

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * MetCon Monday Jeremy Flores	6:00-6:45 YS * Sunrise Vinyasa Yoga <i>Sabra Bailey</i>	6:00-6:45 MS * Body Sculpt <i>Sabra Bailey</i>	6:00-6:45 MS * Athletic Conditioning Jay Johnson	6:00-6:45 YS * Barefoot Sculpt <i>Jacqueline Risch</i>	8:30-9:15 CS * Beats Ride <i>Carolyn Mellace</i>	8:30-9:15 CS * Beats Ride <i>Michelle Laskin</i>
7:30-8:15 MS * Stronger <i>Ricky Meschkow</i>	7:30-8:15 YS * Pilates Fusion <i>Sam Harris</i>	7:30-8:15 MS * Stacked <i>Steve Ramirez</i>	7:30-8:15 CS * Beats Ride <i>Sylvia Nasser</i>	7:30-8:15 MS * Stronger <i>Sylvia Nasser</i>	8:30-9:15 MS * Athletic Conditioning <i>Sylvia Nasser</i>	8:30-9:15 MS * Body Sculpt <i>Nick Liguori</i>
8:30-9:15 CS * Beats Ride <i>Ariella Laden</i>	8:30-9:15 MS * Rounds: Boxing <i>Sylvia Nasser</i>	8:30-9:15 CS * Beats Ride <i>Joe Cincotta</i>	8:30-9:15 MS * Body Sculpt <i>Susan Rubin</i>	8:30-9:15 CS * Beats Ride <i>Violet Palmer</i>	8:30-9:15 YS * Pilates Mat <i>Jackie Sherwood</i>	8:30-9:15 YS * Pilates Fusion <i>Sam Harris</i>
8:30-9:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Emily Marino</i>	8:30-9:15 MS * Stronger Women <i>Sylvia Nasser</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Sylvia Nasser</i>	8:30-9:15 MS * Leg Day Steve Ramirez	9:30-10:15 MS * Stronger <i>Steve Ramirez</i>	9:30-10:15 MS * Athletic Conditioning <i>Nick Liguori</i>
8:30-9:15 YS * Pilates Fusion <i>Stephenie Skaferowsky</i>	9:30-10:15 MS * Leg Day Sylvia Nasser	8:30-9:15 YS * Pilates Fusion <i>Jude Smith</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Cari Michelman</i>	8:30-9:15 YS * Barefoot Sculpt <i>Sam Harris</i>	9:30-10:15 YS * True Barre <i>Jackie Sherwood</i>	9:30-10:15 YS * Barefoot Sculpt Jude Smith
9:30-10:15 MS * Body Sculpt <i>Sylvia Nasser</i>	9:30-10:15 YS * Pilates Fusion <i>Jackie Sherwood</i>	9:30-10:15 MS * MetCon3 <i>Emily Marino</i>	9:30-10:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	9:30-10:15 MS * Body Sculpt <i>Steve Ramirez</i>	10:30-11:30 MS * Rounds: Boxing <i>Sylvia Nasser</i>	10:30-11:30 MS * Cardio Dance <i>Roya Obedian</i>
9:30-10:15 YS * True Barre: Bala Bangle Michele Rogowsky	10:30-11:15 YS * True Barre <i>Jackie Sherwood</i>	9:30-10:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	9:30-10:20 YS * Pilates Rise <i>Gayle Sanders</i>	10:30-11:30 YS * Vinyasa Yoga <i>Elva Prohens</i>	10:30-11:30 YS * Vinyasa Yoga <i>Elanit Rabbani</i>
10:15-10:30 MS * Best Abs Ever <i>Sylvia Nasser</i>	4:45-5:30 YS * Pilates Fusion Alyssa Borgognone	10:30-11:30 YS * Vinyasa Yoga <i>Samantha Gerson</i>	4:45-5:35 YS * Pilates Fusion (Heated) <i>Elanit Rabbani</i>	10:30-11:20 MS * Feel Good Friday: Cardio Dance <i>Susan Rubin</i>		4:00-5:00 YS * Weekend Wind Down Yoga <i>Elanit Rabbani</i>
10:30-11:30 YS * Vinyasa Yoga <i>Haley Breen</i>	5:45-6:30 MS * Leg Day Elena Tyler	4:45-5:30 YS * True Barre: Bala Bangle Marissa Andrews	5:45-6:30 MS * Body Sculpt <i>Sabra Bailey</i>	4:00-4:45 YS * Barefoot Sculpt <i>Elena Tyler</i>		
4:45-5:30 YS * Pilates Mat (Heated) <i>Gayle Sanders</i>	6:45-7:30 CS * Beats Ride <i>Elena Tyler</i>	5:45-6:30 MS * Circuit Training Damia Foster	5:45-6:30 YS * Vinyasa Yoga (Heated) Elanit Rabbani			
5:45-6:30 YS * Barefoot Sculpt (Heated) <i>Gayle Sanders</i>	6:45-7:30 YS * Barefoot Sculpt <i>Haley Breen</i>	5:45-6:30 YS * Pilates Fusion Marissa Andrews	6:45-7:30 MS * Lower Body Blast <i>Sabra Bailey</i>			
6:45-7:30 MS * Rounds: Boxing <i>Jeremy Flores</i>		6:45-7:45 MS * Cardio Dance <i>Roya Obedian</i>				
6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Anita Sehgal</i>						

EQUINOX

ROSLYN

90 Northern Boulevard
GREENVALE NY 11548
EQUINOX.COM
@EQUINOX

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

GROUP FITNESS MANAGER

sylvia.nasser@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

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

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.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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.

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.

Feel Good Friday: Cardio Dance Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

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.

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

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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

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. An Equinox exclusive.