

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 - 6:45 TR Precision Running Rocky Ribacoff	5:45 - 6:45 MS Definitions Juan Young	5:45 - 6:45 MS Whipped! Rocky Ribacoff	5:45 - 6:45 MS Boxing Boot Camp Maureen Gallagher	5:45 - 6:45 MS Atletica Rocky Ribacoff	8:00 - 8:45 CS * CYCLEology™ Kristen James	8:00 - 9:00 MS Definitions Juan Young
6:00 - 6:45 CS * Interval Cycling Jen Tsiolis	6:00 - 6:45 CS * Roadfit Cycling Michelle Corso	6:00 - 6:45 CS * Interval Cycling Charlotte Ricci	6:00 - 6:45 CS * Cycle Tech John Kocaj	6:00 - 6:45 CS * Rhythm Revolution Dawn Moore	8:00 - 9:00 MS Adrenaline Rocky Ribacoff	8:00 - 9:00 YS Pilates Fusion Jonathan Carroll
7:15 - 8:15 MS TRXtreme Maureen Gallagher	7:15 - 8:15 YS Core Fitness Conditioning Maureen Gallagher	7:15 - 8:15 YS Barre Fit Cardio Cari Reiter	7:15 - 8:15 YS Pilates Fusion Vassia Spanos	7:15 - 8:15 YS Inside Out Barre Mia Price	8:00 - 9:00 YS Inside Out Barre Cari Reiter	9:00 - 9:45 CS * Interval Cycling Carolyn Mellace
7:15 - 8:15 YS Inside Out Barre Vassia Spanos	7:30 - 8:30 MS Athletic Conditioning John Kocaj	7:30 - 8:15 CS * Power RIDE! Damian Vella	7:30 - 8:30 MS Impact! Rocky Ribacoff	7:30 - 8:15 CS * Interval Cycling Jen Tsiolis	9:00 - 9:45 CS * CYCLEology™ Kristen James	9:00 - 10:00 MS Barre Fit Cardio Jonathan Carroll
7:30 - 8:15 CS * Interval Cycling Jen Tsiolis	8:30 - 9:15 CS * Roadfit Cycling John Kocaj	8:30 - 9:15 CS * Cycle Tech Lori Salti	8:30 - 9:15 CS * Power RIDE! John Kocaj	8:30 - 9:15 CS * Interval Cycling Jen Tsiolis	9:00 - 10:00 MS Hard Body Meltdown Rocky Ribacoff	9:00 - 10:00 YS Core Fitness Conditioning Maureen Gallagher
8:30 - 9:15 CS * Performance Cycling Damian Vella	8:30 - 9:30 MS Muscle Tech Rocky Ribacoff	8:30 - 9:15 MS Hard Body Meltdown Damian Vella	8:30 - 9:30 MS Atletica Rocky Ribacoff	8:30 - 9:30 MS Definitions Matt Shackles	9:00 - 10:00 YS Inside Out Barre Cari Reiter	10:00 - 10:45 CS * Interval Cycling Carolyn Mellace
8:30 - 9:30 MS Cardio Sculpt Jonathan Carroll	8:30 - 9:45 YS Vinyasa Yoga Mel Salvador	8:30 - 9:30 YS Inside Out Barre Cari Reiter	8:30 - 9:45 YS Yinyasa Yoga Lisa Fasano	8:30 - 9:30 YS Barre Fit Cardio Mia Price	10:15 - 11:15 MS TRXtreme Maureen Gallagher	10:15 - 11:15 MS Impact! Maureen Gallagher
8:30 - 9:30 YS Barre Fit Cardio Cari Reiter	9:45 - 10:30 CS * Roadfit Cycling John Kocaj	9:45 - 10:30 CS * CYCLEology™ Kristen James	9:45 - 10:30 CS * Cycle Tech Lori Salti	9:45 - 10:30 CS * CYCLEology™ Kristen James	10:30 - 11:30 YS Yoga Power Hour Elyce Neuhauser	10:15 - 11:15 MS Impact! Maureen Gallagher
9:30 - 10:30 YS Pilates Fusion Jonathan Carroll	9:45 - 10:45 MS Best Body Breakthru Kristen James	9:45 - 10:45 MS Definitions Lori Salti	9:45 - 10:45 MS Beyond Strength Kristen James	9:45 - 10:45 MS Cardio Blast Jen Tsiolis		10:15 - 11:15 MS Impact! Maureen Gallagher
9:45 - 10:30 CS * CYCLEology™ Kristen James	9:45 - 10:45 YS Inside Out Barre Cari Reiter	9:45 - 11:00 YS Vinyasa Flow Yoga Elyce Neuhauser	9:45 - 10:45 YS Inside Out Barre Jonathan Carroll	9:45 - 11:15 YS Hot Vinyasa Yoga Raj Shtrom		10:15 - 11:15 MS Impact! Maureen Gallagher
9:45 - 10:45 MS Body Conditioning Damian Vella	9:45 - 10:45 TR Precision Running Rocky Ribacoff	10:45 - 11:15 MS Streamline Sculpt Kristen James	10:45 - 12:00 YS Power Vinyasa Yoga Mel Salvador			10:15 - 11:45 YS Vinyasa Flow Yoga Raj Shtrom
10:30 - 11:45 YS Vinyasa Flow Yoga Elyce Neuhauser	10:45 - 12:00 YS Power Vinyasa Yoga Raj Shtrom					
10:45 - 11:15 MS Arm Candy Kristen James						
5:00 - 6:00 YS Pilates Fusion Vassia Spanos	5:00 - 6:00 TR Tread and Shred Maureen Gallagher	5:00 - 6:00 YS Inside Out Barre Vassia Spanos	5:00 - 6:00 MS Streamline Sculpt Maureen Gallagher			
6:00 - 7:00 MS Ultimate Workout Jen Tsiolis	6:00 - 6:45 CS * Cycle Tech John Kocaj	6:00 - 7:00 YS Pilates Power Play Vassia Spanos	6:00 - 6:45 CS * Interval Cycling Charlotte Ricci			
6:00 - 7:15 YS Vinyasa Flow Yoga Elyce Neuhauser	6:00 - 7:00 YS Inside Out Barre Mia Price	6:30 - 7:30 MS Elimin8tor Steve Ramirez	6:00 - 7:00 YS Core Fitness Conditioning Maureen Gallagher			
	7:00 - 8:15 YS Power Vinyasa Yoga Raj Shtrom		7:00 - 8:15 YS Power Vinyasa Yoga Raj Shtrom			

