

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------------------------------------------------|----------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------|------------------------------------------------------------------------|
| 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> | 5:45-6:30 YS Barre Fit Cardio <i>Cara Muhlenbruck</i> | 5:45-6:30 MS Whipped! <i>Rocky Ribacoff</i> | 7:30-7:45 MS Above the Belt <i>Rocky Ribacoff</i> | 8:00-8:45 CS◆ ANTHEM™ <i>Team Equinox</i> |
| 6:15-6:45 MS Definitions <i>Rocky Ribacoff</i> | 5:45-6:30 YS Barre <i>Jacqueline Risch</i> | 6:30-7:00 MS◆ THE CUT: Jump Rope <i>Rocky Ribacoff</i> | 6:00-6:45 CS◆ Studio Cycling <i>Victoria Maltz</i> | 7:15-8:15 YS True Barre <i>Cari Michelman</i> | 8:00-8:45 CS◆ CYCLEology™ <i>Kristen James</i> | 8:00-8:50 MS Metabolic Meltdown <i>Carolyn Mellace</i> |
| 7:15-8:15 YS True Barre <i>Vassia Spanos</i> | 7:15-8:15 YS Pilates Power <i>Casidhe Streeff</i> | 7:15-8:15 YS Vinyasa Yoga <i>Amy Max</i> | 7:15-8:15 YS Pilates Fusion <i>Vassia Spanos</i> | 7:30-8:15 CS◆ CYCLEology™ <i>Kristen James</i> | 8:00-8:50 MS Ultimate Workout <i>Steve Ramirez</i> | 8:00-8:50 YS Lean Line <i>Jackie Sherwood</i> |
| 7:30-8:15 CS◆ Studio Cycling <i>Lauren Hartwig</i> | 7:30-8:15 MS Athletic Conditioning <i>Rocky Ribacoff</i> | 7:30-8:15 CS◆ ANTHEM™ <i>Danielle Reynolds</i> | 7:30-8:15 MS Body Precision <i>Cara Muhlenbruck</i> | 7:30-8:20 TR◆ Elevate <i>Maureen Gallagher</i> | 8:00-8:45 TR◆ Precision Running® <i>Rocky Ribacoff</i> | 9:00-9:45 CS◆ Studio Cycling <i>Carolyn Mellace</i> |
| 7:30-8:15 MS METCON3 <i>Jacqueline Risch</i> | 7:30-8:20 TR◆ Elevate <i>Maureen Gallagher</i> | 7:30-8:15 MS TRX MAX <i>Maureen Gallagher</i> | 8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i> | 8:15-9:15 YS Barre Fit Cardio <i>Cari Michelman</i> | 8:00-8:50 YS Pilates <i>Michele Rogowsky</i> | 9:00-9:50 MS STRONG <i>Jacqueline Risch</i> |
| 8:30-9:30 MS Beyond Strength <i>Kristen James</i> | 8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i> | 8:30-9:15 CS◆ Studio Cycling <i>Lori Salti</i> | 8:30-9:30 MS Ultimate Workout <i>Andrew Aranzamendez</i> | 8:30-9:30 MS Hard Body Meltdown <i>Kristen James</i> | 9:00-9:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i> | 9:00-9:50 TR◆ Elevate <i>Shelbi Thurau</i> |
| 8:30-9:20 TR◆ Elevate <i>Rocky Ribacoff</i> | 8:30-9:30 MS Stacked! <i>Samantha Abravanel</i> | 8:30-9:15 MS Dynamic Strength <i>Rocky Ribacoff</i> | 8:30-9:15 TR◆ Precision Running® <i>Rocky Ribacoff</i> | 9:15-9:45 YS◆ THE MUSE™ <i>Cara Muhlenbruck</i> | 9:00-9:50 MS Chisel'd <i>Steve Ramirez</i> | 9:00-9:30 YS◆ THE MUSE™ <i>Jackie Sherwood</i> |
| 8:30-9:30 YS Barre Fit Cardio <i>Cari Michelman</i> | 8:30-9:45 YS Vinyasa Yoga <i>Raj Shtrom</i> | 8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i> | 8:30-9:45 YS Power Yoga <i>Raj Shtrom</i> | 9:45-10:30 CS◆ Cycle Beats <i>Danielle Reynolds</i> | 9:00-10:00 YS True Barre <i>Michele Rogowsky</i> | 9:30-10:00 YS Barre + Band <i>Jackie Sherwood</i> |
| 9:45-10:30 CS◆ CYCLEology™ <i>Kristen James</i> | 9:45-10:30 CS◆ ANTHEM™ <i>Sylvia Nasser</i> | 9:15-9:30 MS Roll & Release <i>Rocky Ribacoff</i> | 9:45-10:30 CS◆ The Pursuit: Burn <i>Ariella Hackmann</i> | 9:45-10:30 MS Tabata <i>Matthew Johnson</i> | 10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i> | 10:00-10:45 CS◆ The Pursuit: Build <i>Michelle Laskin</i> |
| 9:45-10:30 MS Body Precision <i>Cara Muhlenbruck</i> | 9:45-10:30 MS Streamline Sculpt <i>Dana Mancini</i> | 9:45-10:30 CS◆ Performance Cycling <i>Rocky Ribacoff</i> | 9:45-10:30 MS Strength & Sweat <i>Dana Mancini</i> | 9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i> | 10:00-11:00 MS◆ Boxing Boot Camp <i>Victor Torres</i> | 10:00-11:00 MS TRX MAX <i>Maureen Gallagher</i> |
