

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Stronger <i>Ricky Meschkow</i>	6:00-6:45 MS * Athletic Conditioning <i>Damia Foster</i>	7:30-8:15 MS * Stacked <i>Steve Ramirez</i>	6:00-6:45 MS * Rounds: Boxing <i>Jay Johnson</i>	7:15-8:00 MS * MetCon3 <i>Ricky Meschkow</i>	8:30-9:15 CS * Beats Ride <i>Carolyn Mellace</i>	8:15-9:00 MS * Body Sculpt <i>Nick Liguori</i>
8:30-9:15 CS * Beats Ride <i>Ariella Laden</i>	7:30-8:15 YS * Pilates Fusion <i>Sam Harris</i>	8:30-9:15 CS * Beats Ride <i>Joe Cincotta</i>	7:30-8:15 CS * Beats Ride <i>Sylvia Nasser</i>	8:30-9:15 CS * Beats Ride <i>Sylvia Nasser</i>	8:30-9:15 MS * Athletic Conditioning <i>Sylvia Nasser</i>	8:15-9:00 YS * Pilates Fusion <i>Sam Harris</i>
8:30-9:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>	8:30-9:15 MS * Rounds: Boxing <i>Sylvia Nasser</i>	8:30-9:15 MS * Body Sculpt <i>Sylvia Nasser</i>	7:30-8:15 YS * Barefoot Sculpt <i>Stephenie Skaferowsky</i>	8:30-9:15 MS * Athletic Conditioning <i>Steve Ramirez</i>	8:30-9:15 YS * Pilates Mat <i>Jackie Sherwood</i>	9:15-10:00 CS * Beats Ride <i>Michelle Laskin</i>
9:30-10:15 MS * Body Sculpt <i>Sylvia Nasser</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Emily Marino</i>	8:30-9:15 YS * Pilates Fusion <i>Michele Rogowsky</i>	8:30-9:15 MS * Cardio Sculpt Stephenie Skaferowsky	8:30-9:15 YS * Barefoot Sculpt <i>Sam Harris</i>	9:30-10:15 MS * Stronger <i>Steve Ramirez</i>	9:15-10:00 MS * Athletic Conditioning <i>Nick Liguori</i>
9:30-10:15 YS * True Barre: Cardio <i>Stephenie Skaferowsky</i>	8:30-9:20 YS * Power Vinyasa <i>Haley Breen</i>	9:30-10:15 Limited Series: Stronger Women <i>Emily Marino</i>	8:30-9:15 TR * Precision Walk: Elevate <i>Sylvia Nasser</i>	9:30-10:15 MS * Body Sculpt <i>Steve Ramirez</i>	9:30-10:15 YS * True Barre <i>Jackie Sherwood</i>	10:15-11:15 YS * Vinyasa Yoga <i>Elanit Rabbani</i>
10:30-11:30 YS * Vinyasa Yoga Haley Breen	9:30-10:15 CS * Beats Ride <i>Emily Marino</i>	9:30-10:15 YS * Barefoot Sculpt <i>Michele Rogowsky</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Cari Michelman</i>	9:30-10:20 YS * Pilates Rise <i>Gayle Sanders</i>	10:30-11:20 MS * Rounds: Boxing <i>Sylvia Nasser</i>	10:30-11:30 MS * Cardio Dance <i>Roya Obedian</i>
4:30-5:20 YS * Pilates Rise <i>Gayle Sanders</i>	9:30-10:15 MS * MetCon3 <i>Elena Tyler</i>	5:30-6:30 YS * Vinyasa Yoga Kajal Bendale	9:30-10:15 MS * Athletic Conditioning <i>Ricky Meschkow</i>		10:30-11:30 YS * Vinyasa Yoga <i>Elva Prohens</i>	4:00-5:00 YS * Slow Flow Yoga <i>Elanit Rabbani</i>
5:30-6:15 MS * Athletic Conditioning <i>Gayle Sanders</i>	9:30-10:15 YS * Pilates Fusion <i>Jackie Sherwood</i>	6:45-7:45 MS * Cardio Dance <i>Roya Obedian</i>	9:30-10:15 YS * Pilates Fusion <i>Michele Rogowsky</i>			
6:30-7:30 YS * Vinyasa Yoga <i>Anita Sehgal</i>	10:30-11:15 YS * True Barre <i>Jackie Sherwood</i>		4:30-5:20 YS * Pilates Fusion <i>Elanit Rabbani</i>			
	5:30-6:15 MS * Body Sculpt <i>Marissa Andrews</i>					
	6:30-7:20 YS * Pilates Rise <i>Marissa Andrews</i>					

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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

GROUP FITNESS MANAGER
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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

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.

Slow Flow Yoga A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

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.

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.

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.

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.

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.