

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: SUMMER EDITION Rocky Ribacoff	5:45-6:30 YS	Barre Fit Cardio <i>Cara Muhlenbruck</i>	5:45-6:45 MS	Ropes and Rowers Rocky Ribacoff	7:30-7:45 MS	Best Arms Ever Rocky Ribacoff	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>	6:00-6:45 CS◆	Studio Cycling <i>Victoria Maltz</i>	7:00-7:15 MS	Best Arms Ever Rocky Ribacoff	8:00-8:45 CS◆	CYCLEology™ <i>Kristen James</i>	8:00-8:50 MS	Metabolic Meltdown <i>Carolyn Mellace</i>
7:00-7:15 MS	Best Arms Ever Rocky Ribacoff	7:15-8:15 YS	Core Fitness Conditioning <i>Maureen Gallagher</i>	6:30-6:45 MS	Roll & Release Rocky Ribacoff	7:15-8:15 YS	Pilates Fusion <i>Vassia Spanos</i>	7:00-7:15 MS	Best Arms Ever Rocky Ribacoff	8:00-8:50 MS	Ultimate Workout <i>Steve Ramirez</i>	8:00-9:00 YS	Lean Line Jackie Sherwood
7:15-8:15 YS	True Barre <i>Vassia Spanos</i>	7:30-8:15 MS	Athletic Conditioning <i>Rocky Ribacoff</i>	7:30-8:15 CS◆	Studio Cycling Dana Mancini	7:30-8:15 MS	Body PRECISION <i>Cara Muhlenbruck</i>	7:15-8:15 YS	True Barre <i>Cari Michelman</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 CS◆	CYCLEology™ <i>Kristen James</i>	8:30-9:15 CS◆	CYCLEology™ <i>Kristen James</i>	7:30-8:15 MS	Impact! <i>Maureen Gallagher</i>	8:30-9:15 CS◆	CYCLEology™ <i>Kristen James</i>	7:30-8:15 MS	CYCLEology™ Kristen James	9:00-9:45 CS◆	Studio Cycling <i>Brandon Scott (NY)</i>	9:00-9:30 MS◆	Firestarter <i>Jacqueline Risch</i>
8:30-9:15 CS◆	Tour de France Ride Rocky Ribacoff	8:30-9:30 MS	Ultimate Workout <i>Jacqueline Risch</i>	8:30-9:15 MS	Studio Cycling <i>Lori Salti</i>	8:30-9:45 YS	Power Yoga <i>Raj Shtrom</i>	8:30-9:15 CS◆	Studio Cycling <i>Shelbi Thurau</i>	9:00-9:50 MS	Chisel'd <i>Steve Ramirez</i>	9:00-10:00 YS	Barre + Band <i>Jackie Sherwood</i>
8:30-9:30 MS	Best Butt Ever <i>Kristen James</i>	8:30-9:45 YS	Vinyasa Yoga <i>Raj Shtrom</i>	8:30-9:30 YS	Hard Body Meltdown Dana Mancini	9:00-9:30 MS	Definitions <i>Rocky Ribacoff</i>	8:30-9:30 MS	Hard Body Meltdown <i>Kristen James</i>	9:00-10:00 YS	True Barre <i>Michele Rogowsky</i>	9:30-10:00 MS	Definitions <i>Jacqueline Risch</i>
8:30-9:30 YS	Barre Fit Cardio <i>Cari Michelman</i>	9:45-10:30 CS◆	Studio Cycling <i>Jacqueline Risch</i>	8:30-9:30 YS	Barre Fit Cardio <i>Vassia Spanos</i>	9:45-10:30 CS◆	Cycle Beats <i>Ariella Hackmann</i>	8:30-9:30 YS	Barre Fit Cardio <i>Cari Michelman</i>	10:00-10:45 CS◆	Studio Cycling <i>Brandon Scott (NY)</i>	10:00-10:45 CS◆	The Pursuit: Burn Shana Maleeff
9:45-10:30 CS◆	Studio Cycling <i>Victoria Maltz</i>	9:45-10:45 MS	TRX MAX <i>Cara Muhlenbruck</i>	9:25-9:40 MS	Best Arms Ever Lori Salti	9:45-10:30 MS	Stacked! <i>Rocky Ribacoff</i>	9:45-10:30 MS◆	Hard Body Meltdown <i>Kristen James</i>	10:00-11:00 MS	Boxing Boot Camp <i>Victor Torres</i>	10:00-11:00 MS	TRX MAX Maureen Gallagher
9:45-10:45 MS	Definitions <i>Rocky Ribacoff</i>	9:45-10:30 TR◆	Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 MS	Performance Cycling <i>Rocky Ribacoff</i>	9:45-10:45 YS	Barre Pilates <i>Shana Maleeff</i>	9:45-10:30 MS◆	PURE STRENGTH: SUMMER EDITION Scott Schratwieser	10:30-11:30 YS	Power Yoga <i>Elyce Neuhauser</i>	10:15-11:15 YS	Vinyasa Yoga <i>Maxine Schorr</i>
9:45-10:45 YS	Pilates <i>Vassia Spanos</i>	9:45-10:45 YS	True Barre <i>Michele Rogowsky</i>	9:45-10:45 MS	Metabolic Meltdown <i>Lori Salti</i>	10:30-10:45 MS	Roll & Release <i>Rocky Ribacoff</i>	9:45-10:30 TR◆	Precision Running® <i>Rocky Ribacoff</i>				
