

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|--|--|---|--|
| 6:00 - 7:00 * Roadfit Cycling CS Bill Randall | 6:00 - 7:00 Eliminator MS Steve Ramirez | 6:00 - 7:00 * Power RIDE! CS Michelle Corso | 6:00 - 7:00 Boot Camp MS Steve Ramirez | 6:00 - 7:00 * Studio Cycling CS Lyn Lebowitz | 7:00 - 8:00 ETC Spring MS Juan Y & Kristine M | 8:00 - 9:00 * Roadfit Cycling CS Joe Cincotta |
| 7:00 - 8:00 Definitions MS Jackie Sherwood | 7:00 - 7:45 * Interval Cycling CS Damian Vella | 7:00 - 8:00 Inside Out Barre YS Becky Wenner | 7:00 - 7:45 * Interval Cycling CS Jay Dantzier | 6:00 - 7:00 Vinyasa Flow Yoga YS Laura Fornaro | 8:00 - 9:00 * Power RIDE! CS Michelle Corso | 8:00 - 9:00 XLR8! MS Rocky Ribacoff |
| 8:30 - 9:15 * Cycle 45 CS Lauren Gold | 8:30 - 9:15 * Cycle 45 CS Stefani Pappas | 7:00 - 8:00 Precision Running® TR Michelle Corso | 8:30 - 9:15 * Cycle 45 CS Jay Dantzier | 7:00 - 8:00 Body Conditioning MS Jen Tsiolis | 8:00 - 9:00 FitBody Workout MS Assia Winfield | 8:00 - 9:30 Vinyasa Flow Yoga YS Kim Montgomery |
| 8:30 - 9:30 Strength & Sweat MS Clay Grant | 8:30 - 9:30 Body Conditioning MS Damian Vella | 8:30 - 9:15 * Power RIDE! CS Michelle Corso | 8:30 - 9:30 Ultimate Workout MS Jackie Sherwood | 8:30 - 9:15 * Studio Cycling CS Jen Tsiolis | 8:30 - 9:45 Vinyasa Yoga YS Karine Falleni | 9:30 - 10:15 * Roadfit Cycling CS Joe Cincotta |
| 8:30 - 9:30 Yoga Fundamentals YS Kim Montgomery | 8:30 - 9:30 * Inside Out Barre YS Ami Price | 8:30 - 9:30 FitBody Workout MS Assia Winfield | 8:30 - 9:30 Pilates Power Play YS Shannon Carafello | 8:30 - 9:15 Shockwave MS Michelle Corso | 9:00 - 10:00 Hard Core Conditioning MS Assia Winfield | 9:30 - 10:15 Atletica MS Rocky Ribacoff |
| 9:45 - 10:30 * Cycle 45 CS Lauren Gold | 9:45 - 10:45 Aqua Strength PD Loretta Colak | 8:30 - 9:30 Inside Out Barre YS Shannon Carafello | 9:30 - 10:00 RX Series® YS Shannon Carafello | 8:30 - 9:45 Vinyasa Yoga MS Adam Dobbs | 9:30 - 10:15 * Cycle 45 CS John Kocaj | 9:30 - 10:30 Vinyasa Yoga YS Stacey Hirschmann |
| 9:45 - 11:00 Vinyasa Yoga (L2/3) YS Kim Montgomery | 9:45 - 10:45 * Inside Out Barre YS Ami Price | 9:45 - 10:30 * Cycle Tech CS Lauren Gold | 9:45 - 10:45 Aqua Strength PD Marissa Fenson | 9:15 - 9:30 Ab Lab MS Michelle Corso | 10:00 - 10:30 Arm Candy MS Juan Young | 10:00 - 11:00 Aqua Strength PD Jen Martinez |
| 10:00 - 11:00 Cardio Smackdown! MS Theresa Alini | 10:00 - 11:00 * Interval Cycling CS Damian Vella | 9:45 - 10:45 AquaSport PD Assia Winfield | 10:00 - 11:00 * Interval Cycling CS Damian Vella | 9:45 - 10:30 * Power RIDE! CS Michelle Corso | 10:00 - 11:00 Aqua Motion PD Lyn Lebowitz | 10:15 - 10:30 Ab Lab MS Rocky Ribacoff |
| 10:45 - 11:45 Aqua Strength PD Lyn Lebowitz | 10:00 - 11:00 Groove House MS Clay Grant | 9:45 - 11:00 Vinyasa Yoga (L2/3) YS Karine Falleni | 10:00 - 11:00 Dance Fitness Fusion MS Clay Grant | 9:45 - 10:45 Ultimate Workout MS Rocky Ribacoff | 10:00 - 11:00 Pilates YS Shannon Carafello | 10:30 - 11:15 * Cycle 45 CS Charlene Lawrence |
