

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * Stronger <i>Ricky Meschkow</i>	5:45-6:30 YS * Power Vinyasa (Heated) Kajal Bendale	5:45-6:30 MS * Rounds: Boxing <i>Victor Torres</i>	5:45-6:30 YS * Pilates Fusion (Heated) <i>Marissa Andrews</i>	5:45-6:30 MS * Circuit Training <i>Steve Ramirez</i>	7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i>	8:00-8:45 YS * Barefoot Sculpt <i>Jacqueline Risch</i>
6:30-7:15 CS * Anthem Ride <i>Emily Marino</i>	6:30-7:15 MS * True Barre: Bala Bangle Jacqueline Risch	7:00-7:45 YS * Pilates Mat <i>Marissa Andrews</i>	6:30-7:15 MS * Stronger <i>Emily Marino</i>	7:00-7:45 YS * Pilates Fusion <i>Sam Harris</i>	8:00-8:45 MS * Athletic Conditioning <i>Steve Ramirez</i>	8:30-9:15 MS * Athletic Conditioning <i>Carolyn Mellace</i>
7:00-7:45 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	7:00-7:45 YS * Pilates Fusion <i>Stephenie Skaferowsky</i>	7:45-8:30 MS * Stacked <i>Rocky Ribacoff</i>	7:00-7:45 YS * True Barre <i>Cari Michelman</i>	7:30-8:15 MS * Core6 <i>Jacqueline Risch</i>	9:00-9:45 MS * Body Sculpt <i>Rocky Ribacoff</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Jacqueline Risch</i>
7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i>	7:45-8:15 MS * Upper Body Pump <i>Jacqueline Risch</i>	8:30-9:30 YS * True Barre: Bala Bangle <i>Cari Michelman</i>	7:45-8:30 MS * Athletic Conditioning <i>Ricky Meschkow</i>	8:15-9:00 YS * Barefoot Sculpt <i>Jacqueline Risch</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	9:15-9:30 MS * Best Abs Ever <i>Carolyn Mellace</i>
7:45-8:30 MS * MetCon Monday <i>Emily Marino</i>	8:15-8:45 MS * Best Butt Ever <i>Jacqueline Risch</i>	8:45-9:30 MS * MetCon3 <i>Ricky Meschkow</i>	8:30-9:15 CS * Beats Ride <i>Emily Marino</i>	8:45-9:30 CS * Anthem Ride <i>Damian Vella</i>	9:45-10:00 MS * Best Abs Ever <i>Rocky Ribacoff</i>	9:45-10:30 CS * Beats Ride <i>Carolyn Mellace</i>
8:15-9:00 YS * Pilates Fusion (Heated) <i>Michele Rogowsky</i>	8:30-9:15 CS * Beats Ride <i>Rocky Ribacoff</i>	9:30-10:15 CS * Beats + Bands Ride <i>Rocky Ribacoff</i>	9:00-10:00 YS * Pilates Fusion <i>Sam Harris</i>	9:15-10:15 YS * Power Vinyasa (Heated) <i>Amy Max</i>	10:15-11:05 MS * Rounds: Boxing <i>Jay Johnson</i>	9:45-10:30 MS * Atletica <i>Rocky Ribacoff</i>
8:45-9:30 MS * Body Sculpt <i>Rocky Ribacoff</i>	9:00-10:00 YS * Pilates Fusion <i>Cari Michelman</i>	10:30-11:15 YS * Barefoot Sculpt <i>Cari Michelman</i>	9:30-10:15 MS * Limited Series: Stronger Women <i>Emily Marino</i>	9:45-10:35 MS * Athletic Conditioning <i>Dana Mancini</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Amy Max</i>	10:00-10:45 MS * Pilates Fusion <i>Sam Harris</i>
9:15-10:15 YS * Vinyasa Yoga <i>Sheryl Oleksak</i>	9:30-10:15 MS * Atletica <i>Rocky Ribacoff</i>	11:30-12:20 YS * Pilates Rise <i>Casidhe Streeff</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jacqueline Risch</i>	10:30-11:15 YS * True Barre <i>Jacqueline Risch</i>	11:45-12:30 YS * Pilates Fusion <i>Tara Stark</i>	10:45-11:30 MS * Cardio Dance: Zumba® Deanna Gallicchio
9:45-10:30 MS * Athletic Conditioning <i>Emily Marino</i>	10:15-10:30 MS * Best Abs Ever <i>Rocky Ribacoff</i>	4:30-5:15 YS * True Barre <i>Cari Michelman</i>	10:30-11:30 YS * Sculpted Yoga™ Sam Harris	11:30-12:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	4:00-5:00 YS * Pilates Mat <i>Vassia Spanos</i>	11:00-12:00 YS * Vinyasa Yoga (Heated) <i>Sam Harris</i>
10:30-11:15 YS * True Barre: Bala Bangle <i>Jacqueline Risch</i>	10:30-11:30 YS * Vinyasa Yoga Haley Breen	5:30-6:15 YS * Pilates Mat (Heated) <i>Gayle Sanders</i>	4:30-5:15 YS * True Barre: Bala Bangle Danielle Reynolds	4:30-5:15 YS * Pilates Fusion (Heated) <i>Stephenie Skaferowsky</i>		3:30-4:30 YS * Weekend Wind Down Yoga <i>Kajal Bendale</i>
11:30-12:15 YS * Pilates Fusion <i>Lindsay B. Davis</i>	4:30-5:15 YS * Pilates Mat (Heated) <i>Casidhe Streeff</i>	6:00-6:45 MS * Whipped! <i>Emily Marino</i>	5:30-6:15 YS * Barefoot Sculpt <i>Sam Harris</i>	5:30-6:30 YS * Vinyasa Yoga (Heated) <i>Kajal Bendale</i>		4:30-5:00 YS * Sound Meditation <i>Kajal Bendale</i>
4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Danielle Reynolds</i>	5:30-6:15 YS * True Barre: Bala Bangle (Heated) <i>Michele Rogowsky</i>	6:30-7:15 YS * Pilates at the Barre <i>Gayle Sanders</i>	6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Sam Harris</i>			
5:30-6:15 YS * Pilates Fusion (Heated) <i>Danielle Reynolds</i>	6:00-6:45 MS * Body Sculpt <i>Susan Rubin</i>		7:00-7:45 MS * Rounds: Boxing <i>Victor Torres</i>			
6:00-6:45 MS * Cardio Dance <i>Roya Obedian</i>	6:30-7:15 YS * Pilates Fusion <i>Cari Michelman</i>		7:30-8:00 YS * Sound Meditation <i>Sam Harris</i>			
6:30-7:30 YS * Power Vinyasa (Heated) <i>Kajal Bendale</i>						
7:00-7:45 MS * Rounds: Kickboxing <i>Jay Johnson</i>						

EQUINOX

WOODBURY

7550 Jericho Turnpike

WOODBURY NY 11797

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 07:00 AM 07:00 PM

SUN 07:00 AM 06:00 PM

Kids

SAT-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

raquel.ribacoff@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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

Running

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

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.

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.

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.

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

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.

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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

Boxing

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

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

Strength

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

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.

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.