EQUINOX **ROSLYN**

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

7:30-8:15 MS *	Stronger *Ricky Meschkow*
8:30-9:15 CS *	Beats Ride *Ariella Laden*
8:30-9:15 MS *	Athletic Conditioning *Ricky Meschkow*
8:30-9:15 YS *	**Pilates Fusion** ***Elva Prohens***
9:30-10:20 MS *	Body Sculpt *Sylvia Nasser*
9:30-10:15 YS *	True Barre: Bala Bangle *Michele Rogowsky*
10:30-11:30 YS *	Vinyasa Yoga *Haley Breen*
11:45-12:30 YS *	**Pilates Fusion** ***Jackie Sherwood***
4:45-5:30 YS *	Pilates Mat (Heated) *Gayle Sanders*
5:45-6:30 MS *	Rounds: Boxing *Jeremy Flores*
5:45-6:30 YS *	Barefoot Sculpt: The Ring (Heated) *Gayle Sanders*
6:45-7:30 MS *	Stronger *Jeremy Flores*
6:45-7:45 YS *	Vinyasa Yoga (Heated) *Anita Sehgal*

TUESDAY

7:30-8:15 YS *	Barefoot Sculpt: The Ring *Sam Harris*
8:30-9:15 MS *	Rounds: Boxing *Sylvia Nasser*
8:30-9:15 TR *	Precision Walk: Elevate *Emily Marino*
8:30-9:15 YS *	Barefoot Sculpt *Susan Rubin*
9:30-10:15 MS *	Athletic Conditioning *Sabra Bailey*
9:30-10:15 YS *	Pilates Fusion *Jackie Sherwood*
10:30-11:15 YS *	**Barefoot Sculpt: The Ring** ***Sylvia Nasser***
4:45-5:30 YS *	Pilates Fusion *Alyssa Borgognone*
5:45-6:30 MS *	Leg Day *Elena Tyler*
6:45-7:30 MS *	TRX Max *Diamia Foster*
6:45-7:30 YS *	Barefoot Sculpt *Elena Tyler*

WEDNESDAY

5:45-6:30 MS *	**Athletic Conditioning** ***Krystal Peters***
7:30-8:15 MS *	Cardio Sculpt *Steve Ramirez*
8:30-9:15 CS *	Beats Ride *Joe Cincotta*
8:30-9:15 MS *	Stronger Women *Sylvia Nasser*
8:30-9:15 YS *	**Vinyasa Yoga** ***Anita Sehgal***
9:30-10:00 MS *	Upper Body Pump *Emily Marino*
9:30-10:15 YS *	Barefoot Sculpt: The Ring *Michele Rogowsky*
10:00-10:30 MS *	Best Butt Ever *Emily Marino*
10:30-11:15 YS *	**Pilates Fusion** ***Michele Rogowsky***
11:45-12:30 YS *	**Barefoot Sculpt: The Ring** ***Gayle Sanders***
4:45-5:30 YS *	**Barefoot Sculpt** ***Susan Rubin***
5:45-6:30 MS *	**Athletic Conditioning** ***Susan Rubin***
6:45-7:45 MS *	Cardio Dance *Roya Obedian*
6:45-7:45 YS *	Vinyasa Yoga *Elva Prohens*
7:50-8:20 YS *	Sound Meditation *Elva Prohens*

THURSDAY

7:30-8:15 CS *	Beats Ride *Sylvia Nasser*
8:30-9:15 MS *	**Cardio Sculpt** ***Susan Rubin***
8:30-9:15 TR *	Precision Walk: Elevate *Sylvia Nasser*
8:30-9:15 YS *	True Barre: Bala Bangle *Cari Michelman*
9:30-10:15 MS *	Athletic Conditioning *Ricky Meschkow*
9:30-10:15 YS *	Pilates Fusion *Diana Teichert*
10:30-11:30 YS *	**Vinyasa Yoga** ***Diana Teichert***
5:45-6:30 CS *	Beats Ride *Sabra Bailey*
6:45-7:30 YS *	Barefoot Sculpt (Heated) *Sabra Bailey*

FRIDAY

7:30-8:15 MS *	Stronger *Sylvia Nasser*
8:30-9:15 CS *	**Beats Ride** ***Sabra Bailey***
8:30-9:15 MS *	TRX Max *Steve Ramirez*
8:30-9:15 YS *	Barefoot Sculpt *Sam Harris*
9:30-10:15 MS *	Body Sculpt *Steve Ramirez*
9:30-10:20 YS *	Pilates Rise *Gayle Sanders*
4:45-5:30 YS *	Barefoot Sculpt: The Ring *Elena Tyler*

SATURDAY

7:30-8:15 YS *	Barefoot Sculpt: The Ring *Sabra Bailey*
8:30-9:15 CS *	Beats Ride *Carolyn Mellace*
8:30-9:15 MS *	Athletic Conditioning *Sylvia Nasser*
8:30-9:15 YS *	Pilates Mat *Jackie Sherwood*
9:30-10:15 MS *	Stronger *Steve Ramirez*
9:30-10:15 YS *	True Barre *Jackie Sherwood*
10:30-11:30 MS *	Rounds: Boxing *Sylvia Nasser*
10:30-11:30 YS *	Vinyasa Yoga *Elva Prohens*

SUNDAY

8:30-9:15 MS *	MetCon3 *Nick Liguori*
8:30-9:15 YS *	Vinyasa Yoga *Kajal Bendale*
9:30-10:15 MS *	Athletic Conditioning *Nick Liguori*
9:30-10:15 TR *	Precision Run® *Michelle Laskin*
9:30-10:15 YS *	Barefoot Sculpt *Susan Rubin*
10:30-11:30 MS *	Cardio Dance *Roya Obedian*
10:30-11:15 YS *	Pilates Mat *Elanit Rabbani*
3:30-4:30 YS *	Weekend Wind Down Yoga *Elanit Rabbani*
4:35-5:05 YS *	Sound Meditation *Elanit Rabbani*

VISIT 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.

Yoga

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.

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.

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

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.
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.
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 Run® An interval-based, treadmill running workout created by running expert, David Siik. 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.

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.
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.
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.

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.

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.
Cardio Sculpt A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.