

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 Jacqueline Risch	5:45-6:30 MS * Circuit Training Ricky Meschkow	5:45-6:30 TR * Precision Walk: Elevate Jacqueline Risch	5:45-6:30 CS * Beats Ride Danielle Reynolds	7:45-8:30 CS * Cycle Power <i>Rocky Ribacoff</i>	8:00-8:50 CS * Precision Ride Amanda Jacobs
6:30-7:15 CS * Beats Ride Emily Marino	6:30-7:30 MS * Switch Up: Run + Strength Jacqueline Risch Amanda Jacobs	6:30-7:15 CS * Cycle Power <i>Stephenie Skaferowsky</i>	6:30-7:15 MS * Stronger Emily Marino	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 * Barefoot Sculpt <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 * Cycle Power <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 * Sculpt <i>Ricky Meschkow</i>	7:30-8:15 MS * Stronger <i>Jacqueline Risch</i>	9:00-9:45 CS * Beats Ride Charles Albanese	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 Emily Marino	8:15-9:00 YS * Barefoot Sculpt <i>Jacqueline Risch</i>	9:00-9:45 MS * Sculpt <i>Rocky Ribacoff</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 Rocky Ribacoff	8:45-9:30 MS * Sculpt <i>Stephenie Skaferowsky</i>	9:00-10:00 YS * Pilates Fusion <i>Sam Harris</i>	8:45-9:30 CS * Beats Ride Damian Vella	9:30-10:20 YS * Pilates Rise <i>Michele Rogowsky</i>	9:45-10:30 CS * Beats Ride Carolyn Mellace
8:45-9:35 MS * 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>	9:45-10:00 MS * Best Abs Ever <i>Rocky Ribacoff</i>	9:45-10:35 MS * Stacked <i>Rocky Ribacoff</i>
9:15-10:15 YS * Vinyasa Yoga <i>Marilyn Metzger</i>	9:30-10:15 MS * MetCon3 <i>Rocky Ribacoff</i>	9:45-10:30 MS * Tabata Max <i>Shelby Armstrong</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jacqueline Risch</i>	9:45-10:35 MS * Sculpt Dana Mancini	10:15-11:05 MS * Rounds: Pro <i>Sylvia Nasser</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>	10:30-11:15 YS * Barefoot Sculpt <i>Cari Michelman</i>	10:15-11:15 YS * Vinyasa Yoga <i>Sam Harris</i>	10:30-11:15 YS * True Barre <i>Jacqueline Risch</i>	10:30-11:30 YS * Vinyasa Yoga <i>Amy Max</i>	10:45-11:35 MS * Athletic Conditioning <i>Nick Liguori</i>
10:30-11:15 YS * Bala Bangle Barre Burn <i>Jacqueline Risch</i>	10:15-11:15 YS * Ashtanga Yoga Samantha Gerson	11:30-12:20 YS * Pilates Rise <i>Casidhe Streeff</i>	5:30-6:15 MS * Sculpt Ricky Meschkow	11:30-12:15 YS * Pilates Mat <i>Michele Rogowsky</i>	11:45-12:30 YS * Pilates Fusion Tara Stark	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 CS * Beats + Bands Ride Emily Marino	5:30-6:15 YS * Pilates Mat <i>Gayle Sanders</i>	5:30-6:15 YS * Barefoot Sculpt <i>Sam Harris</i>	5:30-6:30 YS * Slow Flow Yoga (HEATED) <i>Lindsey Steinberg</i>		12:15-1:00 YS * Sonic Meditation Sam Harris
5:30-6:20 YS * Pilates Rise <i>Gayle Sanders</i>	5:30-6:15 YS * Barefoot Sculpt Lindsey Steinberg	6:30-6:45 MS * Best Abs Ever <i>Steve Ramirez</i>	6:30-7:20 MS * Cardio Dance Marissa Andrews	6:45-7:30 YS * Sonic Meditation Lindsey Steinberg		4:00-5:00 YS * Slow Flow Yoga (HEATED) <i>Elanit Rabbani</i>
6:30-7:30 YS * Sculpted Yoga™ <i>Tara Stark</i>	6:30-7:20 MS * Ropes and Rowers Emily Marino	6:30-7:15 YS * Bala Bangle Barre Burn <i>Gayle Sanders</i>	6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Sam Harris</i>			
6:45-7:30 MS * Stronger Gayle Sanders	6:30-7:30 YS * Vinyasa Yoga <i>Lindsey Steinberg</i>	6:45-7:30 MS * MetCon3 <i>Steve Ramirez</i>	7:45-8:30 YS * Sonic Meditation Sam Harris			
7:45-8:30 MS * Zumba® <i>Roya Obedian</i>						

EQUINOX

WOODBURY

7550 Jericho Turnpike

WOODBURY NY 11797

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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

MON-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.

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 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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.

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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.

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.

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.

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.

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.

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.

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

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.

Stretch and Recovery

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.

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.

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.