

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS ◆	Cycle Power <i>Rebecca Brookstein</i>	6:00-6:45 MS ◆	STRONG <i>John Kocaj</i>	6:00-6:45 CS ◆	Cycle Power <i>Michelle Laskin</i>	6:00-6:45 MS ◆	METCON3 <i>Jacqueline Risch</i>	6:00-6:45 CS ◆	Cycle Power <i>Rebecca Brookstein</i>	8:15-9:00 MS ◆	Cardio Sculpt <i>Carolyn Mellace</i>	8:15-9:00 MS ◆	Athletic Conditioning <i>Emily Marino</i>
7:00-8:00 YS ◆	Athletic Yoga <i>Samantha Gerson</i>	6:45-7:05 MS ◆	Best Stretch Ever <i>John Kocaj</i>	7:30-8:15 MS ◆	Stacked! <i>John Kocaj</i>	6:45-7:30 TR ◆	Elevate <i>Jacqueline Risch</i>	7:30-8:15 YS ◆	Pilates Mat <i>Damian Vella</i>	8:30-9:15 TR ◆	Elevate <i>Steven Braut</i>	8:30-9:30 YS ◆	Power Yoga + Meditation <i>Samantha Gerson</i>
7:30-8:15 MS ◆	Athletic Conditioning <i>Nicole Lockwood</i>	7:00-7:45 TR ◆	Elevate <i>Steven Braut</i>	8:15-8:35 MS ◆	Best Stretch Ever <i>John Kocaj</i>	8:30-9:15 CS ◆	Cycle Beats <i>Stephenie Skaferowsky</i>	8:30-9:15 MS ◆	STRONG <i>Damian Vella</i>	8:30-9:15 YS ◆	Pilates Mat <i>Jackie Sherwood</i>	9:15-10:00 CS ◆	Cycle Power <i>Emily Marino</i>
8:30-9:15 CS ◆	Cycle Beats <i>Emily Marino</i>	8:30-9:15 CS ◆	Cycle Power <i>John Kocaj</i>	8:30-9:15 CS ◆	Cycle Beats <i>Marissa Andrews</i>	8:30-9:15 YS ◆	Barre <i>Cari Michelman</i>	8:45-9:30 YS ◆	Barre <i>Colleen Lynch</i>	9:15-10:00 CS ◆	Barre <i>Carolyn Mellace</i>	9:30-10:15 MS ◆	Cycle Power <i>Emily Marino</i>
8:30-9:15 TR ◆	Elevate <i>John Kocaj</i>	8:30-9:30 MS ◆	Rounds <i>Sylvia Nasser</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Sam Harris</i>	9:15-10:00 MS ◆	STRONG <i>Stephenie Skaferowsky</i>	9:15-10:00 TR ◆	Elevate <i>John Kocaj</i>	9:30-10:15 YS ◆	Barre <i>Jackie Sherwood</i>	9:30-10:15 MS ◆	Athletic Conditioning <i>Gayle Sanders</i>
8:45-9:30 YS ◆	Pilates Fusion <i>Jackie Sherwood</i>	8:45-9:45 YS ◆	Barre <i>Katie Needham</i>	9:30-10:15 TR ◆	Precision Run® <i>John Kocaj</i>	10:30-11:15 YS ◆	Barre <i>Michele Rogowsky</i>	10:00-10:45 MS ◆	TRX Max <i>John Kocaj</i>	9:45-10:30 MS ◆	METCON3 <i>Steve Ramirez</i>	9:45-10:30 TR ◆	Precision Run® <i>John Kocaj</i>
9:30-10:15 CS ◆	Cycle Power <i>John Kocaj</i>	9:45-10:30 MS ◆	METCON3 <i>Jackie Sherwood</i>	10:30-11:15 YS ◆	True Barre <i>Michele Rogowsky</i>	12:00-12:45 CS ◆	Cycle Beats <i>Marissa Andrews</i>	10:30-11:30 YS ◆	Athletic Yoga <i>Erica Fazzari</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Elva Prohens</i>	10:15-11:15 YS ◆	Vinyasa Yoga <i>Erica Fazzari</i>
9:30-10:15 MS ◆	STRONG <i>Emily Marino</i>	10:30-11:15 YS ◆	Barefoot Body Sculpt <i>Katie Needham</i>	5:00-5:45 CS ◆	Cycle Power <i>Michele Rogowsky</i>	5:30-6:15 MS ◆	STRONG <i>Rebecca Brookstein</i>	5:30-6:30 YS ◆	Vinyasa Yoga + Meditation <i>Elizabeth Langton</i>			10:30-11:30 MS ◆	Studio Dance <i>Roya Obedian</i>
10:15-10:35 MS ◆	Best Stretch Ever <i>John Kocaj</i>	5:30-6:15 YS ◆	Barre <i>Nicole Lockwood</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Elizabeth Langton</i>								
10:30-11:30 YS ◆	Vinyasa Yoga <i>Stacey Hirschmann</i>	6:30-7:15 MS ◆	METCON3 <i>Nicole Lockwood</i>	6:45-7:45 MS ◆	Studio Dance <i>Roya Obedian</i>								
6:00-6:45 CS ◆	Cycle Beats <i>Stephenie Skaferowsky</i>												
6:30-7:30 YS ◆	Vinyasa Yoga <i>Anita Sehgal</i>												

ROSLYN

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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 - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

john.kocaj@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
YS	Yoga Studio
TR	Treadmill Area
MS	Main Studio

WHAT'S NEW THIS MONTH

CYCLING

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

ATHLETIC YOGA 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.

GENTLE YOGA + MEDITATION 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. Feel centered with a meditation practice at the end of class.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

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.

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.

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.

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.

TRUE BARRE This at-the-bare 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.

DANCE

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

BOXING AND KICKBOXING

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

SCULPT

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

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.