

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Athletic Conditioning Jeremy Flores	7:30-8:15 YS * Pilates Fusion <i>Sam Harris</i>	6:15-7:00 MS * Body Sculpt Sabra Bailey	6:15-7:00 MS * Rounds: Kickboxing Jay Johnson	7:30-8:15 MS * Stronger <i>Sylvia Nasser</i>	8:30-9:15 CS * Beats Ride <i>Carolyn Mellace</i>	8:30-9:15 MS * Body Sculpt <i>Nick Liguori</i>
7:30-8:15 MS * Stronger <i>Ricky Meschkow</i>	8:30-9:15 MS * Rounds: Boxing <i>Sylvia Nasser</i>	7:30-8:15 MS * Stacked <i>Steve Ramirez</i>	7:30-8:15 CS * Beats Ride <i>Sylvia Nasser</i>	8:30-9:15 CS * Beats Ride <i>Joe Cincotta</i>	8:30-9:15 MS * Athletic Conditioning <i>Sylvia Nasser</i>	8:30-9:15 YS * Pilates Fusion <i>Sam Harris</i>
8:30-9:15 CS * Beats Ride <i>Ariella Laden</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Emily Marino</i>	8:30-9:15 CS * Beats Ride <i>Joe Cincotta</i>	8:30-9:15 MS * Body Sculpt <i>Susan Rubin</i>	8:30-9:15 MS * Athletic Conditioning <i>Steve Ramirez</i>	8:30-9:15 YS * Pilates Mat <i>Jackie Sherwood</i>	9:30-10:15 CS * Beats Ride <i>Michelle Laskin</i>
8:30-9:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	9:30-10:15 CS * Beats Ride <i>Emily Marino</i>	8:30-9:15 MS * Limited Series: Stronger Women <i>Sylvia Nasser</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Sylvia Nasser</i>	8:30-9:15 YS * Barefoot Sculpt <i>Sam Harris</i>	9:30-10:15 MS * Stronger <i>Steve Ramirez</i>	9:30-10:15 MS * Athletic Conditioning <i>Nick Liguori</i>
8:30-9:15 YS * Pilates Fusion <i>Stephenie Skaferowsky</i>	9:30-10:20 MS * Core6 <i>Sylvia Nasser</i>	8:30-9:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Cari Michelman</i>	9:30-10:15 MS * Body Sculpt <i>Steve Ramirez</i>	9:30-10:15 YS * True Barre <i>Jackie Sherwood</i>	10:30-11:30 MS * Cardio Dance <i>Roya Obedian</i>
9:30-10:15 MS * Body Sculpt <i>Sylvia Nasser</i>	9:30-10:15 YS * Pilates Fusion <i>Jackie Sherwood</i>	9:30-10:15 MS * MetCon3 <i>Emily Marino</i>	9:30-10:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	9:30-10:20 YS * Pilates Rise <i>Gayle Sanders</i>	10:30-11:30 MS * Rounds: Boxing <i>Sylvia Nasser</i>	10:30-11:30 YS * Vinyasa Yoga <i>Elanit Rabbani</i>
9:30-10:15 YS * True Barre: Cardio <i>Stephenie Skaferowsky</i>	10:30-11:15 YS * True Barre <i>Jackie Sherwood</i>	9:30-10:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	10:30-11:20 MS * Feel Good Friday: Cardio Dance <i>Susan Rubin</i>	10:30-11:30 YS * Vinyasa Yoga <i>Elva Prohens</i>	
10:15-10:30 MS * Best Abs Ever <i>Sylvia Nasser</i>	4:45-5:35 YS * Pilates Rise Marissa Andrews	10:30-11:30 YS * Vinyasa Yoga <i>Samantha Gerson</i>	4:45-5:35 YS * Pilates Fusion (Heated) <i>Elanit Rabbani</i>	4:00-4:45 YS * Barefoot Sculpt Elena Tyler		4:00-5:00 Weekend Wind Down Yoga <i>Elanit Rabbani</i>
10:30-11:30 YS * Vinyasa Yoga <i>Haley Breen</i>	5:45-6:30 MS * Body Sculpt <i>Marissa Andrews</i>	4:45-5:30 YS * Barefoot Sculpt <i>Elena Tyler</i>	5:45-6:30 MS * Body Sculpt Sabra Bailey			5:05-5:35 YS * Sound Meditation <i>Elanit Rabbani</i>
4:45-5:30 YS * Pilates Mat (Heated) <i>Gayle Sanders</i>	6:45-7:30 CS * Beats Ride <i>Violet Palmer</i>	5:45-6:30 MS * MetCon3 Damia Foster	5:45-6:45 YS * Restorative Yoga Elanit Rabbani			
5:45-6:30 YS * Barefoot Sculpt (Heated) <i>Gayle Sanders</i>	6:45-7:30 YS * Barefoot Sculpt Haley Breen	5:45-6:45 YS * Power Vinyasa <i>Kajal Bendale</i>				
6:45-7:30 MS * Rounds: Boxing Jeremy Flores		6:45-7:45 MS * Cardio Dance <i>Roya Obedian</i>				
6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Anita Sehgal</i>		6:50-7:20 YS * Sound Meditation <i>Kajal Bendale</i>				

EQUINOX

ROSLYN

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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

GROUP FITNESS MANAGER

sylvia.nasser@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.



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.

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

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.

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.



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.

True Barre: Cardio Give your barre workout a cardio boost 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.



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.

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.



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

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.

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.