

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
5:45-6:15 MS◆	Firestarter <i>Rocky Ribacoff</i>	5:45-6:45 MS◆	Boxing Boot Camp <i>Victor Torres</i>	5:45-6:30 MS◆	PURE STRENGTH <i>Rocky Ribacoff</i>	8:30-9:15 CS◆	CYCLEology™ <i>Kristen James</i>	7:30-8:15 CS◆	CYCLEology™ <i>Kristen James</i>	8:00-8:45 CS◆	CYCLEology™ <i>Kristen James</i>	8:00-8:45 CS◆	Studio Cycling <i>Dana Mancini</i>
6:15-6:45 MS	Chisel'd <i>Rocky Ribacoff</i>	5:45-6:30 YS	True Barre <i>Jacqueline Risch</i>	6:00-6:45 CS◆	Studio Cycling <i>Dawn Moore</i>	8:30-9:30 MS	Thanks and Planks <i>Dana Mancini</i>	8:30-9:15 CS◆	Studio Cycling <i>Sylvia Nasser</i>	8:00-8:50 MS	Ultimate Workout <i>Steve Ramirez</i>	8:00-8:50 MS	Metabolic Meltdown <i>Jacqueline Risch</i>
7:15-8:15 YS	True Barre <i>Vassia Spanos</i>	7:15-8:15 YS	Pilates Power <i>Danielle Reynolds</i>	6:30-7:00 MS◆	THE CUT: Jump Rope <i>Rocky Ribacoff</i>	8:30-9:20 TR◆	Elevate <i>Maureen Gallagher</i>	8:30-9:30 MS	Hard Body Meltdown <i>Kristen James</i>	8:00-8:45 TR◆	Precision Running® <i>Rocky Ribacoff</i>	8:00-9:00 YS	Lean Line <i>Jackie Sherwood</i>
7:30-8:15 CS◆	CYCLEology™ <i>Kristen James</i>	7:30-8:15 MS	Athletic Conditioning <i>Rocky Ribacoff</i>	7:15-8:15 YS	Vinyasa Yoga <i>Serena Ahne</i>	8:30-9:30 YS	Gratitude Yoga <i>Raj Shtrom</i>	8:30-9:30 YS	Barre Fit Cardio <i>Cari Michelman</i>	9:00-9:45 CS◆	Studio Cycling <i>Brandon Scott (NY)</i>	9:00-9:45 CS◆	Studio Cycling <i>Carolyn Mellace</i>
7:30-8:00 MS◆	THE CUT: Jump Rope <i>Rocky Ribacoff</i>	7:30-8:20 TR◆	Elevate <i>Maureen Gallagher</i>	7:30-8:15 CS◆	Studio Cycling <i>Brandon Scott (NY)</i>	9:45-10:30 CS◆	Beast n Feast Ride <i>Brandon Scott (NY)</i>	9:45-10:30 CS◆	Studio Cycling <i>Danielle Reynolds</i>	9:00-9:50 MS	Chisel'd <i>Steve Ramirez</i>	9:00-9:50 MS	METCON3 <i>Jacqueline Risch</i>
8:00-8:15 MS	Best Arms Ever <i>Rocky Ribacoff</i>	8:30-9:15 CS◆	CYCLEology™ <i>Kristen James</i>	7:30-8:15 MS	TRX MAX <i>Maureen Gallagher</i>	9:45-10:45 MS	Carve and Sculpt <i>Jacqueline Risch</i>	9:45-10:30 MS◆	PURE STRENGTH <i>Matthew Johnson</i>	9:00-10:00 YS	True Barre <i>Michele Rogowsky</i>	9:00-10:00 YS	Barre + Band <i>Jackie Sherwood</i>
8:30-9:30 MS	Beyond Strength <i>Kristen James</i>	8:30-9:30 MS	Ultimate Kickboxing <i>Andrew Aranzamendez</i>	8:30-9:15 CS◆	Studio Cycling <i>Lori Salti</i>	9:45-10:45 YS	Barre Pilates <i>Shana Maleeff</i>	9:45-10:30 TR◆	Precision Running® <i>Rocky Ribacoff</i>	10:00-10:45 CS◆	Studio Cycling <i>Brandon Scott (NY)</i>	10:00-10:45 CS◆	Studio Cycling <i>Carolyn Mellace</i>
8:30-9:20 TR◆	Elevate <i>Rocky Ribacoff</i>	8:30-9:45 YS	Vinyasa Yoga <i>Raj Shtrom</i>	8:30-9:15 MS	Hard Body Meltdown <i>Rocky Ribacoff</i>			9:45-11:00 YS	Vinyasa Yoga <i>Raj Shtrom</i>	10:00-11:00 MS	Boxing Boot Camp <i>Victor Torres</i>	10:00-11:00 MS	TRX MAX <i>Maureen Gallagher</i>
8:30-9:30 YS	Barre Fit Cardio <i>Cari Michelman</i>	9:45-10:30 CS◆	Studio Cycling <i>Sylvia Nasser</i>	8:30-9:30 YS	Barre Fit Cardio <i>Vassia Spanos</i>			10:30-11:00 MS	Core & Stretch <i>Danielle Reynolds</i>	10:30-11:30 YS	Power Yoga <i>Maxine Schorr</i>	10:00-11:00 MS	TRX MAX <i>Maureen Gallagher</i>
9:45-10:30 CS◆	CYCLEology™ <i>Kristen James</i>	9:45-10:30 MS	Streamline Sculpt <i>Jen Tsiolis (SUB)</i>	9:15-9:30 MS	Roll & Release <i>Rocky Ribacoff</i>							10:15-11:15 YS	Vinyasa Yoga <i>Maxine Schorr</i>
9:45-10:30 MS	Body PRECISION <i>Cara Muhlenbruck</i>	9:45-10:30 TR◆	Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 CS◆	Performance Cycling <i>Rocky Ribacoff</i>								
9:45-10:45 YS	Pilates <i>Vassia Spanos</i>	9:45-10:45 YS	True Barre <i>Michele Rogowsky</i>	9:45-10:30 MS	Metabolic Meltdown <i>Lori Salti</i>								
10:30-11:00 MS	TRX MAX <i>Cara Muhlenbruck</i>	10:30-11:00 MS	RIPPED Abs & Arms <i>Rocky Ribacoff</i>	9:45-11:00 YS	Vinyasa Yoga <i>Elva Prohens</i>								
10:45-12:00 YS	Vinyasa Yoga <i>Elva Prohens</i>			10:30-11:00 MS	Best Abs Ever <i>Lori Salti</i>								
5:00-6:00 YS	True Barre <i>Jacqueline Risch</i>	5:30-6:30 MS	Cardio Hip Hop Funk <i>Andrew Aranzamendez</i>										
6:00-6:45 MS	Ultimate Workout <i>Jacqueline Risch</i>	6:30-7:15 CS◆	Studio Cycling <i>Carolyn Mellace</i>										
6:00-7:15 YS	Vinyasa Yoga <i>Christopher Granath</i>	6:30-7:45 YS	Power Yoga <i>Raj Shtrom</i>										
6:45-7:15 MS	Ab Lab <i>Jacqueline Risch</i>	7:00-7:45 MS	Boxing Boot Camp <i>Victor Torres</i>										
7:15-8:00 CS◆	Studio Cycling <i>John Kocaj</i>	7:45-8:00 MS	Ab Lab <i>Victor Torres</i>										

