EQUINOX

PARAMUS

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 MS *	Circuit Training *Michelle Goldberg*
7:15-8:00 MS *	Athletic Conditioning *Amanda Timochko*
8:30-9:15 MS *	Stronger *Julie Griglio*
8:30-9:15 YS *	Pilates Mat *Cassidy Ham*
9:30-10:15 MS *	Body Sculpt *Holly Silver*
9:30-10:20 TR *	Precision Walk: Elevate *Christian Ramos*
9:30-10:15 YS *	Barefoot Sculpt: The Ring *Olivia Delaney*
10:15-10:30 MS *	Best Abs Ever *Holly Silver*
10:45-11:30 YS *	Best Stretch Ever *Annalisa Venezia*
5:30-6:15 MS *	**Rounds: Kickboxing** ***Holly Silver***
5:30-6:15 YS *	Barefoot Sculpt: The Ring *Olivia Delaney*
6:30-7:20 MS *	360 Strength *Olivia Delaney*
6:30-7:30 YS *	Inner Power Flow *Nadia Zaki*

TUESDAY

6:00-6:30 TR *	Precision Run 30 *Ilana Maider*
6:30-7:15 MS *	Stacked *Ilana Maider*
7:30-8:15 MS *	Leg Day *Olivia Delaney*
8:30-9:15 YS *	True Barre *Jenna Coker-Jones*
9:30-10:15 CS *	Beats Ride *Rob Guidetti*
9:30-10:15 MS *	Athletic Conditioning *Jenna Coker-Jones*
9:30-10:15 TR *	Precision Run® *Arwen Lawson*
9:30-10:15 YS *	Pilates Mat *Megan Grbic*
10:30-11:15 MS *	Body Sculpt *Arwen Lawson*
10:30-11:30 YS *	Vinyasa Yoga *Megan Grbic*
5:30-6:15 MS *	Leg Day *Ilana Maider*
5:30-6:15 YS *	Pilates Mat *Annie Chen*
6:30-7:15 MS *	Body Sculpt *Maya Kurtin*

WEDNESDAY

6:00-6:45 YS *	**Barefoot Sculpt: The Ring** ***Maya Kurtin***
7:15-7:45 MS *	Upper Body Pump *Olivia Delaney*
7:45-8:15 MS *	Core6 Express *Olivia Delaney*
8:15-8:30 MS *	Athletic Stretch *Olivia Delaney*
8:30-9:15 YS *	Barefoot Sculpt *Julie Griglio*
9:30-10:15 MS *	Stacked *Olivia Delaney*
9:30-10:15 YS *	True Barre: Bala Bangle *Julie Griglio*
10:30-11:20 TR *	Precision Walk: Elevate + Strength *Julie Griglio*
5:30-6:15 MS *	Stacked *Jenna Coker-Jones*
5:30-6:15 YS *	Barre *Jalila Jones*
6:30-7:15 MS *	Stronger *Olivia Delaney*

THURSDAY

6:00-6:45 CS *	Anthem Ride *Ilana Maider*
6:30-7:15 MS *	Body Sculpt *Holly Silver*
7:30-8:15 MS *	Rounds: Kickboxing *Holly Silver*
8:30-9:15 MS *	Rhythmic Sculpt *Olivia Delaney*
8:30-9:15 YS *	True Barre: Bala Bangle *Michael J. Clark*
9:30-10:00 MS *	Upper Body Pump *Michael J. Clark*
9:30-10:30 YS *	Power Vinyasa *Nadia Zaki*
10:00-10:30 MS *	Core6 Express *Michael J. Clark*
10:45-11:30 YS *	Pilates Fusion *Julie Griglio*
5:30-6:15 YS *	Barefoot Sculpt: The Ring *Amanda Timochko*
6:30-7:30 YS *	Vinyasa Yoga *Courtney Bevilacqua*

FRIDAY

6:00-6:45 YS *	Pilates Fusion *Rebecca Van Vliet*
7:15-8:00 MS *	MetCon3 *Ilana Maider*
8:30-9:15 MS *	Circuit Training *Holly Silver*
8:30-9:20 TR *	Precision Run® *Christian Ramos*
8:30-9:15 YS *	Pilates Mat *Julie Griglio*
9:30-10:15 CS *	Beats Ride *Christian Ramos*
9:30-10:15 MS *	Leg Day *Julie Griglio*
9:30-10:15 YS *	Barefoot Sculpt: The Ring *Maya Kurtin*
10:30-11:15 MS *	Athletic Conditioning *Shelby Frantz*
10:30-11:30 YS *	Vinyasa Yoga *Annalisa Venezia*
5:15-6:15 YS *	Hatha Yoga *Lisa Poggi*

SATURDAY

8:15-9:15 YS *	Vinyasa Yoga *Joshua Ehlin*
8:30-9:15 MS *	MetCon3 *Michelle Goldberg*
8:30-9:20 TR *	Precision Run + Strength *Ilana Maider*
9:30-10:30 CS *	Endurance Ride 60 *Rob Guidetti*
9:30-10:15 MS *	Athletic Conditioning *Holly Silver*
9:30-10:20 TR *	Precision Walk: Elevate + Strength *Julie Griglio*
9:30-10:15 YS *	Barefoot Sculpt *Olivia Delaney*
10:30-11:15 MS *	Rhythmic Sculpt *Holly Silver*
10:30-11:15 YS *	Pilates Fusion *Jalila Jones*

SUNDAY

8:00-8:50 MS *	Rounds: Bags and Mitts *Holly Silver*
8:15-9:00 YS *	Power Vinyasa *Lisa Poggi*
9:00-9:45 MS *	Athletic Conditioning *Holly Silver*
9:15-10:00 CS *	Beats Ride *Brian Robinson*
9:15-9:45 YS *	Best Stretch Ever *Cheri Wild*
10:00-10:45 YS *	Pilates Mat *Cheri Wild*
10:30-11:15 MS *	Stacked *Michelle Goldberg*
11:00-11:45 YS *	True Barre *Jackie Cunha*
4:00-5:00 YS *	Weekend Wind Down Yoga *Megan Grbic*

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

EQUINOX

PARAMUS

776 Route 17 North

PARAMUS NJ 07652

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

GROUP FITNESS MANAGER

olivia.chrinian@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

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.
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.
Endurance Ride 60 An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

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.
Inner Power Flow Created by Nadia Zaki, this challenging class focuses on core flexibility and strength for a full-body workout that brings connection and calm.
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.

Barre

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.
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.

Regeneration

Athletic Stretch Improve posture and enhance performance whether you’re an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.
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.
Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. 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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.
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.

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.
Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.
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.
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.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.
Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.
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.
Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.