

# EQUNOX

## SUMMIT

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

### KEY

**Bold** New/Updated Class, Instructor, or Time  
 \* Advance sign-up required

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

VISIT [EQUINOX.COM](http://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.

**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.