| 9:45-10:45 YS Pilates <i>Vassia Spanos</i> | 9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i> | 9:45-10:30 MS Metabolic Meltdown <i>Lori Salti</i> | 9:45-10:45 YS Barre Pilates <i>Shana Maleeff</i> | 9:45-11:00 YS Vinyasa Yoga <i>Raj Shtrom</i> | 10:30-11:30 YS Power Yoga <i>Elyce Neuhauser</i> | 10:15-11:15 YS Vinyasa Yoga <i>Maxine Schorr</i> |
| 10:30-11:00 MS TRX MAX <i>Cara Muhlenbruck</i> | 9:45-10:45 YS True Barre <i>Michele Rogowsky</i> | 9:45-11:00 YS Vinyasa Yoga <i>Elyce Neuhauser</i> | 10:30-11:15 MS Zumba® <i>Margaret Corrado</i> | 10:30-11:00 MS Core & Stretch <i>Danielle Reynolds</i> | | |
| 10:45-12:00 YS Vinyasa Yoga <i>Elyce Neuhauser</i> | 10:30-11:00 MS Above the Belt <i>Rocky Ribacoff</i> | 10:30-11:00 MS Best Abs Ever <i>Lori Salti</i> | 5:30-6:20 YS Pilates <i>Danielle Reynolds</i> | 5:30-6:15 TR◆ Precision Running® <i>Shelbi Thurau</i> | | |
| 5:00-6:00 YS Barre <i>Jacqueline Risch</i> | 5:30-6:30 MS Zumba® <i>Margaret Corrado</i> | 5:30-6:30 YS Barre Pilates <i>Casidhe Streeff</i> | 6:00-6:45 MS◆ Boxing Boot Camp <i>Victor Torres</i> | | | |
| 6:00-6:45 MS Whipped! <i>John Kocaj</i> | 6:00-7:00 YS Power Yoga <i>Raj Shtrom</i> | 6:00-6:45 MS Body Precision <i>Cara Muhlenbruck</i> | 6:30-7:15 CS◆ ANTHEM™ <i>Danielle Reynolds</i> | | | |
| 6:00-7:15 YS Vinyasa Yoga <i>Elyce Neuhauser</i> | 6:30-7:15 CS◆ Studio Cycling <i>Carolyn Mellace</i> | 6:30-7:20 TR◆ Elevate <i>Maureen Gallagher</i> | 7:00-8:00 YS Vinyasa Yoga <i>Serena Ahne</i> | | | |
| 6:45-7:30 TR◆ Precision Running® <i>John Kocaj</i> | 7:00-7:45 MS◆ Boxing Boot Camp <i>Victor Torres</i> | 7:00-7:30 YS◆ THE MUSE™ <i>Cara Muhlenbruck</i> | 7:15-8:00 MS CrossTraining Revolution <i>Steve Ramirez</i> | | | |

WOODBURY

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MON - THU: 5:00AM - 10:30PM

FRI: 5:00AM - 9:30PM

SAT: 7:00AM - 8:00PM

SUN: 7:00AM - 7:00PM

KID'S CLUB HOURS

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

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

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

WHAT'S NEW THIS MONTH

Graceful. Intense. Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

CYCLEOLOGY™ Science meets Cycling in Kristen James' signature ride. Based on pro-techniques and proven training principles, this class uses periodization so you never hit a plateau.

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 Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

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

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.

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.

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!

CROSSTRAINING REVOLUTION A total fitness approach to enhance competence in endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

DYNAMIC STRENGTH Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

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.

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.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

STRONG Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

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.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

BARRE Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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.

LONG + LEAN

ABOVE THE BELT Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

BODY PRECISION Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

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.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

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

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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 FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.