| 11:00 - 12:00 Zumba® MS Roya Obedian | 11:00 - 11:45 pureMUSCLE MS Clay Grant | 10:00 - 11:00 Ultimate Workout MS Damian Vella | 10:00 - 11:00 Inside Out Barre YS Tracy Widolok | 9:45 - 10:45 Aqua Motion PD Loretta Colak | 10:30 - 11:15 * Cycle 45 CS Stefani Pappas | 10:45 - 11:30 Pilates MS Jonathan Carroll |
| 11:00 - 12:00 Pilates YS Jonathan Carroll | 11:00 - 12:00 Yoga Power Hour YS Renata Langner | 11:00 - 12:00 Dance Revival MS Jonathan Carroll | 11:00 - 11:30 Ab Lab MS Clay Grant | 10:00 - 11:00 Pilates YS Bonnie Heyman | 10:30 - 11:00 Ab Lab MS Juan Young | 10:45 - 11:30 * Inside Out Barre YS Cari Reiter |
| | 11:45 - 12:15 RX Series® MS Clay Grant | 11:00 - 12:00 * Inside Out Barre YS Cari Reiter | 11:00 - 12:00 Vinyasa Yoga YS Renata Langner | 11:00 - 12:00 Zumba® MS Roya Obedian | 11:00 - 12:00 MMA Conditioning MS Eric San Jose | 11:30 - 12:00 RX Series® MS Jonathan Carroll |
| | | | 11:30 - 12:00 Stretch and Relax MS Clay Grant | 11:00 - 12:00 * Inside Out Barre YS Cari Reiter | 11:00 - 12:00 Inside Out Barre YS Tracy Widolok | 11:45 - 12:30 * Inside Out Barre YS Cari Reiter |
| 12:00 - 1:00 Yoga Flow YS Stacey Hirschmann | 4:45 - 5:30 Cardio Sculpt MS Dana Walsh | 4:45 - 5:45 Deep EXtreme MS Clay Grant | 4:45 - 5:30 Cardio Smackdown! MS Theresa Alini | 12:00 - 1:00 Yoga Flow YS Stacey Hirschmann | | |
| 4:45 - 5:30 RESULTS! MS Jonathan Carroll | | | | | | |
| 5:30 - 6:00 Ab Lab MS Jonathan Carroll | 5:30 - 5:45 Ab Lab MS Dana Walsh | 5:30 - 6:30 Pilates YS Bonnie Heyman | 5:30 - 6:15 pureMUSCLE MS Theresa Alini | 6:00 - 7:15 Vinyasa Flow Yoga YS Anita Sehgal | | |
| 6:00 - 7:00 FitBody Workout MS Assia Winfield | 5:30 - 6:45 Vinyasa Yoga YS Stacey Hirschmann | 5:45 - 6:15 Ab Lab MS Clay Grant | 6:00 - 7:00 AquaSport PD Assia Winfield | | | |
| 6:00 - 7:00 Pilates YS Jonathan Carroll | 5:45 - 6:30 Definitions MS Desiree Durand | 6:30 - 7:30 MMA Conditioning MS Eric San Jose | 6:30 - 7:30 Zumba® MS Dana Walsh | | | |
| 6:45 - 7:30 * Cycle Tech CS Alix Turoff | 5:45 - 6:45 Aqua Motion PD Lyn Lebowitz | 6:45 - 7:30 * Cycle 45 CS Lyn Lebowitz | 7:30 - 8:30 ETC Spring MS Juan Y & Kristine M | | | |
| 7:00 - 7:30 Ab Lab MS Assia Winfield | 6:30 - 7:30 Zumba® MS Desiree Durand | 7:30 - 8:45 Vinyasa Yoga YS Stephanie Danias | 7:30 - 8:30 Fluid Power Yoga YS Lenora Gim | | | |
| 7:30 - 8:45 Vinyasa Yoga YS Deb Corsitto | 6:45 - 7:30 * Cycle 45 CS Charlene Lawrence | 7:45 - 8:30 Whipped! MS Clay Grant | | | | |
| 7:45 - 8:30 Shockwave MS Mo Moaz | 7:00 - 7:45 Inside Out Barre YS Jonathan Carroll | | | | | |
| 8:30 - 8:45 Ab Lab MS Mo Moaz | 7:30 - 8:30 ETC Spring MS Juan Y & Kristine M | | | | | |
| | 7:45 - 8:45 Yoga Power Hour YS Charlene Lawrence | | | | | |

