

EQUINOX

PARAMUS

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00-6:45 Circuit Training MS * <i>Michelle Goldberg</i> 7:15-8:05 360 Strength MS * <i>Judens Goimbert</i> 8:30-9:15 MetCon Monday MS * <i>Julie Griglio</i> 9:30-10:15 Body Sculpt MS * <i>Holly Silver</i> 9:30-10:20 Precision Walk: Elevate TR * <i>Christian Ramos</i> 9:30-10:15 Barefoot Sculpt YS * <i>Olivia Delaney</i> 10:15-10:30 Best Abs Ever MS * <i>Holly Silver</i> 10:45-11:30 Best Stretch Ever YS * <i>Annalisa Venezia</i>	6:00-6:45 Beats Ride CS * <i>Rob Guidetti</i> 6:30-7:15 Stacked MS * <i>Ilana Maider</i> 7:30-8:15 Lower Body Blast MS * <i>Olivia Delaney</i> 8:30-9:15 True Barre YS * <i>Jenna Coker-Jones</i> 9:30-10:15 Beats Ride CS * <i>Gianna Amato</i> 9:30-10:15 Athletic Conditioning MS * <i>Jenna Coker-Jones</i> 9:30-10:15 Precision Run® TR * <i>Arwen Lawson</i> 9:30-10:15 Pilates Mat YS * <i>Jackie Cunha</i> 10:30-11:15 Body Sculpt MS * <i>Arwen Lawson</i> 10:30-11:30 Vinyasa Yoga YS * <i>Joshua Ehlin</i>	6:00-6:45 True Barre: Bala Bangle YS * <i>Jackie Cunha</i> 7:15-7:45 Upper Body Pump MS * <i>Olivia Delaney</i> 7:45-8:30 Core6 MS * <i>Olivia Delaney</i> 8:30-9:15 Pilates Mat YS * <i>Julie Griglio</i> 9:30-10:15 Stacked MS * <i>Olivia Delaney</i> 9:30-10:15 True Barre: Bala Bangle YS * <i>Julie Griglio</i> 10:30-11:20 Precision Walk: Elevate TR * <i>Julie Griglio</i>	6:00-6:45 Anthem Ride CS * <i>Ilana Maider</i> 6:30-7:15 Body Sculpt MS * <i>Holly Silver</i> 7:30-8:15 Rounds: Kickboxing MS * <i>Holly Silver</i> 8:30-9:15 True Barre: Bala Bangle MS * <i>Michael J. Clark</i> 8:30-9:15 Rhythmic Sculpt MS * <i>Olivia Delaney</i> 8:30-9:20 Precision Run + Strength TR * <i>Arwen Lawson</i> 9:15-10:15 Power Vinyasa MS * <i>Nadia Zaki</i> 9:30-10:15 Beats Ride MS * <i>Renee Pesante</i> 9:30-10:15 Core6 MS * <i>Michael J. Clark</i> 10:30-11:15 Pilates Fusion MS * <i>Julie Griglio</i> 5:30-6:15 Athletic Conditioning Amanda Timochko	6:00-6:45 Rounds: Boxing MS * <i>Jesse Agbotse</i> 6:00-6:45 Pilates Fusion MS * <i>Rebecca Van Vliet</i> 7:15-8:00 MetCon3 MS * <i>Holly Silver</i> 8:30-9:15 Circuit Training MS * <i>Holly Silver</i> 8:30-9:20 Precision Run® TR * <i>Christian Ramos</i> 8:30-9:15 Barefoot Sculpt MS * <i>Julie Griglio</i> 9:30-10:15 Beats Ride MS * <i>Christian Ramos</i> 9:30-10:15 Limited Series: Stronger Women MS * <i>Julie Griglio</i> 9:30-10:30 Vinyasa Yoga MS * <i>Annalisa Venezia</i> 10:30-11:15 Pilates Fusion MS * <i>Shelby Frantz</i> 5:15-6:15 Hatha Yoga Lisa Poggi	8:15-9:15 Vinyasa Yoga YS * <i>Joshua Ehlin</i> 8:30-9:20 Ropes and Rowers MS * <i>Michelle Goldberg</i> 9:30-10:30 Endurance Ride 60 CS * <i>Ilana Maider</i> 9:30-10:15 Stronger MS * <i>Holly Silver</i> 9:30-10:20 Precision Walk: Elevate TR * <i>Julie Griglio</i> 9:30-10:15 Barefoot Sculpt MS * <i>Holly Silver</i> 10:30-11:15 Rhythmic Sculpt MS * <i>Holly Silver</i> 10:30-11:15 Pilates Fusion MS * <i>Julie Griglio</i> 11:30-12:30 Vinyasa Yoga YS * <i>Courtney Bevilacqua</i>	8:00-8:50 Rounds: Bags and Mitts MS * <i>Holly Silver</i> 8:15-9:00 Power Vinyasa YS * <i>Lisa Poggi</i> 9:00-9:45 Athletic Conditioning MS * <i>Holly Silver</i> 9:15-9:45 Best Stretch Ever YS * <i>Cheri Wild</i> 9:30-10:15 Beats Ride CS * <i>Ilana Maider</i> 10:00-10:45 Pilates Mat YS * <i>Cheri Wild</i> 10:30-11:15 Stacked MS * <i>Gina Taggart</i> 10:45-11:15 Precision Run 30 Ilana Maider	11:00-11:50 True Barre YS * <i>Jackie Cunha</i> 11:30-12:00 Upper Body Pump MS * <i>Ilana Maider</i> 4:00-5:00 Weekend Wind Down Yoga Megan Grbic
6:30-7:20 360 Strength MS * <i>Olivia Delaney</i> 6:30-7:30 Inner Power Flow YS * <i>Nadia Zaki</i>	5:30-6:15 Stacked MS * <i>Ilana Maider</i> 5:30-6:15 Pilates Mat YS * <i>Annie Chen</i> 6:30-7:15 Athletic Conditioning MS * <i>Ben Tyree</i>	6:30-7:15 MS * <i>Olivia Delaney</i> 4:30-5:20 360 Strength MS * <i>Judens Goimbert</i> 5:30-6:15 Pilates Fusion YS * <i>Lisa Poggi</i> 6:30-7:15 Stronger MS * <i>Olivia Delaney</i> 5:30-6:15 MS * <i>Olivia Delaney</i> 5:30-6:15 True Barre: Bala Bangle Carly Harper 6:30-7:30 Vinyasa Yoga YS * <i>Courtney Bevilacqua</i>	5:30-6:15 MS * <i>Olivia Delaney</i> 5:30-6:15 Athletic Conditioning Amanda Timochko 5:30-6:15 True Barre: Bala Bangle Carly Harper 6:30-7:30 Vinyasa Yoga YS * <i>Courtney Bevilacqua</i>				

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.

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 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.

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.

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 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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

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: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds 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.

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-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.

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, VPR, 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.

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.

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.