EQUINOX **WOODBURY**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

5:45-6:30 MS *	Stronger *Ricky Meschkow*
6:30-7:15 CS *	Anthem Ride *Emily Marino*
7:00-7:45 YS *	Barefoot Sculpt *Jude Smith*
7:45-8:30 CS *	Beats Ride *Rocky Ribacoff*
7:45-8:30 MS *	MetCon Monday *Emily Marino*
8:15-9:00 YS *	Pilates Fusion *Jude Smith*
8:45-9:30 MS *	Body Sculpt *Rocky Ribacoff*
9:15-10:15 YS *	Vinyasa Yoga *Sheryl Oleksak*
9:45-10:30 MS *	Athletic Conditioning *Emily Marino*
10:30-11:15 YS *	True Barre: Bala Bangle *Jacqueline Risch*
11:30-12:15 YS *	Pilates Fusion *Gayle Sanders*
4:30-5:15 YS *	Barefoot Sculpt: The Ring (Heated) *Danielle Reynolds*
5:30-6:15 YS *	Pilates Fusion (Heated) *Danielle Reynolds*
6:00-6:45 MS *	Cardio Dance *Roya Obedian*
6:30-7:15 YS *	Sunset Vinyasa Yoga (Heated) *Kajal Bendale*
7:00-7:45 MS *	Rounds: Kickboxing *Jay Johnson*

TUESDAY

5:45-6:30 YS *	Sunrise Vinyasa Yoga (Heated) *Kajal Bendale*
6:30-7:15 MS *	Athletic Conditioning *Jacqueline Risch*
7:00-7:45 YS *	Pilates Fusion *Stephenie Skaferowsky*
7:45-8:15 MS *	Upper Body Pump *Jacqueline Risch*
8:15-8:45 MS *	Best Butt Ever *Jacqueline Risch*
8:30-9:15 CS *	Beats Ride *Rocky Ribacoff*
9:00-10:00 YS *	Pilates Fusion *Cari Michelman*
9:30-10:15 MS *	Atletica *Rocky Ribacoff*
10:15-10:30 MS *	Best Abs Ever *Rocky Ribacoff*
10:15-11:15 YS *	Vinyasa Yoga *Haley Breen*
11:30-12:15 YS *	Barefoot Sculpt *Haley Breen*
4:30-5:15 YS *	Pilates Rise *Casidhe Streeff*
5:30-6:15 YS *	True Barre: Bala Bangle *Michele Rogowsky*
6:30-7:15 YS *	Pilates Fusion *Cari Michelman*

WEDNESDAY

5:45-6:30 MS *	Rounds: Boxing *Victor Torres*
7:00-7:45 YS *	Pilates Mat *Marissa Andrews*
7:45-8:30 MS *	Stacked *Rocky Ribacoff*
8:30-9:30 YS *	True Barre: Bala Bangle *Cari Michelman*
8:45-9:30 MS *	MetCon3 *Susan Rubin*
9:30-10:15 CS *	Beats + Bands Ride *Rocky Ribacoff*
10:30-11:15 YS *	Barefoot Sculpt: The Ring *Cari Michelman*
11:30-12:20 YS *	Pilates Rise *Casidhe Streeff*
4:30-5:15 YS *	Barefoot Sculpt *Cari Michelman*
5:30-6:15 YS *	**Pilates at the Barre** ***Gayle Sanders***
6:00-6:45 MS *	**TRX Max** ***Emily Marino***
6:30-7:15 YS *	**Barefoot Sculpt: The Ring (Heated)** ***Gayle Sanders***
7:00-7:45 MS *	Cardio Dance: Zumba® *Deanna Gallicchio*