MAY 2015 - CLASS DESCRIPTIONS

GREAT NECK

90 E. Shore Rd at Bayview Ave.
Great Neck NY 11023
516.570.8003
equinox.com

CLUB HOURS

MON - THU 5:00AM - 10:30PM
FRI 5:30AM - 9:30PM
SAT 7:00AM - 8:00PM
SUN 7:00AM - 7:00PM

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor

or Time

* Sign-up required

(available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner

L1/2 Beginner/Intermediate

L2 Intermediate

L2/3 Intermediate/Advanced

L3 Advanced/Practiced

STUDIO KEY

CS Cycling Studio

MS Main Studio

PD Pool Deck

YS Yoga Studio

TR Treadmill Area

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

AQUA MOTION

Cardio and strength movement combinations patterned to maximize the resistance of the water.

AQUA STRENGTH

Body conditioning and strength training combined at its best. Increase your strength with more than the resistance of the water.

AQUASPORT

Get out of the studio & into the Pool for this non-stop, total body workout that uses the resistance of the water to improve cardiovascular stamina and muscular endurance. You get a complete cardio and conditioning workout without the impact or stress on the body!

ARM CANDY

One of the best accessories ever is smooth, firm arms, yummy to the eyes and delicious to the touch. Bend, push, pull and twist your way to sexy sculpted shoulders, toned triceps a chiseled back and whittled waist in 30 elegant exercises created by Team Equinox!

ATLETICA

Sculpt and train your body like an athlete for an hour. Ilaria's new class burns fat and delivers a strong athletic body. High intensity exercises based on power endurance and progressive strength training and strong emphasis on a strong core. Be prepared to sweat and test your willpower!

BODY CONDITIONING

Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

CARDIO SMACKDOWN!

A high-energy, heart pumping, calorie burning workout. Punch, chamber, strike and lift your way to a rock hard body. A non-stop martial arts based cardio blitz interlaced with strength intervals for an ultimate challenge. All levels welcome!

CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

CYCLE TECH

Indoor cycling class with a technical edge. Instructors will coach you through heart rate training, cycling techniques and mind body concepts that will take your workout to the next level. The drills and exercises are essentially the same as those used by competitive cyclists.

DANCE FITNESS FUSION

A blend of Latin, Disco, Jazz, Bollywood & Hip-hop styles. A 60 minute, non-stop cardio fitness class that is fun for all ages and all levels. Designed for people who love to dance and sweat...a LOT!

DANCE REVIVAL

Get up & dance, it's that easy. This class is designed to de-stress the body and renew the soul with energizing movements and easy-to-follow steps. In this heart pumpin', fat burning workout be prepared to see your inhibitions melt away and simply have a good time.

DEEP EXTREME

The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

ELIMINATOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

ETC SPRING

Lace up and bare arms for our latest boot camp-esque group training. ETC, aka Equinox Training Camp, is a revolutionary workout that brings old-school military training up to speed with modern science. ETC is a 6-week committed lifestyle makeover and registration for this program is required.

FITBODY WORKOUT

A cardiovascular workout with steps, dumbbells, body bars, stability and medicine balls to great music makes this class timeless, as well as fun and effective for all fitness levels.

FLUID POWER YOGA

Creative sequences for improved strength, endurance, flexibility, concentration, and a deeper connection with your prana life force.

GROOVE HOUSE

Mi casa es su casa! In this house, everyone is welcome and the party is on and poppin'! This cardiovascular dance workout runs the spectrum from Latin grooves to funky moves and everything in between. Catch the groove!

HARD CORE CONDITIONING

An intense upper and lower body workout with a strong focus on defining the core muscles by challenging both strength and stability. Using weights, the body bar, and a step, this class will help you define your body from head to toe.

INSIDE OUT BARRE

Get fit and toned from the inside out with this popular Barre based work out. Intervals of conditioning and stretching combine core work, pilates, yoga, isometrics and ballet to lengthen and strengthen. Goal of creating long, lean muscles and a youthful body.

INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

MMA CONDITIONING

This mixed martial arts conditioning class combines athletics drills rooted in various styles of martial arts, boxing and kickboxing for a high-energy, non-contact, sweat generating workout. Let's get it on!

PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES POWER PLAY

Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

POWER RIDE!

A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

PUREMUSCLE

Enjoy this muscular workout that will tighten and tone for a lean body. This resistance class uses equipment like barbells and hand weights and is a great counterbalance to all other muscle conditioning classes and is perfect for all levels.

RESULTS!

A challenging and effective full body workout using free weights, body bars, med balls, and steps. By working one muscle group at a time and emphasizing precise and controlled movements, you'll be sure to see RESULTS!

ROADFIT CYCLING

Indoor training for the outdoor cyclist. Sport-specific drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

RX SERIES®

Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M"s – massage, mobilization and maximizing performance – and revitalize your body. Self-myofascial massage, range-of-motion stretches and breath strategy combine for high performance.

SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

STRENGTH & SWEAT

Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

STRETCH AND RELAX

Wind down by stretching out the major muscle groups using a variety of stretch techniques. Increase flexibility while relaxing your mind.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

ULTIMATE WORKOUT

The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

XLR8!

Train like the athletes and cross over to the elite level of sports performance! Creative, progressive, sport relevant programming to improve Speed, Power, Agility, Flexibility, Coordination and develop overall athletic ability.

YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, tones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

YOGA FUNDAMENTALS

For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.