

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Sculpt <i>Ricky Meschkow</i>	6:00-6:50 MS * Athletic Conditioning <i>Jen Rizzo</i>	7:30-8:15 MS * Cardio Sculpt <i>Jen Rizzo</i>	6:00-6:50 MS * Sculpt <i>Ricky Meschkow</i>	7:30-8:15 MS * Stacked <i>Shelby Armstrong</i>	8:15-9:00 CS * Beats Ride <i>Carolyn Mellace</i>	8:15-9:00 MS * Sculpt <i>Nick Liguori</i>
8:30-9:15 CS * Beats Ride <i>Amanda Jacobs</i>	7:15-8:05 CS * Precision Ride <i>Jen Rizzo</i>	8:30-9:15 CS * Beats Ride <i>Jen Rizzo</i>	7:15-8:00 CS * Beats Ride <i>Jen Rizzo</i>	7:30-8:15 YS * Gentle Yoga <i>Samantha Gerson</i>	8:15-9:00 MS * Cardio Sculpt <i>Jen Rizzo</i>	8:15-9:00 YS * Pilates Fusion <i>Sam Harris</i>
8:30-9:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	8:30-9:15 MS * Stacked <i>Emily Marino</i>	8:30-9:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	7:30-8:15 MS * Rounds: Boxing <i>Jacqueline Risch</i>	8:30-9:15 MS * Athletic Conditioning <i>Jen Rizzo</i>	8:30-9:15 YS * Pilates Mat <i>Jackie Sherwood</i>	9:15-10:00 CS * Beats Ride <i>Amanda Jacobs</i>
8:30-9:15 YS * Pilates Mat <i>Stephenie Skaferowsky</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Michelle Laskin</i>	9:30-10:15 MS * Athletic Conditioning <i>Emily Marino</i>	8:30-9:15 MS * Sculpt <i>Stephenie Skaferowsky</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Michelle Laskin</i>	9:30-10:15 CS * Beats Ride <i>Jen Rizzo</i>	9:15-10:00 MS * Athletic Conditioning <i>Nick Liguori</i>
9:30-10:30 MS * Switch Up: Run + Strength <i>Jen Rizzo Amanda Jacobs</i>	8:30-9:20 YS * Power Vinyasa <i>Samantha Gerson</i>	9:30-10:15 YS * Barre <i>Michele Rogowsky</i>	8:30-9:15 YS * Bala Bangle Barre Burn <i>Cari Michelman</i>	8:30-9:15 YS * Barefoot Sculpt <i>Sam Harris</i>	9:30-10:15 MS * Stronger <i>Steve Ramirez</i>	10:15-11:15 YS * Vinyasa Yoga <i>Elanit Rabbani</i>
9:30-10:15 YS * Barre Beyond <i>Stephenie Skaferowsky</i>	9:30-10:15 MS * Cardio Sculpt <i>Jackie Sherwood</i>	10:15-10:30 MS * Athletic Stretch <i>Emily Marino</i>	9:30-10:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	9:30-10:00 MS * TRX Max <i>Sam Harris</i>	9:30-10:15 YS * True Barre <i>Jackie Sherwood</i>	10:30-11:30 MS * Studio Dance <i>Roya Obedian</i>
10:30-11:30 YS * Vinyasa Yoga <i>Samantha Gerson</i>	9:30-10:15 YS * Pilates Fusion <i>Katie Needham</i>	10:30-11:30 YS * Sculpted Yoga™ <i>Sam Harris</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	9:30-10:20 YS * Pilates Rise <i>Gayle Sanders</i>	10:30-11:30 YS * Vinyasa Yoga <i>Elva Prohens</i>	
5:30-6:15 MS * Stacked <i>Stephenie Skaferowsky</i>	10:30-11:15 YS * True Barre <i>Jackie Sherwood</i>	5:30-6:15 MS * MetCon3 <i>Shelby Armstrong</i>	10:30-11:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	10:30-11:30 YS * Vinyasa Yoga <i>Erica Fazzari</i>		4:00-5:00 YS * Weekend Wind Down Yoga <i>Samantha Gerson</i>
6:30-7:30 YS * Vinyasa Yoga <i>Anita Sehgal</i>	5:30-6:15 MS * Sculpt <i>Marissa Andrews</i>	6:45-7:45 MS * Studio Dance <i>Roya Obedian</i>	4:00-4:45 MS * Sculpt <i>Ricky Meschkow</i>			
	6:30-7:20 CS * Precision Ride <i>Amanda Jacobs</i>		5:00-5:45 MS * Cardio Dance <i>Valentino</i>			
	6:30-7:20 YS * Pilates Rise <i>Marissa Andrews</i>		6:30-7:30 YS * Vinyasa Yoga <i>Samantha Gerson</i>			

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

ROSLYN

90 Northern Boulevard
GREENVALE NY 11548
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

GROUP FITNESS MANAGER

jennifer.tsiolis@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 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 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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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.

Barre Beyond Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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 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.

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

Boxing and Kickboxing

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.

Stretch and Recovery

Athletic Stretch Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

Sculpt

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

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.

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.