

EQUINOX

WOODBURY

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time
***** Advance sign-up required

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|---|--|---|--------|
| 5:45-6:30 Stronger MS * <i>Emily Marino</i> 6:30-7:15 Anthem Ride CS * <i>Emily Marino</i> 7:00-7:45 Barefoot Sculpt YS * <i>Michele Rogowsky</i> 7:45-8:30 Beats Ride CS * <i>Rocky Ribacoff</i> 7:45-8:30 MetCon Monday MS * <i>Emily Marino</i> 8:15-9:00 Pilates Fusion YS * <i>Michele Rogowsky</i> 8:45-9:30 Body Sculpt MS * <i>Rocky Ribacoff</i> 9:15-10:15 Vinyasa Yoga YS * <i>Sheryl Oleksak</i> 9:45-10:30 Athletic Conditioning MS * <i>Emily Marino</i> 10:30-11:15 True Barre: Bala Bangle Jacqueline Risch _____ 11:30-12:15 Pilates Fusion YS * <i>Lindsay B. Davis</i> 4:30-5:15 Barefoot Sculpt (Heated) YS * <i>Danielle Reynolds</i> 5:30-6:15 Pilates Fusion (Heated) YS * <i>Danielle Reynolds</i> 6:00-6:45 Cardio Dance MS * <i>Roya Obedian</i> 6:30-7:30 Sculpted Yoga™ YS * <i>Tara Stark</i> 7:00-7:45 Rounds: Kickboxing MS * <i>Jay Johnson</i> | 5:45-6:35 Sculpted Yoga™ (Heated) YS * <i>Sam Harris</i> 6:30-7:15 Core6 MS * <i>Jacqueline Risch</i> 7:00-7:45 Pilates Fusion YS * <i>Stephenie Skaferowsky</i> 7:45-8:30 Stacked MS * <i>Rocky Ribacoff</i> 8:30-9:30 True Barre: Bala Bangle Cari Michelman 10:30-11:15 Atletica Rocky Ribacoff 10:15-10:30 Best Abs Ever MS * <i>Rocky Ribacoff</i> 10:15-11:15 Vinyasa Yoga Haley Breen _____ 4:30-5:15 Pilates Mat (Heated) Casidhe Streeff 5:30-6:15 True Barre: Bala Bangle MS * <i>Michele Rogowsky</i> 6:00-6:45 Core6 MS * <i>Shelby Armstrong</i> 6:30-7:15 Pilates Fusion YS * <i>Cari Michelman</i> | 5:45-6:30 Rounds: Boxing Victor Torres 6:30-7:15 Beats Ride CS * <i>Stephenie Skaferowsky</i> 7:00-7:45 Pilates Mat Marissa Andrews 7:45-8:30 Pilates Fusion Marissa Andrews 9:30-10:15 Beats Ride CS * <i>Rocky Ribacoff</i> 10:30-11:15 Pilates Fusion Sam Harris 11:30-12:20 Pilates Rise Casidhe Streeff 4:30-5:15 True Barre Cari Michelman 5:30-6:15 Pilates Mat (Heated) YS * <i>Sam Harris</i> 6:00-6:45 Whipped! MS * <i>Emily Marino</i> 6:30-7:15 Pilates at the Barre Gayle Sanders _____ 5:30-6:15 Pilates Mat (Heated) YS * <i>Sam Harris</i> 6:30-7:30 Vinyasa Yoga (Heated) Sam Harris 7:00-7:45 Rounds: Boxing Victor Torres 7:30-8:00 Sound Meditation Sam Harris | 5:45-6:30 Pilates Fusion Marissa Andrews 6:30-7:15 Stronger MS * <i>Emily Marino</i> 7:00-7:45 True Barre Cari Michelman 7:45-8:30 Athletic Conditioning Emily Marino 8:30-9:15 Limited Series: Stronger Women Jacqueline Risch 9:00-9:45 Body Sculpt MS * <i>Rocky Ribacoff</i> 9:30-10:15 Pilates Fusion Sam Harris 9:45-10:00 Best Abs Ever MS * <i>Rocky Ribacoff</i> 10:15-11:05 Rounds: Boxing MS * <i>Jay Johnson</i> 10:30-11:30 Vinyasa Yoga (Heated) Amy Max 11:30-12:15 Pilates Mat Michele Rogowsky 4:30-5:15 Pilates Fusion (Heated) Stephenie Skaferowsky _____ 4:30-5:15 Pilates Mat Sam Harris 6:30-7:30 Vinyasa Yoga (Heated) Sam Harris 7:00-7:45 Rounds: Boxing Victor Torres 7:30-8:00 Sound Meditation Sam Harris | 7:45-8:30 Beats Ride CS * <i>Rocky Ribacoff</i> 8:00-8:45 Athletic Conditioning MS * <i>Steve Ramirez</i> 8:30-9:15 True Barre Michele Rogowsky 9:00-9:45 Precision Walk: Elevate Jacqueline Risch 9:15-9:30 Best Abs Ever MS * <i>Carolyn Mellace</i> 9:45-10:30 Beats Ride CS * <i>Carolyn Mellace</i> 9:45-10:30 Atletica MS * <i>Rocky Ribacoff</i> 10:00-10:45 Pilates Fusion YS * <i>Sam Harris</i> 10:45-11:30 Cardio Dance MS * <i>Deanna Gallicchio</i> 11:00-12:00 Vinyasa Yoga (Heated) Sam Harris _____ 3:30-4:30 Weekend Wind Down Yoga Kajal Bendale 4:30-5:00 Sound Meditation Kajal Bendale | 8:00-8:45 Barefoot Sculpt Jacqueline Risch 8:30-9:15 Athletic Conditioning Carolyn Mellace 9:00-9:45 Precision Walk: Elevate Jacqueline Risch 9:15-9:30 Best Abs Ever MS * <i>Carolyn Mellace</i> 9:45-10:30 Beats Ride CS * <i>Carolyn Mellace</i> 9:45-10:30 Atletica MS * <i>Rocky Ribacoff</i> 10:00-10:45 Pilates Fusion Sam Harris 10:45-11:30 Cardio Dance Deanna Gallicchio 11:00-12:00 Vinyasa Yoga (Heated) Sam Harris _____ 3:30-4:30 Weekend Wind Down Yoga Kajal Bendale 4:30-5:00 Sound Meditation Kajal Bendale | |

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

EQUINOX

WOODBURY

7550 Jericho Turnpike

WOODBURY NY 11797

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 07:00 AM 07:00 PM

SUN 07:00 AM 06:00 PM

Kids

SAT-SUN 08:00 AM 12:00 PM

GROUP FITNESS MANAGER

raquel.ribacoff@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Running

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

Vinyasa Yoga This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

HIIT

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

Core6 Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

MetCon Monday Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

MetCon3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

Barre

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

True Barre: Bala Bangle This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Pilates

Pilates Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

Pilates Mat This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

Pilates at the Barre Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Boxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Regeneration

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Body Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

Strength

Atletica A weight training workout using traditional power moves created by global fitness expert, Ilaria Montagnani. Build and sculpt muscle and solidify a strong core.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

Stronger Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.