

# EQUNOX

ROSLYN

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
6:00-6:45 MetCon Monday MS * Shelby Armstrong	6:00-6:45 Athletic Conditioning MS * Diamia Foster	6:00-6:45 Precision Run® TR * Michelle Laskin	6:00-6:45 Rounds: Kickboxing Jay Johnson MS *	7:15-8:00 MetCon3 MS * Ricky Meschkow	8:30-9:15 Beats Ride CS * Carolyn Mellace	8:15-9:00 Body Sculpt MS * Nick Liguori
7:30-8:15 Stronger MS * Ricky Meschkow	7:30-8:15 Pilates Fusion YS * Sam Harris	7:30-8:15 Stacked MS *	7:30-8:15 Beats Ride CS * Sylvia Nasser	8:30-9:15 Beats Ride MS * Violet Palmer	8:30-9:15 Athletic Conditioning MS * Sylvia Nasser	8:15-9:00 Pilates Fusion YS * Sam Harris
8:30-9:15 Beats Ride CS * Ariella Laden	8:30-9:15 Rounds: Boxing MS * Sylvia Nasser	8:30-9:15 Beats Ride CS * Joe Cincotta	8:30-9:20 Core6 Stephenie Skaferowsky MS *	8:30-9:15 Athletic Conditioning MS * Steve Ramirez	8:30-9:15 Pilates Mat YS * Jackie Sherwood	9:15-10:00 Beats Ride CS * Michelle Laskin
8:30-9:15 Athletic Conditioning MS * Ricky Meschkow	8:30-9:15 Precision Walk: Elevate TR * Emily Marino	8:30-9:15 Body Sculpt MS * Sylvia Nasser	8:30-9:15 Precision Walk: Elevate MS * Sylvia Nasser	8:30-9:15 Barefoot Sculpt YS * Sam Harris	9:30-10:15 Stronger MS * Steve Ramirez	9:15-10:00 Athletic Conditioning MS * Nick Liguori
8:30-9:15 Pilates Fusion YS * Stephenie Skaferowsky	8:30-9:20 Power Vinyasa YS * Haley Breen	8:30-9:15 Pilates Fusion MS * Michele Rogowsky	8:30-9:15 True Barre: Bala Bangle YS * Cari Michelman	9:30-10:15 Body Sculpt MS * Steve Ramirez	9:30-10:15 True Barre YS * Jackie Sherwood	10:15-11:15 Vinyasa Yoga YS * Elanit Rabbani
9:30-10:15 Body Sculpt MS * Sylvia Nasser	9:30-10:15 Beats Ride MS * Emily Marino	9:30-10:15 Limited Series: Stronger Women MS *	9:30-10:15 Athletic Conditioning MS * Ricky Meschkow	9:30-10:20 Pilates Rise YS * Gayle Sanders	10:30-11:20 Rounds: Boxing MS * Sylvia Nasser	10:30-11:30 Cardio Dance MS * Roya Obedian
9:30-10:15 True Barre: Cardio YS * Stephenie Skaferowsky	9:30-10:20 Core6 MS * Sylvia Nasser	9:30-10:15 Pilates Fusion YS * Michele Rogowsky	9:30-10:15 Pilates Fusion MS * Elanit Rabbani	10:30-11:20 Feel Good Friday: Cardio Dance MS * Susan Rubin	10:30-11:30 Vinyasa Yoga YS * Elva Prohens	4:00-5:00 Weekend Wind Down Yoga YS *
10:30-11:30 Vinyasa Yoga YS * Haley Breen	10:30-11:15 True Barre MS * Jackie Sherwood	10:30-11:15 Barefoot Sculpt MS * Elanit Rabbani				5:05-5:35 Sound Meditation YS *
4:45-5:30 Pilates Mat (Heated) YS * Gayle Sanders	5:45-6:30 Body Sculpt MS * Marissa Andrews	4:45-5:30 Barefoot Sculpt MS * Elena Tyler				Sound Meditation Elanit Rabbani
5:45-6:30 Barefoot Sculpt (Heated) YS * Gayle Sanders	6:45-7:35 Pilates Rise YS *	5:45-6:45 Vinyasa Yoga YS * Kajal Bendale				
6:45-7:45 Vinyasa Yoga (Heated) YS * Anita Sehgal		6:45-7:45 Cardio Dance MS * Roya Obedian				
		6:50-7:20 Sound Meditation YS *				

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# 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 Run®** An interval-based, treadmill running workout created by running expert, David Siih. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**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.

**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.

**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.

### ❖ 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.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

**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 soothi

### ❖ 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

**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.