

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 YS * Pilates Mat Diana Leskauskas	5:30-6:15 MS * Stronger <i>Jodi Cortes</i>	6:30-7:15 MS * Stacked <i>Selena Dorans</i>	5:30-6:15 CS * Beats Ride Renee Pesante	6:30-7:25 MS * Rounds: Pro <i>Nicole Greco-Peepas</i>	8:00-8:45 MS * Stacked <i>Diana Leskauskas</i>	8:00-8:45 MS * MetCon3 <i>Selena Dorans</i>
6:30-7:15 MS * MetCon Monday <i>Jackie Jay</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Jodi Cortes</i>	7:30-8:00 CS * Beats Ride 30 Renee Pesante	6:30-7:30 YS * Sculpted Yoga™ <i>Jo Marie Steinel</i>	7:35-8:05 MS * Best Butt Ever Michael J. Clark	8:15-9:05 TR * Precision Run@ <i>Leo Troso</i>	8:30-9:20 TR * Precision Run@ <i>Jodi Cortes</i>
7:30-8:00 MS * Best Abs Ever <i>Renee Pesante</i>	7:30-8:15 MS * Whipped! John Tarmaggiore	8:00-8:45 YS * Pilates Mat <i>John Tarmaggiore</i>	7:30-8:15 MS * Athletic Conditioning <i>Harrison Mercado</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>Danielle Ayer</i>
8:00-8:45 YS * Best Stretch Ever <i>Annalisa Venezia</i>	8:15-9:00 YS * True Barre <i>Lexi Julian</i>	8:15-9:00 MS * Tabata Max <i>Valerie Flax</i>	8:15-9:00 YS * Bala Bangle Barre Burn <i>Valerie Flax</i>	8:15-9:00 MS * The Cut <i>Michael J. Clark</i>	9:00-9:45 MS * Athletic Conditioning <i>Elit Kirschenbaum</i>	9:30-10:15 CS * Cycle Power <i>Christian Ramos</i>
8:15-9:00 MS * Athletic Conditioning <i>Renee Pesante</i>	8:30-9:15 MS * MetCon3 <i>Nicole Greco-Peepas</i>	8:30-9:15 CS * Cycle Power <i>Christian Ramos</i>	8:30-9:15 MS * Stronger <i>Kelsey Stalter</i>	8:30-9:15 CS * Beats Ride John Tarmaggiore	9:15-10:00 CS * Beats Ride Renee Pesante	9:30-10:15 MS * Stacked <i>Jodi Cortes</i>
8:30-9:15 CS * Beats Ride Brian Ahn	8:30-9:20 TR * Precision Walk: Elevate <i>Jennifer DeLuccia</i>	9:15-10:00 YS * True Barre <i>Ellie Sharpe</i>	8:30-9:20 TR * Precision Run@ <i>Christian Ramos</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Michael J. Clark</i>	9:30-10:15 YS * Best Stretch Ever <i>Jennifer DeLuccia</i>	10:15-11:00 YS * Bala Bangle Barre Burn <i>Shannon McColl</i>
9:15-10:00 YS * Pilates Mat <i>Anna Upton</i>	9:15-10:15 YS * Vinyasa Yoga <i>Courtney Bevilacqua</i>	9:30-10:20 MS * Whipped! <i>Valerie Flax</i>	9:15-10:15 YS * Vinyasa Yoga <i>Annalisa Venezia</i>	9:30-10:15 MS * Tabata Max <i>Selena Dorans</i>	10:15-11:05 TR * Precision Walk: Elevate <i>John Tarmaggiore</i>	10:30-11:15 MS * Athletic Conditioning <i>Andre Knowles</i>
9:30-10:15 MS * Stronger <i>Renee Pesante</i>	9:30-10:20 CS * Precision Ride Renee Pesante	9:30-10:20 TR * Precision Run@ <i>Christian Ramos</i>	9:30-10:15 MS * Stacked <i>Kelsey Stalter</i>	9:30-10:20 TR * Precision Walk: Elevate <i>John Tarmaggiore</i>	10:30-11:15 MS * TRX Max <i>Renee Pesante</i>	11:30-12:15 MS * Best Butt Ever Andre Knowles
9:30-10:20 TR * Precision Walk: Elevate <i>Brian Ahn</i>	9:30-10:15 MS * Athletic Conditioning <i>Nicole Greco-Peepas</i>	10:30-11:15 MS * Sculpt <i>Renee Pesante</i>	10:30-11:15 YS * Pilates Mat <i>Jennifer DeLuccia</i>	10:30-11:30 YS * Sculpted Yoga™ <i>Michael J. Clark</i>	10:30-11:15 YS * True Barre <i>Lexi Julian</i>	11:30-12:15 YS * Pilates Mat <i>Shannon McColl</i>
