

- Bold** New Class, Instructor, or Time  
 ◆ Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45–6:30 <b>Boxing</b> <i>Phil Schiefer</i> MS ◆ 6:30–7:15 Cycle Power <i>Michelle Laskin</i> CS ◆ 7:00–7:45 Barre <i>Colleen Lynch</i> YS ◆ 7:45–8:30 Cardio Sculpt <i>Colleen Lynch</i> MS ◆ 8:00–8:45 Cycle Power <i>Rocky Ribacoff</i> CS ◆ 8:45–9:45 Vinyasa Yoga <i>Erica Fazzari</i> YS ◆ 9:00–9:45 Body Sculpt <i>Rocky Ribacoff</i> MS ◆ 9:30–10:15 Precision Run® <i>Jacqueline Risch</i> TR ◆ 10:15–11:00 EQX Barre Bum <i>Jacqueline Risch</i> YS ◆	5:45–6:30 <b>Elevate</b> <i>Jacqueline Risch</i> TR ◆ 6:30–7:15 <b>Tabata Max</b> <i>Jacqueline Risch</i> MS ◆ 7:00–7:45 Barefoot Body Sculpt <i>Cari Michelman</i> YS ◆ 8:00–8:45 Cardio Sculpt <i>Jacqueline Risch</i> MS ◆ 8:00–8:45 Barre <i>Cari Michelman</i> YS ◆ 8:30–9:15 Cycle Beats <i>Rocky Ribacoff</i> CS ◆ 9:00–10:00 Pilates Fusion <i>Colleen Lynch</i> YS ◆ 9:30–10:15 Stacked! <i>Rocky Ribacoff</i> MS ◆ 9:45–10:30 Cycle Beats <i>Marissa Andrews</i> CS ◆ 10:30–11:15 Barre <i>Michele Rogowsky</i> YS ◆ 5:15–6:00 <b>Boxing</b> <i>Sylvia Nasser</i> MS ◆ 6:15–7:00 ANTHEM™ <i>Sylvia Nasser</i> CS ◆ 6:30–7:15 Barefoot Body Sculpt <i>Marissa Andrews</i> YS ◆	6:30–7:15 Cycle Beats <i>Stephenie Skaferowsky</i> CS ◆ 7:00–8:00 Pilates Mat <i>Colleen Lynch</i> YS ◆ 7:45–8:30 Whipped! <i>Rocky Ribacoff</i> MS ◆ 8:00–8:45 Cycle Beats <i>Stephenie Skaferowsky</i> CS ◆ 8:45–9:45 EQX Barre Bum <i>Colleen Lynch</i> YS ◆ 9:00–9:45 TRX Max <i>Stephenie Skaferowsky</i> MS ◆ 9:30–10:15 Cycle Power <i>Rocky Ribacoff</i> CS ◆ 10:15–11:00 STRONG <i>Steve Singson</i> MS ◆ 10:30–11:15 Barefoot Body Sculpt <i>Cari Michelman</i> YS ◆ 5:30–6:30 Vinyasa Yoga <i>Breck Hassett</i> YS ◆ 6:15–7:00 Athletic Conditioning <i>Steve Ramirez</i> MS ◆	5:45–6:30 Barre <i>Nicole Lockwood</i> YS ◆ 6:30–7:15 MET CON3 <i>Colleen Lynch</i> MS ◆ 7:15–8:15 Vinyasa Yoga <i>Elizabeth Langton</i> YS ◆ 8:00–8:45 <b>Tabata Max</b> <i>Colleen Lynch</i> MS ◆ 8:30–9:15 Cycle Power <i>Emily Marino</i> CS ◆ 9:00–10:00 Barre <i>Colleen Lynch</i> YS ◆ 9:15–10:00 Precision Run® <i>Jacqueline Risch</i> TR ◆ 9:30–10:15 Athletic Conditioning <i>Emily Marino</i> MS ◆ 9:45–10:30 <b>Cycle Power</b> <i>Therese Villemure</i> CS ◆ 10:30–11:30 Vinyasa Yoga <i>Sam Harris</i> YS ◆ 6:15–7:00 Cycle Beats <i>Stephenie Skaferowsky</i> CS ◆ 6:30–7:30 <b>Yoga Strong</b> <i>Sam Harris</i> YS ◆	5:30–6:15 Cycle Beats <i>Danielle Reynolds</i> CS ◆ 6:15–7:00 PURE STRENGTH <i>Steve Ramirez</i> MS ◆ 7:00–7:45 <b>EQX Barre Bum</b> <i>Colleen Lynch</i> YS ◆ 7:45–8:30 Stacked! <i>Jacqueline Risch</i> MS ◆ 8:00–8:45 Cycle Power <i>Charles Albanese</i> CS ◆ 8:45–9:45 Barefoot Body Sculpt <i>Jacqueline Risch</i> YS ◆ 9:00–9:45 MET CON3 <i>Steve Singson</i> MS ◆ 9:45–10:30 Cycle Beats <i>Damian Vella</i> CS ◆ 10:15–11:00 Barre <i>Jacqueline Risch</i> YS ◆	7:45–8:30 Cycle Power <i>Rocky Ribacoff</i> CS ◆ 8:00–8:45 Cardio Sculpt <i>Steve Ramirez</i> MS ◆ 8:45–9:45 Barre <i>Michele Rogowsky</i> YS ◆ 9:00–9:45 Cycle Beats <i>Charles Albanese</i> CS ◆ 9:15–10:00 Body Sculpt <i>Rocky Ribacoff</i> MS ◆ 10:15–11:00 Precision Run® <i>Charles Albanese</i> TR ◆ 10:30–11:30 Vinyasa Yoga <i>Elizabeth Langton</i> YS ◆	7:45–8:30 Tabata Max <i>Jacqueline Risch</i> MS ◆ 8:00–8:45 Cycle Beats <i>Carolyn Mellace</i> CS ◆ 8:30–9:30 Barefoot Body Sculpt <i>Jacqueline Risch</i> YS ◆ 9:00–9:45 STRONG <i>Carolyn Mellace</i> MS ◆ 9:15–10:00 Cycle Power <i>Damian Vella</i> CS ◆ 10:15–11:00 <b>Athletic                      Conditioning</b> <i>Damian Vella</i> MS ◆ 10:15–11:00 Pilates Mat <i>Colleen Lynch</i> YS ◆

# EQUINOX

## WOODBURY

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WOODBURY NY 11797  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 8:30PM

**FRI:** 5:00AM - 7:30PM

**SAT:** 7:00AM - 6:00PM

**SUN:** 7:00AM - 5:00PM

## KID'S CLUB HOURS

**MON - FRI:** 8:00AM - 1:00PM

## GROUP FITNESS MANAGER

raquel.ribacoff@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

## STUDIO KEY

CS	Cycling Studio
TR	Treadmill Area
MS	Main Studio
YS	Yoga Studio

## WHAT'S NEW THIS MONTH

### CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**CYCLE BEATS** 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.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

### RUNNING

**ELEVATE** An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

**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.

### YOGA

**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.

**YOGA STRONG** Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

### ATHLETIC TRAINING

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**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.

**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.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

**STRONG** A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

**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.

**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.

**WHIPPED!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

### BARRE

**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.

**EQX BARRE BURN** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body 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.

### BOXING AND KICKBOXING

**BOXING** Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

### SCULPT

**BAREFOOT BODY SCULPT** A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.