

TUESDAY 5/23		WEDNESDAY 5/24		THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29	
5:45-6:45 MS◆ Boxing Boot Camp <i>Victor Torres</i>	5:45-6:45 PURE STRENGTH <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>	5:45-6:30 YS Barre Fit Cardio <i>Cara Muhlenbruck</i>	5:45-6:45 MS METCON3 <i>Rocky Ribacoff</i>	8:00-8:45 CS◆ CYCLEology™ <i>Kristen James</i>	8:00-8:45 CS◆ Studio Cycling <i>Dana Mancini</i>	8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i>	8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i>	8:00-8:50 MS Ultimate Workout <i>Steve Ramirez</i>	8:00-8:50 MS Metabolic Meltdown <i>Carolyn Mellace</i>	8:30-9:15 MS Boxing Boot Camp <i>Victor Torres</i>	8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i>
5:45-6:30 YS Core Fitness Conditioning <i>Maureen Gallagher</i>	7:30-8:15 CS◆ Performance Cycling <i>Damian Vella</i>	7:15-8:15 YS Athletic Conditioning <i>Rocky Ribacoff</i>	7:30-8:15 MS Impact! <i>Maureen Gallagher</i>	6:00-6:45 CS◆ Studio Cycling <i>Victoria Maltz</i>	7:15-8:15 YS True Barre <i>Cari Michelman</i>	8:00-8:50 MS Ultimate Workout <i>Steve Ramirez</i>	8:00-8:50 MS Metabolic Meltdown <i>Carolyn Mellace</i>	8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i>	8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i>	8:00-8:45 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-9:45 CS◆ Studio Cycling <i>Carolyn Mellace</i>	8:30-9:30 MS Summer Sculpt <i>Rocky Ribacoff</i>	8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i>
7:30-8:15 MS Athletic Conditioning <i>Rocky Ribacoff</i>	7:30-8:15 MS Impact! <i>Maureen Gallagher</i>	8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i>	8:30-9:15 CS◆ Studio Cycling <i>Lori Salti</i>	7:30-8:15 MS Body PRECISION <i>Cara Muhlenbruck</i>	8:30-9:15 CS◆ The Pursuit: Burn <i>Victoria Maltz</i>	9:00-9:45 MS Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Ultimate Workout <i>Maureen Gallagher</i>	8:30-9:30 MS Hard Body Meltdown <i>Kristen James</i>	8:30-9:30 MS Hard Body Meltdown <i>Kristen James</i>	9:00-9:45 MS Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Metabolic Meltdown <i>Carolyn Mellace</i>	9:45-10:30 CS◆ Red, Ride and Blue <i>Victoria Maltz</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i>	8:30-9:15 MS Studio Cycling <i>Lori Salti</i>	8:30-9:30 YS Hip Hop Yoga Anniversary Celebration <i>Raj Shtrom</i>	8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i>	8:30-9:15 MS Body PRECISION <i>Cara Muhlenbruck</i>	8:30-9:30 YS True Barre <i>Cari Michelman</i>	9:00-10:00 MS Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Ultimate Workout <i>Maureen Gallagher</i>	8:30-9:30 MS Firestarter <i>Rocky Ribacoff</i>	8:30-9:30 MS Firestarter <i>Rocky Ribacoff</i>	9:00-10:00 MS Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Metabolic Meltdown <i>Carolyn Mellace</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
8:30-9:30 MS Ultimate Workout <i>Jacqueline Risch</i>	8:30-9:15 MS Hard Body Meltdown <i>Damian Vella</i>	9:45-10:30 CS◆ Studio Cycling <i>Jacqueline Risch</i>	9:45-10:30 CS◆ Performance Cycling <i>Rocky Ribacoff</i>	9:00-9:30 MS Definitions <i>Rocky Ribacoff</i>	9:45-10:30 MS◆ PURE STRENGTH <i>Scott Schratwieser</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
8:30-9:45 YS Hip Hop Yoga Anniversary Celebration <i>Raj Shtrom</i>	8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i>	9:45-10:45 MS TRX MAX <i>Cara Muhlenbruck</i>	9:45-10:45 MS Metabolic Meltdown <i>Lori Salti</i>	9:45-10:30 MS◆ Cycle Beats <i>Maureen Gallagher (SUB)</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
9:45-10:30 CS◆ Studio Cycling <i>Jacqueline Risch</i>	9:45-10:45 MS Metabolic Meltdown <i>Lori Salti</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-11:00 YS Vinyasa Yoga <i>Elva Prohens (SUB)</i>	9:45-10:30 MS◆ Cycle Beats <i>Maureen Gallagher (SUB)</i>	9:45-11:00 YS Vinyasa Yoga <i>Raj Shtrom</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
