



## MAY 2015 - CLASS DESCRIPTIONS

### WOODBURY @ JERICHO TPKE.

7550 Jericho Turnpike  
Woodbury NY 11797  
516.714.8100  
equinox.com

#### CLUB HOURS

MON - THU 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

#### ABOVE THE BELT

A complete upper body workout in one 30-minute session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

#### 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.

#### 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.

#### 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.

#### 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.

#### 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.

#### 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 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. 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.

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using VIPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

#### 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: BUILD

Take on 3 intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

#### 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.

#### 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.

#### 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.

#### VINYASA FLOW YOGA

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

#### XL8!

Train like the athletes and cross over to the elite level of sports performance! Creative, progressive, sport relevant programming to improve Speed, Power, Agility, Flexibility, Coordination and develop overall athletic ability.

#### 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!