

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	6:00-6:50 MS * Body Sculpt <i>Jen Rizzo</i>	7:30-8:15 MS * Cardio Sculpt <i>Jen Rizzo</i>	6:00-6:50 MS * Athletic Conditioning <i>Ricky Meschkow</i>	7:15-8:00 MS * MetCon3 <i>Ricky Meschkow</i>	8:15-9:00 CS * Beats Ride <i>Carolyn Mellace</i>	8:00-8:30 MS * Best Butt Ever <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 * MetCon3 <i>Ricky Meschkow</i>	7:30-8:15 MS * Stronger <i>Shelby Armstrong</i>	8:30-9:15 MS * TRX Max <i>Sam Harris</i>	7:30-8:15 MS * Tabata Max <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>	8:30-9:00 MS * Upper Body Pump <i>Nick Liguori</i>
8:30-9:15 YS * Pilates Mat <i>Stephenie Skaferowsky</i>	8:30-9:15 MS * Circuit Training <i>Emily Marino</i>	8:30-9:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Stephenie Skaferowsky</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Michelle Laskin</i>	9:30-10:15 CS * Precision Ride <i>Jen Rizzo</i>	9:15-10:00 CS * Beats Ride <i>Amanda Jacobs</i>
9:30-10:15 MS * Body Sculpt <i>Jen Rizzo</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 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>	9:15-10:00 MS * Athletic Conditioning <i>Nick Liguori</i>
9:30-10:20 TR * Precision Run® <i>Emily Marino</i>	8:30-9:20 YS * Power Vinyasa <i>Samantha Gerson</i>	9:30-10:15 YS * Barre <i>Michele Rogowsky</i>	9:30-10:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	9:30-10:20 YS * Pilates Rise <i>Gayle Sanders</i>	9:30-10:15 YS * True Barre <i>Jackie Sherwood</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 * Rhythmic Sculpt <i>Jackie Sherwood</i>	10:30-11:30 YS * Sculpted Yoga™ <i>Sam Harris</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	10:30-11:30 YS * Vinyasa Yoga <i>Erica Fazzari</i>	10:30-11:30 YS * Vinyasa Yoga <i>Elva Prohens</i>	10:30-11:30 MS * Cardio 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>	5:30-6:15 MS * Stronger <i>Shelby Armstrong</i>	10:30-11:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>			
5:30-6:15 MS * Stacked <i>Stephenie Skaferowsky</i>	10:30-11:15 YS * True Barre <i>Jackie Sherwood</i>	5:30-6:30 YS * Vinyasa Yoga <i>Samantha Gerson</i>	6:30-7:30 YS * Vinyasa Yoga <i>Samantha Gerson</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 * Body Sculpt <i>Marissa Andrews</i>	6:45-7:45 MS * Studio Dance: Contemporary <i>Roya Obedian</i>				
	6:30-7:20 YS * Pilates Rise <i>Marissa Andrews</i>	6:45-7:30 YS * Sonic Meditation <i>Samantha Gerson</i>				

# 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 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

**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.

## 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.

**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.

**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.

**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.

**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: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

## 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.

**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.

**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.

**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.