

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

# 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.

## **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, NJ & 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.

**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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**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.

**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.

## **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 Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**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.

**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.