

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

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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
TR	Treadmill Area
CS	Cycling Studio

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

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.

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!

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.

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.

RIDE, RUN & ROW Train as a multi-sport athlete in this action-packed hour! 30 minutes of performance cycling, followed by alternating team stations of treadmill running and crew sport training on the water-rowers. Are you ready? Beast Mode ON.

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.

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 + 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

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.

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

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.

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.

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.

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.