10:45-12:00 YS	Vinyasa Yoga <i>Elyce Neuhauser</i>	10:45-11:15 MS	RIPPED Abs & Arms <i>Rocky Ribacoff</i>	9:45-11:00 YS	Vinyasa Yoga <i>Elyce Neuhauser</i>	5:30-5:45 MS	Best Arms Ever Maureen Gallagher	9:45-11:00 YS	Vinyasa Yoga <i>Raj Shtrom</i>				
5:00-6:00 YS	True Barre <i>Shana Maleeff</i>	5:30-6:30 MS	Zumba® <i>Roya Obedian</i>	10:45-11:15 MS	Best Abs Ever <i>Lori Salti</i>	6:00-6:45 MS	Studio Cycling Maureen Gallagher						
6:00-6:45 MS	Ultimate Workout <i>Gabrielle Levy</i>	6:30-7:15 CS◆	Studio Cycling <i>Carolyn Mellace</i>	5:30-6:30 YS	Barre Pilates <i>Casidhe Streeff</i>	6:00-6:45 CS◆	Boxing Boot Camp <i>Victor Torres</i>	6:00-6:45 MS	Boxing Boot Camp <i>Victor Torres</i>				
6:00-7:15 YS	Vinyasa Yoga <i>Elyce Neuhauser</i>	6:30-7:30 YS	Power Yoga <i>Raj Shtrom</i>	6:00-6:45 MS	Stacked! Cara Muhlenbruck	6:00-6:45 MS	Barre Pilates <i>Casidhe Streeff</i>	7:00-8:00 YS	Vinyasa Yoga <i>Serena Ahne</i>				
6:45-7:15 MS	Ab Lab <i>Gabrielle Levy</i>	7:00-8:00 MS	Boxing Boot Camp <i>Victor Torres</i>	6:30-7:45 YS	Vinyasa Yoga Jackie Luckner	6:30-7:45 YS	Barre Pilates <i>Casidhe Streeff</i>	7:15-8:00 MS◆	PURE STRENGTH: SUMMER EDITION Steve Ramirez				
7:15-8:00 CS◆	Studio Cycling <i>Brandon Scott (NY)</i>			6:45-7:00 MS	Best Arms Ever Cara Muhlenbruck	6:45-7:00 MS	Barre Pilates <i>Casidhe Streeff</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

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

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

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

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.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

TOUR DE FRANCE RIDE Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

RUNNING

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.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance.

Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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

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.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

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.

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 FITNESS CONDITIONING Using the innovative CFR, activate multiple muscle groups at once and improve strength, stretch and cardio benefits for a complete full body workout. The comfort of a foam roller combines with a unique resistance mechanism, for the ultimate workout for novice exercisers to elite athletes alike.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

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: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach.

With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

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.

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

DANCE

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

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.

IMPACT! Impact is the evolution of shadow kickboxing. No other workout can bring you the excitement, the intensity and the physical benefits of working on a bag. When striking a bag you are constantly testing your strength, increasing your stamina and are forced to improve your form and technique.

ACTIVE REGENERATION

ROLL & RELEASE Foam Rolling is a highly effective, proven method for releasing muscles to improve flexibility, manage muscle pain, increase muscle recovery, and maximize muscle performance. Experience the benefits of myofascial release during Roll & Release. Your body will thank you.