EQUINOX WOODBURY

October 2025 | SCHEDULE EFFECTIVE 10.01.25-10.31.25

KEY Studio key on back

New/Updated Class, Instructor, or Time

Advance sign-up required

N	MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:45-6:30 MS *	Stronger Ricky Meschkow	5:45-6:35 YS *	Sculpted Yoga™ Sam Harris	5:45-6:30 MS *	Athletic Conditioning Ricky Meschkow	5:45-6:30 YS *	Pilates Fusion Marissa Andrews	5:45-6:35 MS *	360 Strength Steve Ramirez	7:45-8:30 CS *	Beats Ride Rocky Ribacoff	8:00-8:45 YS *	Barefoot Sculpt Jacqueline Risch
6:30-7:15 CS *	Anthem Ride Emily Marino	6:30-7:15 MS *	Tabata Max Jacqueline Risch	6:30-7:15 CS *	Beats Ride Stephenie Skaferowsky	6:30-7:15 MS *	Stronger Emily Marino	6:45-7:15 TR *	Precision Run 30 Jacqueline Risch	8:00-8:45 MS *	Athletic Conditioning Steve Ramirez	8:30-9:15 MS *	Athletic Conditioning Carolyn Mellace
7:00-7:45 YS *	Bala Bangle Barre Burn Michele Rogowsky	7:00-7:45 YS *	Pilates Fusion Stephenie Skaferowsky	7:00-7:45 YS *	Pilates Mat Marissa Andrews	7:00-7:45 YS *	True Barre Marissa Andrews	7:00-7:45 YS *	Pilates Fusion Sam Harris	8:30-9:15 YS *	Barre Michele Rogowsky	9:00-9:45 TR *	Precision Walk: Elevate Jacqueline Risch
7:45-8:30 CS *	Beats Ride Rocky Ribacoff	7:45-8:15 MS *	Upper Body Pump Jacqueline Risch	7:45-8:30 MS *	Stacked Rocky Ribacoff	7:45-8:30 MS *	Athletic Conditioning Ricky Meschkow	7:30-8:15 MS *	Stronger Jacqueline Risch	9:00-9:45 MS *	Body Sculpt Rocky Ribacoff	9:15-9:30 MS *	Best Abs Ever Carolyn Mellace
7:45-8:30 MS *	MetCon Monday Emily Marino	8:15-8:45 MS *	Best Butt Ever Jacqueline Risch	8:30-9:30	Bala Bangle Barre Burn	8:30-9:15 CS *	Beats Ride Emily Marino	8:15-9:00 YS *	Barefoot Sculpt Jacqueline Risch	9:30-10:15 YS *	Pilates Fusion Michele Rogowsky	9:45-10:30 CS *	Beats Ride Carolyn Mellace
8:15-9:00 YS *	Pilates at the Barre Michele Rogowsky	8:30-9:15 CS *	Beats Ride Rocky Ribacoff	YS * 8:45-9:30	Lindsay B. Davis MetCon3	9:00-10:00 YS *	Pilates Fusion Sam Harris	8:45-9:30 CS *	Anthem Ride Damian Vella	9:45-10:00 MS *	Best Abs Ever Rocky Ribacoff	9:45-10:30 MS *	Atletica Rocky Ribacoff
8:45-9:30 MS *	Body Sculpt Rocky Ribacoff	9:00-10:00 YS *	Pilates Fusion Stephenie	MS * 9:30-10:15	Ricky Meschkow Beats + Bands Ride	9:30-10:15 MS *	Stronger Emily Marino	9:15-10:15 YS *	Sculpted Yoga™ Lindsey Steinberg	10:15-11:05 MS *	Rounds: Boxing Jay Johnson	10:00-10:45 YS *	Pilates Fusion Sam Harris
9:15-10:15 YS *	Vinyasa Yoga Sheryl Oleksak	9:30-10:15	Skåferowsky Atletica	CS * 10:30-11:15	Rocky Ribacoff Barefoot Sculpt	9:30-10:20 TR *	Precision Walk: Elevate Jacqueline Risch	9:45-10:35 MS *	Athletic Conditioning Dana Mancini	10:30-11:30 YS *	Vinyasa Yoga (Heated) Amy Max	10:45-11:30 MS *	Rhythmic Sculpt Katie Needham
9:45-10:30 MS *	Athletic Conditioning Ricky Meschkow	MS * 10:15-10:30	Rocky Ribacoff Best Abs Ever	YS*	Lindsay B. Davis	10:15-11:15 YS *	Gentle Yoga Sam Harris	10:30-11:15 YS *	True Barre Jacqueline Risch	11:45-12:30	Pilates Fusion	11:00-12:00 YS *	Vinyasa Yoga (Heated) Sam Harris
10:30-11:15 YS *	Bala Bangle Barre Burn Jacqueline Risch	MS * 10:15-11:15 YS *	Rocky Ribacoff Vinyasa Yoga Haley Breen	11:30-12:20 YS *	Pilates Rise Casidhe Streeff	5:30-6:15	Barefoot Sculpt	11:30-12:15 YS *	Pilates Mat	YS *	Tara Stark	4:00-5:00	Weekend Wind Down
11:30-12:15	Pilates Fusion			4:30-5:15	True Barre	YS * 6:00-6:45	Sam Harris MetCon3	YS	Michele Rogowsky	4:00-5:00 YS *	Pilates Mat	YS*	Yoga Diana Teichert
YS *	Katie Needham	5:30-6:15 YS *	Bala Bangle Barre Burn Michele Rogowsky	YS *	Gayle Sanders	MS * 6:30-7:30	Diamia Foster	4:30-5:15	Pilates Fusion	15	Vassia Spanos	5:00-5:30 YS *	Sound Meditation Diana Teichert
4:30-5:15	Barefoot Sculpt	6:00-6:30 MS *	Upper Body Pump Sylvia Nasser	5:30-6:15 YS *	Pilates Mat Gayle Sanders	YS *	Vinyasa Yoga (Heated) Sam Harris	YS*	(Heated) Stephenie Skaferowsky				
YS * 5:30-6:20	Gayle Sanders Pilates Rise	6:30-7:00 MS *	Best Butt Ever Sylvia Nasser	6:00-6:50 MS *	360 Strength Emily Marino	7:00-7:45 MS *	Rounds: Boxing Jay Johnson		Skalerowsky				
YS * 6:00-6:45 MS *	Gayle Sanders Cardio Dance Roya Obedian	6:30-7:15 YS *	Pilates Fusion Michele Rogowsky	6:30-7:15 YS *	Pilates at the Barre Gayle Sanders	7:30-8:00 YS *	Sound Meditation Sam Harris						
6:30-7:30 YS *	Sculpted Yoga™ Tara Stark	7:00-7:15 MS *	Best Abs Ever Sylvia Nasser										
7:00-7:45 MS *	Rounds: Kickboxing Jay Johnson												

EOUINOX

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

SAT-SUN 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



Cvclina

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

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



Precision Run 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.



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.

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

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.



transformative practice

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.

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

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. 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.

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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

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt vour arms, core, and leas, 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.

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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 vour 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.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easyto-follow combinations. Increase cardio endurance as you let the rhythm be your guide.



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-quided 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.

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.

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.



360 Strength Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

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 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

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.

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.

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.