

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

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.chriniian@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, 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.

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.

Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.

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, 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.

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.

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.

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, 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.

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.

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.