THURSDAY

5:45-6:30 YS *	Pilates Fusion (Heated) *Marissa Andrews*
6:30-7:15 MS *	Stronger *Emily Marino*
7:00-7:45 YS *	Barefoot Sculpt: The Ring *Cari Michelman*
7:45-8:30 MS *	Athletic Conditioning *Ricky Meschkow*
8:30-9:15 CS *	Beats Ride *Emily Marino*
9:00-10:00 YS *	Pilates Fusion *Sam Harris*
9:30-10:15 MS *	Stronger *Emily Marino*
9:30-10:20 TR *	Precision Walk: Elevate *Jacqueline Risch*
10:15-11:15 YS *	Sculpted Yoga™ *Sam Harris*
11:30-12:15 YS *	Barefoot Sculpt *Elena Tyler*
4:30-5:15 YS *	Pilates Mat *Danielle Reynolds*
5:30-6:15 YS *	**Barefoot Sculpt: The Ring** ***Sam Harris***
6:30-7:30 YS *	Vinyasa Yoga (Heated) *Sam Harris*

FRIDAY

5:45-6:30 MS *	Tabata Max *Steve Ramirez*
7:00-7:45 YS *	Pilates Fusion *Sam Harris*
7:15-8:00 MS *	**Body Sculpt** ***Jacqueline Risch***
8:15-9:00 YS *	Barefoot Sculpt *Jacqueline Risch*
9:15-10:00 YS *	Power Vinyasa (Heated) *Amy Max*
9:30-10:20 MS *	Athletic Conditioning *Michael Stephens*
10:30-11:15 YS *	True Barre *Jacqueline Risch*
11:30-12:15 YS *	Pilates Fusion *Michele Rogowsky*
4:30-5:15 YS *	Pilates Fusion (Heated) *Stephenie Skaferowsky*
5:30-6:30 YS *	Vinyasa Yoga (Heated) *Kajal Bendale*

SATURDAY

7:30-8:15 YS *	**Pilates Mat** ***Vassia Spanos***
7:45-8:30 CS *	Beats Ride *Rocky Ribacoff*
8:00-8:45 MS *	Athletic Conditioning *Steve Ramirez*
8:30-9:15 YS *	True Barre *Vassia Spanos*
9:00-9:45 MS *	Body Sculpt *Rocky Ribacoff*
9:30-10:15 YS *	Pilates Fusion *Michele Rogowsky*
9:45-10:00 MS *	Best Abs Ever *Rocky Ribacoff*
10:15-11:05 MS *	Rounds: Boxing *Jay Johnson*
10:30-11:30 YS *	Vinyasa Yoga (Heated) *Amy Max*
11:45-12:30 YS *	Barefoot Sculpt *Diana Teichert*

SUNDAY

8:00-8:45 YS *	Barefoot Sculpt: The Ring *Jacqueline Risch*
8:30-9:15 MS *	Athletic Conditioning *Carolyn Mellace*
9:00-9:45 TR *	Precision Walk: Elevate *Jacqueline Risch*
9:15-9:30 MS *	Best Abs Ever *Carolyn Mellace*
9:45-10:30 CS *	Beats Ride *Carolyn Mellace*
9:45-10:30 MS *	Atletica *Rocky Ribacoff*
10:00-10:45 YS *	Pilates Fusion *Diana Teichert*
11:00-12:00 YS *	Vinyasa Yoga (Heated) *Diana Teichert*
3:30-4:30 YS *	Weekend Wind Down Yoga *Kajal Bendale*
4:30-5:00 YS *	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.

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.
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.
TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.
Tabata Max Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

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.

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.

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.
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.

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

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.
Sunrise Vinyasa Yoga Awaken your body and mind with this energizing morning flow designed to start your day with intention. This class combines gentle movement, breath work, and mindful stretches to improve circulation, increase flexibility, and set a grounded tone for the day ahead.
Sunset Vinyasa Yoga Flow into the evening with this dynamic, breath-synced Vinyasa practice timed to the setting sun. Continuous, intentional movement builds heat and strength while linking breath to motion, helping you transition from the pace of your day into a state of calm, grounded energy.
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.

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.

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.
Cardio Dance: Zumba® A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.