JANUARY 2015 - CLASS DESCRIPTIONS

WOODBURY @ JERICHO TPKE.

7550 Jericho Turnpike
Woodbury NY 11797
516.714.8100
equinox.com

CLUB HOURS

Mon-Thur: 5:00am - 10:30pm
Fri: 5:00am - 9:30pm
Sat: 7:00am - 8:00pm
Sun: 7:00am - 7:00pm

KIDS's CLUB HOURS

Mon-Sun: 8:00am - 1:00pm

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time

* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY

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

ADRENALINE

Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

ARM CANDY

One of the best accessories ever is smooth, firm arms, yummy to the eyes and delicious to the touch. Bend, push, pull and twist your way to sexy sculpted shoulders, toned triceps a chiseled back and whittled waist in 30 elegant exercises created by Team Equinox!

ATHLETIC CONDITIONING

Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits through the use of not only weights but the use of your own body weight.

ATLETICA

Sculpt and train your body like an athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

BEST BODY BREAKTHRU

This program is perfect to BUILD your best body, BOOST fat-burning and JUMP start your energy. Progressive full body strength training meets sweat inducing, heart pumping cardio intervals. Get moving now with a Body Breakthru!

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!

BODY CONDITIONING

Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

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.

CARDIO BLAST

Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting 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.

CYCLE TECH

Indoor cycling class with a technical edge. Instructors will coach you through heart rate training, cycling techniques and mind body concepts that will take your workout to the next level. The drills and exercises are essentially the same as those used by competitive cyclists.

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!

DEFINITIONS

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

ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

HARD BODY MELTDOWN

Step up for a Hard Body Meltdown. High Riser Step Training for leg shaping, butt lifting cardio moves and focused resistance training to create sleek and strong muscles and total body fitness.

HOT VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

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.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

MUSCLE TECH

A 60 minute strength training class utilizing Body Bars, medicine balls and hand-weights that combines easy to follow cardio step patterns and plyometric drills with basic muscle conditioning exercises for a streamlined, calorie burning, body toning experience.

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/balance exercises.

PILATES FUSION

Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.

PILATES POWER PLAY

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.

POWER RIDE!

A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

POWER VINYASA YOGA

A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

PRECISION RUNNING

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Sign-up is required at the front desk. Make sure to bring your own headphones.

RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

ROADFIT CYCLING

Indoor training for the outdoor cyclist. Sport-specific drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

TRXTREME

Learn great technique and challenge your entire body with this combination of cardio drills and strength training intervals on the TRX. Sign up 30 minutes prior to class at the front desk.

ULTIMATE WORKOUT

The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

YINYASA YOGA

Vinyasa flow combined with yin yoga to stretch and rehabilitate the connective tissues that form our joints and breath and restorative postures to reset our mind.

YOGA POWER HOUR

A dynamic sixty-minute yoga class that is physically challenging and spiritually energizing. A great option for a time-efficient but complete yoga class!