

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>	5:45-6:45 MS Ropes and Rowers <i>Rocky Ribacoff</i>	7:30-7:45 MS Upper Body Conditioning <i>Rocky Ribacoff</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>	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 Melt-down <i>Carolyn Mellace</i>
7:15-8:15 YS True Barre <i>Vassia Spanos</i>	7:15-8:15 YS Pilates Power Danielle Reynolds Athletic Conditioning <i>Rocky Ribacoff</i>	6:30-6:45 MS Roll & Release <i>Rocky Ribacoff</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>	8:00-9:00 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>	7:30-8:15 MS Body PRECISION <i>Cara Muhlenbruck</i>	8:30-9:15 CS◆ Studio Cycling Sylvia Nasser Hard Body Melt-down <i>Kristen James</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 Body PRECISION Cari Michelman	7:30-8:20 TR◆ Elevate <i>Maureen Gallagher</i>	7:30-8:15 MS Impact! <i>Maureen Gallagher</i>	8:30-9:15 CS◆ CYCLEology™ <i>Kristen James</i>	8:30-9:30 MS Barre Fit Cardio <i>Cari Michelman</i>	8:00-9:00 YS Barre Pilates Michele Rogowsky	9:00-9:50 MS METCON3 Jacqueline Risch
8:30-9:30 MS Athletic Conditioning Kristen James	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 MS Ultimate Workout Andrew Aranzamendez	8:30-9:30 YS Power Yoga <i>Raj Shtrom</i>	9:00-9:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	9:00-9:45 TR◆ Precision Running® Shelbi Thurau
8:30-9:20 TR◆ Elevate <i>Rocky Ribacoff</i>	8:30-9:30 MS Ultimate Workout <i>Jacqueline Risch</i>	8:30-9:15 CS◆ Studio Cycling <i>Lori Salti</i>	8:30-9:45 YS Power Yoga <i>Raj Shtrom</i>	9:45-10:30 CS◆ Studio Cycling Danielle Reynolds	9:00-9:45 MS Chisel'd <i>Steve Ramirez</i>	9:00-10:00 YS Barre + Band <i>Jackie Sherwood</i>
8:30-9:30 YS Barre Fit Cardio <i>Cari Michelman</i>	8:30-9:30 MS Ultimate Workout <i>Jacqueline Risch</i>	8:30-9:30 MS Hard Body Melt-down Rocky Ribacoff	9:45-10:30 CS◆ Cycle Beats <i>Ariella Hackmann</i>	9:45-10:30 MS◆ PURE STRENGTH <i>Scott Schratwieser</i>	9:00-9:50 MS Chisel'd <i>Steve Ramirez</i>	10:00-10:45 CS◆ Studio Cycling Jacqueline Risch
9:45-10:30 CS◆ CYCLEology™ <i>Kristen James</i>	8:30-9:45 YS Vinyasa Yoga <i>Raj Shtrom</i>	8:30-9:30 MS Hard Body Melt-down Rocky Ribacoff	9:45-10:30 MS Stacked! <i>Rocky Ribacoff</i>	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:00-10:00 YS True Barre <i>Michele Rogowsky</i>	10:00-10:45 MS TRX MAX <i>Maureen Gallagher</i>
9:45-10:30 MS Definitions Rocky Ribacoff	9:45-10:30 CS◆ Studio Cycling <i>Jacqueline Risch</i>	8:30-9:30 YS Barre Fit Cardio <i>Vassia Spanos</i>	9:45-10:45 YS Barre Pilates <i>Shana Maleeff</i>	9:45-11:00 YS Vinyasa Yoga <i>Raj Shtrom</i>	10:00-10:45 CS◆ Studio Cycling <i>Brandon Scott (NY)</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 MS Body PRECISION Cara Muhlenbruck	9:45-10:30 CS◆ Performance Cycling <i>Rocky Ribacoff</i>	10:30-11:00 MS Roll & Release <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>	10:15-11:15 YS Vinyasa Yoga <i>Maxine Schorr</i>
10:30-11:00 MS RIPPED Abs & Arms Rocky Ribacoff	9:45-10:30 TR◆ Precision Running® <i>Rocky Ribacoff</i>	9:45-10:30 MS Best Butt Ever Lori Salti	5:30-6:20 YS Pilates <i>Danielle Reynolds</i>	10:30-11:00 MS Core & Stretch Danielle Reynolds	10:30-11:30 YS Power Yoga <i>Elyce Neuhauser</i>	
10:45-12:00 YS Vinyasa Yoga <i>Elyce Neuhauser</i>	9:45-10:45 YS True Barre <i>Michele Rogowsky</i>	9:45-11:00 YS Vinyasa Yoga <i>Elyce Neuhauser</i>	6:00-6:45 MS Boxing Boot Camp <i>Victor Torres</i>			
	10:30-11:00 MS TRX MAX Cara Muhlenbruck	10:30-11:00 MS Best Abs Ever Lori Salti	6:30-7:15 CS◆ Studio Cycling Danielle Reynolds			
5:00-6:00 YS True Barre Jacqueline Risch	5:30-6:30 MS Zumba® <i>Roya Obedian</i>	5:30-6:30 YS Barre Pilates <i>Casidhe Streeff</i>	7:00-8:00 YS Vinyasa Yoga <i>Serena Ahne</i>			
6:00-6:45 MS Ultimate Workout <i>Gabrielle Levy</i>	6:30-7:15 CS◆ Studio Cycling <i>Carolyn Mellace</i>	6:00-6:45 MS Dynamic Strength Sylvia Nasser	7:15-8:00 MS◆ PURE STRENGTH <i>Steve Ramirez</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>				
6:45-7:15 MS Ab Lab <i>Gabrielle Levy</i>	6:30-7:45 YS Power Yoga Raj Shtrom	6:45-7:00 MS Core Cuts Sylvia Nasser				
7:15-8:00 CS◆ Studio Cycling <i>Brandon Scott (NY)</i>	7:00-7:45 MS Boxing Boot Camp Victor Torres	7:15-8:00 CS◆ Studio Cycling Sylvia Nasser				
	7:45-8:00 MS Roll & Release Victor Torres					

WOODBURY

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

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

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.

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.

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.

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

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.

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

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.

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.

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.

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

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.

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

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.