

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * Athletic Conditioning <i>Ricky Meschkow</i>	5:45-6:30 YS * Sculpted Yoga™ <i>Sam Harris</i>	5:45-6:30 MS * Circuit Training <i>Ricky Meschkow</i>	5:45-6:30 YS * Pilates Fusion <i>Marissa Andrews</i>	5:45-6:30 TR * Precision Run® <i>Jacqueline Risch</i>	7:45-8:30 CS * Beats Ride <i>Rocky Ribacoff</i>	8:00-8:45 CS * Beats Ride <i>Shelby Armstrong</i>
6:30-7:15 CS * Anthem Ride <i>Emily Marino</i>	6:30-7:15 MS * Stacked <i>Jacqueline Risch</i>	6:30-7:15 CS * Beats Ride <i>Stephenie Skaferowsky</i>	6:30-7:15 MS * Stronger <i>Emily Marino</i>	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 * Pilates Fusion <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 * Beats Ride <i>Rocky Ribacoff</i>	7:45-8:15 YS * SUMMER SETS: Upper Body Pump <i>Jacqueline Risch</i>	7:45-8:30 MS * Stacked <i>Rocky Ribacoff</i>	7:45-8:30 MS * Athletic Conditioning <i>Ricky Meschkow</i>	7:30-8:15 MS * Stronger <i>Jacqueline Risch</i>	9:00-9:45 MS * Body Sculpt <i>Rocky Ribacoff</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Jacqueline Risch</i>
7:45-8:30 MS * MetCon Monday <i>Emily Marino</i>	8:15-8:45 MS * SUMMER SETS: Best Butt Ever <i>Jacqueline Risch</i>	8:30-9:30 YS * Bala Bangle Barre Burn <i>Cari Michelman</i>	8:30-9:15 CS * Beats Ride <i>Emily Marino</i>	8:15-9:00 YS * Barefoot Sculpt <i>Jacqueline Risch</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	9:15-9:30 MS * Best Abs Ever <i>Carolyn Mellace</i>
8:15-9:00 YS * Pilates Fusion <i>Michele Rogowsky</i>	MS * 8:30-9:15 Beats Ride <i>Rocky Ribacoff</i>	8:45-9:30 MS * Athletic Conditioning <i>Damia Foster</i>	9:00-10:00 YS * Pilates Fusion <i>Sam Harris</i>	8:30-9:00 MS * SUMMER SETS: Quick HIIT <i>Shelby Armstrong</i>	9:45-10:00 MS * Best Abs Ever <i>Rocky Ribacoff</i>	9:45-10:30 CS * Beats Ride <i>Carolyn Mellace</i>
8:45-9:30 MS * Body 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>	8:45-9:30 CS * Anthem Ride <i>Damian Vella</i>	10:15-11:05 MS * Rounds: Boxing <i>Sylvia Nasser</i>	9:45-10:30 MS * Atletica <i>Rocky Ribacoff</i>
9:15-10:15 YS * Vinyasa Yoga <i>Sheryl Oleksak</i>	9:30-10:15 MS * Atletica <i>Rocky Ribacoff</i>	10:30-11:15 YS * Barefoot Sculpt <i>Cari Michelman</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jacqueline Risch</i>	9:00-9:15 SUMMER SETS: Upper Body Pump <i>Shelby Armstrong</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Amy Max</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>	11:30-12:20 YS * Pilates Rise <i>Casidhe Streeff</i>	10:15-11:15 YS * Gentle Yoga <i>Sam Harris</i>	MS * 9:15-9:30 SUMMER SETS: Best Abs Ever <i>Shelby Armstrong</i>	11:45-12:30 YS * Pilates Fusion <i>Tara Stark</i>	10:45-11:30 MS * Rhythmic Sculpt <i>Katie Needham</i>
10:30-11:15 YS * Bala Bangle Barre Burn <i>Jacqueline Risch</i>	10:15-11:15 YS * Vinyasa Yoga <i>Samantha Gerson</i>	5:30-6:15 YS * Pilates Mat <i>Gayle Sanders</i>	5:30-6:15 YS * Barefoot Sculpt <i>Sam Harris</i>	MS * 9:15-10:15 Sculpted Yoga™ <i>Lindsey Steinberg</i>		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 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	6:00-6:45 MS * Stacked <i>Steve Ramirez</i>	6:00-6:45 MS * MetCon3 <i>Damia Foster</i>	9:45-10:35 MS * Athletic Conditioning <i>Dana Mancini</i>		
5:30-6:20 YS * Pilates Rise <i>Gayle Sanders</i>	6:00-6:30 MS * SUMMER SETS: Quick HIIT <i>Sylvia Nasser</i>	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>	10:30-11:15 YS * True Barre <i>Jacqueline Risch</i>		
6:00-6:45 MS * Cardio Dance <i>Roya Obedian</i>	6:30-6:45 MS * SUMMER SETS: Upper Body Pump <i>Sylvia Nasser</i>	6:45-7:15 MS * Athletic Stretch <i>Steve Ramirez</i>	7:00-7:45 MS * Rounds: Boxing <i>Jay Johnson</i>			
6:30-7:15 YS * Sculpted Yoga™ <i>Tara Stark</i>	6:30-7:15 YS * Pilates Fusion <i>Cari Michelman</i>		7:30-8:00 YS * Sound Meditation <i>Sam Harris</i>	11:30-12:15 YS * Pilates Mat <i>Michele Rogowsky</i>		
7:00-7:45 MS * Rounds: Kickboxing <i>Jay Johnson</i>	6:45-7:15 MS * SUMMER SETS: Best Butt Ever <i>Sylvia Nasser</i>					
	7:15-7:30 MS * SUMMER SETS: Best Abs Ever <i>Sylvia Nasser</i>					

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SUN 07:00 AM 06:00 PM
Kids
SAT-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER
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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

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 coming back.



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.

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.



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.

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.

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.

SUMMER SETS: Quick HIIT Take the summer on with this efficient and effective full body HIIT workout. A mix of strength, cardio, and core will bring the summer heat in just 30 minutes. 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

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.



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

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.

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.

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.



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.

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.

SUMMER SETS: Best Abs Ever Take the summer on with 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.

SUMMER SETS: Best Butt Ever Take the summer on with a powerful lower body workout designed to sculpt and strengthen your glutes in 30 minutes or less. Get active. Get strong. Get powerful. Get ready to feel the burn and embrace the summer with confidence. An Equinox exclusive.

SUMMER SETS: Upper Body Pump Take the summer on with less than 30 mins of upper body work targeting your arms, chest, and back. Get your quick pump in before heading out to the summer sun. 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.