

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS* Circuit Training <i>Michelle Goldberg</i>	6:00-6:45 CS* Beats Ride <i>Rob Guidetti</i>	6:00-6:45 YS* True Barre <i>Jen DeSalvo</i>	6:00-6:45 CS* Anthem Ride <i>Ilana Maider</i>	6:15-7:00 MS* Rounds: Boxing <i>Jesse Agbotse</i>	8:15-9:15 YS* Vinyasa Yoga <i>Joshua Ehlin</i>	8:00-8:55 MS* Rounds: Boxing Circuit <i>Holly Silver</i>
7:15-8:00 MS* Athletic Conditioning <i>Ilana Maider</i>	7:30-8:15 MS* Lower Body Blast <i>Olivia Tourek</i>	7:15-7:45 MS* Upper Body Pump <i>Olivia Tourek</i>	6:30-7:15 MS* Body Sculpt <i>Holly Silver</i>	7:15-8:00 MS* MetCon3 <i>Ilana Maider</i>	8:30-9:15 MS* MetCon3 <i>Michelle Goldberg</i>	8:15-9:00 YS* Power Vinyasa <i>Jackie Krakowski</i>
8:15-9:15 YS* Vinyasa Yoga <i>Joshua Ehlin</i>	8:30-9:15 YS* Off The Barre <i>Nadia Zaki</i>	7:45-8:15 MS* Tabata Max <i>Olivia Tourek</i>	7:30-8:15 MS* Rounds: Boxing <i>Holly Silver</i>	8:30-9:20 MS* Rounds: Boxing Circuit <i>Holly Silver</i>	8:30-9:00 TR* <b>Precision Run 30</b> <i>Olivia Tourek</i>	9:00-9:45 MS* Athletic Conditioning <i>Holly Silver</i>
8:30-9:20 CS* Precision Ride <i>Christian Ramos</i>	9:15-10:00 CS* Beats Ride <i>Gianna Amato</i>	8:15-8:30 MS* Best Abs Ever <i>Olivia Tourek</i>	8:15-9:00 YS* Bala Bangle Barre Burn <i>Michael J. Clark</i>	8:30-9:20 TR* Precision Run@ <i>Christian Ramos</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>
8:30-9:15 MS* MetCon Monday <i>Olivia Tourek</i>	9:30-10:15 MS* <b>MetCon3</b> <i>Ellie Sharpe</i>	8:30-9:15 YS* Pilates Fusion <i>Julie Griglio</i>	8:30-9:15 MS* Athletic Conditioning <i>Olivia Tourek</i>	8:30-9:15 YS* Barefoot Sculpt <i>Julie Griglio</i>	9:30-10:15 MS* Stronger <i>Holly Silver</i>	9:30-10:15 CS* Beats Ride <i>Julie Griglio</i>
9:30-10:15 MS* Stronger <i>Holly Silver</i>	9:30-10:15 TR* Precision Run@ <i>Arwen Lawson</i>	9:30-10:15 MS* <b>Stacked</b> <i>Olivia Tourek</i>	8:30-9:20 TR* Precision Run@ <i>Arwen Lawson</i>	9:30-10:15 CS* Beats Ride <i>Christian Ramos</i>	9:30-10:20 TR* Precision Walk: Elevate <i>Jen DeSalvo</i>	10:00-10:45 YS* Pilates Mat <i>Cheri Wild</i>
9:30-10:20 TR* Precision Walk: Elevate <i>Christian Ramos</i>	9:30-10:15 YS* Pilates Mat <i>Julie Griglio</i>	9:30-10:15 YS* Bala Bangle Barre Burn <i>Julie Griglio</i>	9:15-10:15 YS* Power Vinyasa <i>Nadia Zaki</i>	9:30-10:15 MS* Best Butt Ever <i>Julie Griglio</i>	9:30-10:15 YS* Barefoot Sculpt <i>Olivia Tourek</i>	10:30-11:15 MS* <b>Stacked</b> <i>Julie Griglio</i>
9:30-10:15 YS* Barefoot Sculpt <i>Olivia Tourek</i>	10:30-11:15 MS* Athletic Conditioning <i>Arwen Lawson</i>	10:30-11:30 YS* Vinyasa Yoga <i>Genna Cimo</i>	9:30-10:20 CS* <b>Precision Ride</b> <i>Renee Pesante</i>	9:30-10:30 YS* Vinyasa Yoga <i>Annalisa Venezia</i>	10:30-11:15 MS* Cardio Kickboxing <i>Holly Silver</i>	11:00-11:50 YS* True Barre <i>Jen DeSalvo</i>
10:15-10:30 MS* Best Abs Ever <i>Holly Silver</i>	10:30-11:30 YS* Vinyasa Yoga <i>Faye Rex</i>	5:15-6:00 YS* <b>Pilates Mat</b> <i>Lisa Poggi</i>	9:30-10:15 MS* Tabata Max <i>Michael J. Clark</i>	10:30-11:15 MS* Athletic Conditioning <i>Shelby Frantz</i>	10:30-11:15 YS* <b>Pilates Fusion</b> <i>Jen DeSalvo</i>	
10:40-11:30 YS* Best Stretch Ever <i>Annalisa Venezia</i>	12:00-12:50 YS* Pilates Rise <i>Jen DeSalvo</i>	6:30-7:15 MS* Stronger <i>Olivia Tourek</i>	10:30-11:15 YS* Pilates Mat <i>Jen DeSalvo</i>	5:15-6:15 YS* Hatha Yoga <i>Lisa Poggi</i>		4:00-5:00 YS* Weekend Wind Down Yoga <i>Paula Gomez</i>
5:30-6:15 MS* Cardio Sculpt <i>Holly Silver</i>	5:30-6:15 MS* <b>Circuit Training</b> <i>Ben Tyree</i>	7:00-7:45 YS* <b>Barefoot Sculpt</b> <i>Jackie Krakowski</i>	12:00-1:00 YS* Vinyasa Yoga <i>Joshua Ehlin</i>			
5:30-6:15 YS* Barre <i>Carly Harper</i>	5:30-6:15 YS* Pilates Mat <i>Annie Chen</i>		5:30-6:15 MS* Best Butt Ever <i>Jen DeSalvo</i>			
6:30-7:20 MS* Ropes and Rowers <i>Olivia Tourek</i>	6:30-7:15 MS* Athletic Conditioning <i>Andre Knowles</i>		5:30-6:30 YS* Sculpted Yoga™ <i>Lisa Poggi</i>			
7:15-8:15 YS* Vinyasa Yoga <i>Nadia Zaki</i>	6:30-7:15 YS* Power Vinyasa <i>Annalisa Venezia</i>		6:30-7:15 MS* Rounds: Boxing <i>James Marchione</i>			
	7:15-7:30 MS* Best Abs Ever <i>Andre Knowles</i>					
	7:30-8:15 YS* Yin Yoga <i>Annalisa Venezia</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.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.

**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 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.

## 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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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.

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

**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.

**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.

**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.

## 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.

**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.

**Off The Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. 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.

## 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.

**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

**Cardio Kickboxing** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**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: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## 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

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**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.

**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.