## WOODBURY

7550 JERICHO TURNPIKE  
WOODBURY NEWYORK  
11797  
516.714.8100  
EQUINOX.COM  
@EQUINOX

**GROUP FITNESS MANAGER**  
RAQUEL RIBACOFF  
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

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

#### WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

#### STUDIO CYCLING

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**CYCLEOLOGY™** Kristen James signature ride shares the secret of the pros! Scientifically proven training principles and techniques deliver maximum benefits and results. Periodization training guarantees your body will never plateau. High energy coaching to train your mind and body like an athlete!

**PERFORMANCE CYCLING** Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

**STUDIO CYCLING** A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

#### RUNNING

**ELEVATE** Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

**PRECISION RUNNING®** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

#### YOGA

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

#### ATHLETIC TRAINING

**ATHLETIC CONDITIONING** Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

**FIRESTARTER** Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

**METABOLIC MELTDOWN** An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

**METCON3** This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

**THANKS AND PLANKS** Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

#### BARRE

**BARRE + BAND** The next evolution in Barre. Prepare to elevate ballet-inspired techniques with a triple-barre system and resistance bands for a workout that challenges every muscle.

**BARRE FIT CARDIO** Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

**LEAN LINE** Raise ballet to the next level with cardio, light weights and body-weight resistance for a full-body, high-energy workout.

**TRUE BARRE** Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

#### CONDITIONING

**AB LAB** Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

**BEST ABS EVER** Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

**BEST ARMS EVER** Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

**BEYOND STRENGTH** A conditioning experience to challenge your level of fitness and push you to new limits of endurance, balance, strength, & coordination. Various intervals of cardio & strength using every available tool take you above & beyond--leaving you feeling as if you just completed a tough mudder, & won!

**BODY PRECISION** Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

**CARVE AND SCULPT** Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

**CHISEL'D** A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

**CORE & STRETCH** An alignment class that focus on two very important components of fitness: core strength and flexibility.

**HARD BODY MELTDOWN** Cardio, step training and focused resistance work combine to create sleek and strong muscles and provide a total body workout.

**PURE STRENGTH** Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

**RIPPED ABS & ARMS** Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

**STREAMLINE SCULPT** Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

**TRX MAX** Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

**ULTIMATE WORKOUT** The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

#### PILATES

**BARRE PILATES** Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

**PILATES** An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

**PILATES POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

#### DANCE

**CARDIO HIP HOP FUNK** This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

#### BOXING & MARTIAL ARTS

**BOXING BOOT CAMP** Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

**THE CUT: JUMP ROPE** Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

**ULTIMATE KICKBOXING** An amazing kickboxing class using punches & kicks interwoven with cardio & boot camp style strength drills. All levels will work intensely! Hit it hard--sweat and sculpt, absolutely no holding back anything in this class!