9:45-10:45 YS True Barre <i>Michele Rogowsky</i>	10:45-11:15 MS Best Abs Ever <i>Lori Salti</i>	10:45-11:15 MS Best Abs Ever <i>Lori Salti</i>	10:45-11:15 MS Best Abs Ever <i>Lori Salti</i>	10:45-11:15 MS Crew Fit <i>Rocky Ribacoff</i>	9:45-11:00 YS Vinyasa Yoga <i>Raj Shtrom</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
10:45-11:15 MS RIPPED Abs & Arms <i>Rocky Ribacoff</i>	5:30-6:30 YS True Barre <i>Michele Rogowsky (SUB)</i>	5:30-6:30 YS True Barre <i>Michele Rogowsky (SUB)</i>	5:30-6:30 YS True Barre <i>Michele Rogowsky (SUB)</i>	5:30-6:15 CS◆ Studio Cycling <i>Maureen Gallagher</i>	5:30-6:15 CS◆ Studio Cycling <i>Maureen Gallagher</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
5:30-6:30 MS Zumba® <i>Roya Obedian</i>	6:00-6:30 MS◆ Firestarter <i>Cara Muhlenbruck</i>	6:00-6:30 MS◆ Firestarter <i>Cara Muhlenbruck</i>	6:00-6:30 MS◆ Firestarter <i>Cara Muhlenbruck</i>	6:00-6:45 MS Boxing Boot Camp <i>Victor Torres</i>	6:00-6:45 MS Boxing Boot Camp <i>Victor Torres</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
6:30-7:15 CS◆ Studio Cycling <i>Carolyn Mellace</i>	6:30-7:00 MS Core Cuts <i>Cara Muhlenbruck</i>	6:30-7:00 MS Core Cuts <i>Cara Muhlenbruck</i>	6:30-7:00 MS Core Cuts <i>Cara Muhlenbruck</i>	7:00-8:00 YS Vinyasa Yoga <i>Serena Ahne</i>	7:00-8:00 YS Vinyasa Yoga <i>Serena Ahne</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
6:30-7:30 YS Power Yoga <i>Raj Shtrom</i>	7:00-8:00 YS Vinyasa Yoga <i>Cindy Valentine</i>	7:00-8:00 YS Vinyasa Yoga <i>Cindy Valentine</i>	7:00-8:00 YS Vinyasa Yoga <i>Cindy Valentine</i>	7:15-8:00 MS◆ PURE STRENGTH <i>Steve Ramirez</i>	7:15-8:00 MS◆ PURE STRENGTH <i>Steve Ramirez</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-10:00 MS Barre + Band <i>Jackie Sherwood</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 MS Chisel'd <i>Steve Ramirez</i>	10:15-11:15 MS TRX MAX <i>Maureen Gallagher</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>	9:45-10:30 MS Summer Slam <i>Rocky Ribacoff</i>
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## WOODBURY

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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 07:00 AM - 05:00 PM

**MAY 29:** 07:00 AM - 07:00 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**  
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## 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.

**RED, RIDE AND BLUE** 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.

**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.

## 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.

**CREW FIT** This crew team workout will shred you up, build strength AND cardiovascular endurance, fast! Specialized crew team erg drills and weight training will get you the results you're looking for (and maybe even recruited!)

**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.

**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.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

## 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.

**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

**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.

**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 CUTS** Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

**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** 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.

**SUMMER SCULPT** Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

**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

**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

**HIP HOP YOGA ANNIVERSARY CELEBRATION** Flow harder to a curated playlist of hip-hop favorites. Beats meet breath work in this innovative, full-body yoga workout that will amplify your inner rhythm.