

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * Athletic Conditioning <i>Ricky Meschkow</i>	5:45-6:30 YS * Barefoot Sculpt <i>Jacqueline Risch</i>	5:45-6:30 MS * Circuit Training <i>Ricky Meschkow</i>	5:45-6:30 CS * Beats Ride <i>Amanda Jacobs</i>	5:45-6:30 TR * Precision Run® <i>Jacqueline Risch</i>	7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i>	8:00-8:50 CS * Precision Ride <i>Amanda Jacobs</i>
6:30-7:15 CS * Beats Ride <i>Emily Marino</i>	6:30-7:15 MS * Stacked <i>Jacqueline Risch</i>	6:30-7:15 CS * Beats Ride <i>Stephenie Skaferowsky</i>	6:30-7:15 MS * Stronger <i>Emily Marino</i>	6:15-7:00 MS * Pure Strength <i>Steve Ramirez</i>	8:00-8:45 MS * Athletic Conditioning <i>Steve Ramirez</i>	8:00-8:45 YS * Barefoot Sculpt <i>Jacqueline Risch</i>
7:00-7:45 YS * Bala Bangle Barre Burn <i>Michele Rogowsky</i>	7:00-7:45 YS * Pilates Fusion <i>Stephenie Skaferowsky</i>	7:00-7:45 YS * Pilates Mat <i>Marissa Andrews</i>	7:00-7:45 YS * True Barre <i>Cari Michelman</i>	7:00-7:45 YS * Pilates Fusion <i>Sam Harris</i>	8:30-9:15 YS * Barre <i>Michele Rogowsky</i>	8:30-9:15 MS * Athletic Conditioning <i>Carolyn Mellace</i>
7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i>	7:45-8:15 MS * Upper Body Pump <i>Jacqueline Risch</i>	7:45-8:30 MS * Stacked <i>Rocky Ribacoff</i>	7:45-8:30 MS * Athletic Conditioning <i>Ricky Meschkow</i>	7:30-8:15 MS * Stronger <i>Jacqueline Risch</i>	9:00-9:45 MS * Body Sculpt <i>Rocky Ribacoff</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Jacqueline Risch</i>
7:45-8:30 MS * MetCon Monday <i>Emily Marino</i>	8:15-8:45 MS * Best Butt Ever <i>Jacqueline Risch</i>	8:30-9:30 YS * Bala Bangle Barre Burn <i>Cari Michelman</i>	8:30-9:20 CS * Precision Ride <i>Emily Marino</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>
8:15-9:00 YS * Pilates Rise <i>Michele Rogowsky</i>	8:30-9:15 CS * Beats Ride <i>Rocky Ribacoff</i>	8:45-9:30 MS * Body Sculpt <i>Stephenie Skaferowsky</i>	9:00-10:00 YS * Pilates Fusion <i>Sam Harris</i>	8:45-9:30 CS * Beats 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>
8:45-9:30 MS * Rhythmic Sculpt <i>Rocky Ribacoff</i>	9:00-10:00 YS * Pilates Fusion <i>Cari Michelman</i>	9:30-10:15 CS * Beats + Bands Ride <i>Rocky Ribacoff</i>	9:30-10:15 MS * Stronger <i>Emily Marino</i>	9:15-10:15 YS * Sculpted Yoga™ <i>Lindsey Steinberg</i>	10:15-11:05 MS * Rounds: Boxing <i>Sylvia Nasser</i>	9:45-10:30 MS * Atletica <i>Rocky Ribacoff</i>
9:15-10:15 YS * Vinyasa Yoga <i>Sheryl Oleksak</i>	9:30-10:15 MS * Atletica <i>Rocky Ribacoff</i>	10:30-11:15 YS * Barefoot Sculpt <i>Cari Michelman</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jacqueline Risch</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 YS * Pilates Fusion <i>Sam Harris</i>
9:45-10:30 MS * Athletic Conditioning <i>Ricky Meschkow</i>	10:15-10:30 MS * Best Abs Ever <i>Rocky Ribacoff</i>	11:30-12:20 YS * Pilates Rise <i>Casidhe Streeff</i>	10:15-11:15 YS * Vinyasa Yoga <i>Sam Harris</i>	10:30-11:15 YS * True Barre <i>Jacqueline Risch</i>		10:45-11:30 MS * Rhythmic Sculpt <i>Katie Needham</i>
10:30-11:15 YS * Bala Bangle Barre Burn <i>Jacqueline Risch</i>	10:15-11:15 YS * Ashtanga Yoga <i>Samantha Gerson</i>		5:30-6:15 YS * Barefoot Sculpt <i>Sam Harris</i>	11:30-12:15 YS * Pilates Mat <i>Michele Rogowsky</i>	11:45-12:30 YS * Pilates Fusion <i>Tara Stark</i>	11:00-12:00 YS * Vinyasa Yoga (HEATED) <i>Sam Harris</i>
11:30-12:15 YS * Pilates Fusion <i>Katie Needham</i>	5:30-6:15 YS * Barefoot Sculpt <i>Lindsey Steinberg</i>	4:15-5:15 YS * Yin Yoga <i>Diana Teichert</i>	6:00-6:45 MS * Athletic Conditioning <i>Nick Liguori</i>	4:15-5:15 YS * Pilates Fusion (HEATED) <i>Stephenie Skaferowsky</i>		12:15-1:00 YS * Sonic Meditation <i>Sam Harris</i>
4:15-5:15 YS * Barefoot Sculpt <i>Gayle Sanders</i>	6:00-6:30 MS * Upper Body Pump <i>Sylvia Nasser</i>	5:30-6:15 YS * Pilates Mat (HEATED) <i>Gayle Sanders</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Sam Harris</i>	5:30-6:30 YS * Yin Yoga (HEATED) <i>Lindsey Steinberg</i>		4:00-5:00 YS * Slow Flow Yoga (HEATED) <i>Elanit Rabbani</i>
5:30-6:20 YS * Pilates Rise <i>Gayle Sanders</i>	6:30-7:00 MS * Best Butt Ever <i>Sylvia Nasser</i>	6:00-6:45 MS * Stacked <i>Steve Ramirez</i>	7:00-7:45 MS * Rounds: Boxing <i>Jay Johnson</i>	6:45-7:30 YS * Sonic Meditation <i>Lindsey Steinberg</i>		
6:00-6:45 MS * Cardio Dance <i>Roya Obedian</i>	6:30-7:30 YS * Slow Flow Yoga (HEATED) <i>Lindsey Steinberg</i>	6:30-7:15 YS * Bala Bangle Barre Burn <i>Gayle Sanders</i>				
6:30-7:30 YS * Sculpted Yoga™ <i>Tara Stark</i>		7:00-7:45 MS * Rhythmic Sculpt <i>Lindsay B. Davis</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** 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

**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.

**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

**Ashtanga Yoga** Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

**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.

**Slow Flow Yoga (HEATED)** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**Vinyasa Yoga (HEATED)** 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.

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

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

## 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.

**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 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.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

## 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.

**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 Fusion (HEATED)** 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 Mat (HEATED)** 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.

## 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.

## 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

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**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.

**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.