Bangle <i>Michael J. Clark</i> 9:30-10:15 MS * Core6 <i>Selena Dorans</i> 9:30-10:20 TR * Precision Walk: Elevate + Strength <i>John Tarmaggiore</i> 10:30-11:30 YS * Sculpted Yoga™ <i>Michael J. Clark</i> 4:00-5:00 YS * Power Vinyasa <i>Danielle Ayer</i> 4:30-5:15 MS * Best Butt Ever <i>Elit Kirschenbaum</i>	8:00-8:45 MS * Stacked <i>Diana Leskauskas</i> 8:15-9:05 TR * Precision Run@ <i>Leo Troso</i> 8:30-9:15 YS * Pilates Mat <i>Jennifer DeLuccia</i> 9:00-9:50 MS * 360 Strength <i>Jackie Jay</i> 9:15-10:00 CS * Beats Ride <i>Renee Pesante</i> 9:30-10:15 YS * Best Stretch Ever <i>Jennifer DeLuccia</i> 10:15-11:05 TR * Precision Walk: Elevate <i>John Tarmaggiore</i> 10:30-11:15 MS * TRX Max <i>Renee Pesante</i> 10:30-11:15 YS * True Barre <i>Valerie Flax</i> 11:30-12:15 MS * MetCon3 <i>John Tarmaggiore</i> 11:30-12:30 YS * Power Vinyasa <i>Sara Gluckman</i> 12:30-1:15 MS * Kettlebell Power <i>Brian Robinson</i>	8:00-8:45 MS * MetCon3 <i>Kaitlyn Jones</i> 8:30-9:20 TR * Precision Run@ <i>Jodi Cortes</i> 8:30-9:45 YS * Vinyasa Yoga <i>Alison Bernasco</i> 9:30-10:20 CS * Precision Ride <i>Christian Ramos</i> 9:30-10:15 MS * Stacked <i>Jodi Cortes</i> 10:15-11:00 YS * True Barre: Bala Bangle <i>Shannon McColl</i> 10:30-11:15 MS * Best Butt Ever <i>Elit Kirschenbaum</i> 10:30-11:20 TR * Precision Walk: Elevate + Strength <i>Christian Ramos</i> 11:30-12:15 YS * Pilates Mat <i>Shannon McColl</i> 4:00-5:15 YS * Weekend Wind Down Yoga <i>Courtney Bevilacqua</i>

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MON-THU 05:00 AM 10:00 PM

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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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



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 Exclusively at CT & Westchester, NY locations. 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.



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.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

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 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.

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.



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 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.



Dance

Dance Series: Music Video This choreography-driven dance class is part of our month-long Dance Series. Learn a complete combination, improve technique, and unleash your inner dancer.



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.

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.



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.

Limited Series: Stronger Women Introducing 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.

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.