10:30-11:15 MS * MetCon3 Michelle Ennis	10:30-11:15 MS * TRX Max <i>Renee Pesante</i>	12:30-1:30 YS * Sculpted Yoga™ <i>Jo Marie Steinel</i>	12:30-1:00 MS * Tabata Cardio 30 Ellie Sharpe	4:00-5:00 YS * Power Vinyasa <i>Alison Bernasco</i>	11:30-12:15 MS * MetCon3 <i>John Tarmaggiore</i>	4:00-5:15 YS * Weekend Wind Down Yoga <i>Courtney Bevilacqua</i>
10:30-11:30 YS * Power Vinyasa <i>Jen Guarneri</i>	10:30-11:20 YS * Pilates Rise <i>Shannon McColl</i>	5:15-6:00 MS * Stronger Renee Pesante	1:00-1:30 MS * Best Abs Ever Ellie Sharpe	4:30-5:15 MS * MetCon3 Elit Kirschenbaum	11:30-12:30 YS * Power Vinyasa <i>Sara Gluckman</i>	
5:15-6:05 MS * Whipped! <i>Michelle Ennis</i>	12:30-1:15 MS * Best Butt Ever <i>Shannon McColl</i>	5:30-6:15 YS * Pilates Mat <i>Lexi Julian</i>	5:30-6:20 YS * Pilates Rise <i>Annalisa Venezia</i>	5:30-6:15 YS * True Barre <i>Kathy Donovan</i>		
5:30-6:15 YS * True Barre Lexi Julian	5:30-6:30 YS * Hatha Yoga <i>Alison Bernasco</i>	5:45-6:35 TR * Precision Run@ <i>Leo Troso</i>	5:45-6:30 MS * Stacked Jackie Jay			
5:45-6:30 CS * Beats Ride Elit Kirschenbaum	5:45-6:30 MS * Tabata Max <i>Michelle Ennis</i>	6:30-7:30 YS * Vinyasa Yoga <i>Courtney Bevilacqua</i>	6:45-7:35 CS * Precision Ride Jackie Jay			
6:30-7:30 YS * Vinyasa Yoga <i>Courtney Bevilacqua</i>	6:45-7:30 CS * Cycle Power <i>Christian Ramos</i>	6:45-7:30 MS * MetCon3 <i>Diana Leskauskas</i>	7:00-7:45 YS * True Barre <i>Jodi Cortes</i>			
6:45-7:30 MS * TRX Max <i>Elit Kirschenbaum</i>	7:00-7:45 YS * Pilates Mat <i>Selena Dorans</i>					

EQUINOX

SUMMIT

68 River Road
SUMMIT NJ 07901
EQUINOX.COM
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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 additive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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® 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.

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.

Athletic Training

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.

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.

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.

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.

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.

Tabata Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Barre

Bala Bangle Barre Burn This off-the-barre 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.

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.

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.

Boxing and Kickboxing

Rounds: Pro Gloves on, skills up. Rounds Pro is the pinnacle of our boxing and kickboxing offerings. Led by our elite instructors, this advanced class refines your technique, hones your precision, and pushes your limits. Elevate your training, refine your craft, and step into the professional arena. An Equinox exclusive.

The Cut A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

Stretch and Recovery

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

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.

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.