

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 * Roadfit Cycling CS Bill Randall	<b>6:00 - 7:00 Eliminator</b> <b>MS Steve Ramirez</b>	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	8:00 - 9:00 * Power RIDE! CS Michelle Corso	8:00 - 9:00 * Roadfit Cycling CS Joe Cincotta
<b>7:00 - 8:00 Definitions</b> <b>MS Jackie Sherwood</b>	7:00 - 7:45 * Interval Cycling CS Damian Vella	7:00 - 8:00 Pilates Power Play YS Lauren Chaitoff	7:00 - 7:45 * Roadfit Cycling CS Joe Cincotta	6:00 - 7:00 Vinyasa Flow Yoga YS Laura Fornaro	<b>8:00 - 9:00 FitBody Workout</b> <b>MS Assia Winfield</b>	8:00 - 9:00 XLR8! MS Rocky Ribacoff
8:30 - 9:15 * Cycle 45 CS John Kocaj	8:30 - 9:15 * Cycle 45 CS Jay Knorr	<b>7:00 - 8:00 Precision Running</b> <b>TR Michelle Corso</b>	8:30 - 9:15 * Cycle 45 CS Sara Larocca	7:00 - 8:00 Super Sculpt MS Becky Wenner	8:30 - 9:45 Vinyasa Yoga YS Cynthia Lorena Gammara	8:00 - 9:15 Vinyasa Flow Yoga YS Stephanie Danias
<b>8:30 - 9:30 Strength &amp; Sweat</b> <b>MS Clay Grant</b>	8:30 - 9:30 Body Conditioning MS Damian Vella	8:30 - 9:15 * Power RIDE! CS Michelle Corso	<b>8:30 - 9:30 Ultimate Workout</b> <b>MS Jackie Sherwood</b>	8:15 - 9:15 * Studio Cycling CS Becky Wenner	9:00 - 10:00 Hard Core Conditioning MS Assia Winfield	9:30 - 10:15 * Roadfit Cycling CS Joe Cincotta
8:30 - 9:30 Yoga Fundamentals YS Kim Montgomery	<b>8:30 - 9:30 Inside Out Barre</b> <b>YS Ami Price</b>	8:30 - 9:30 FitBody Workout MS Assia Winfield	8:30 - 9:30 Pilates Power Play YS Shannon Carafello	<b>8:30 - 9:15 Eliminator</b> <b>MS Michelle Corso</b>	9:30 - 10:15 * Cycle 45 CS John Kocaj	<b>9:30 - 10:15 Atletica</b> <b>MS Rocky Ribacoff</b>
9:45 - 10:45 * Performance Cycling CS John Kocaj	9:45 - 10:45 Aqua Strength PD Loretta Colak	8:30 - 9:30 Inside Out Barre YS Shannon Carafello	<b>9:30 - 10:00 RX Series</b> <b>YS Shannon Carafello</b>	8:30 - 9:45 Vinyasa Yoga YS Adam Dobbs	10:00 - 11:00 Aqua Motion PD Lyn Lebowitz	9:30 - 10:30 Vinyasa Yoga YS Stacey Hirschmann
9:45 - 11:00 Vinyasa Yoga (L2/3) YS Kim Montgomery	<b>9:45 - 10:45 Inside Out Barre</b> <b>YS Ami Price</b>	9:45 - 10:45 * Cycle Tech CS Jen Tsiolis	9:45 - 10:45 Aqua Strength PD Jen Martinez	<b>9:15 - 9:30 Ab Lab</b> <b>MS Michelle Corso</b>	10:00 - 11:00 Pilates YS Shannon Carafello	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	10:30 - 11:00 Ab Lab MS Juan Young	10:15 - 10:30 Ab Lab MS Rocky Ribacoff
10:45 - 11:45 Aqua Strength PD Jen Martinez	10:00 - 11:00 Groove House MS Clay Grant	<b>10:00 - 11:00 Eliminator</b> <b>MS Damian Vella</b>	10:00 - 11:00 Dance Fitness Fusion MS Clay Grant	9:45 - 10:45 Ultimate Workout MS Rocky Ribacoff	11:00 - 12:00 MMA Conditioning MS Eric San Jose	10:45 - 11:30 Pilates MS Jonathan Carroll
11:00 - 12:00 Zumba@ MS Roya Obedian	11:00 - 11:45 Deep EXtreme MS Clay Grant	10:00 - 11:15 Vinyasa Yoga (L2/3) YS Kim Montgomery	10:00 - 11:00 Inside Out Barre YS Tracy Widolok	9:45 - 10:45 Aqua Motion PD Loretta Colak	11:00 - 12:00 Inside Out Barre YS Tracy Widolok	10:45 - 11:30 Inside Out Barre YS Cari Reiter
11:00 - 12:00 Pilates YS Jonathan Carroll	<b>11:00 - 12:00 Yoga Power Hour</b> <b>YS Renata Langner</b>	11:00 - 12:00 Dance Revival MS Jonathan Carroll	<b>11:00 - 11:30 Ab Lab</b> <b>MS Clay Grant</b>	10:00 - 11:00 Pilates YS Bonnie Heyman	<b>10:45 - 11:30 Precision Running</b> <b>TR Rocky Ribacoff</b>	<b>11:30 - 12:00 RX Series</b> <b>MS Jonathan Carroll</b>
	<b>11:45 - 12:15 RX Series</b> <b>MS Clay Grant</b>	11:15 - 12:15 Inside Out Barre YS Kim Montgomery	11:00 - 12:00 Vinyasa Yoga YS Renata Langner	<b>10:45 - 11:30 Precision Running</b> <b>TR Rocky Ribacoff</b>		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						
5:00 - 6:00 Inside Out Barre YS Cari Reiter	5:30 - 5:45 Ab Lab MS Dana Walsh	5:30 - 6:30 Pilates YS Bonnie Heyman	<b>5:30 - 6:15 pureMUSCLE</b> <b>MS Theresa Alini</b>	6:00 - 7:15 Vinyasa Flow Yoga YS Anita Sehgal		
5:30 - 6:00 Ab Lab MS Jonathan Carroll	5:30 - 6:45 Vinyasa Yoga YS Stacey Hirschmann	<b>5:45 - 6:15 Ab Lab</b> <b>MS Clay Grant</b>	6:00 - 7:00 AquaSport PD Assia Winfield			
<b>6:00 - 7:00 FitBody Workout</b> <b>MS Assia Winfield</b>	5:45 - 6:30 Definitions MS Desiree Durand	6:45 - 7:45 * Cycle 60 CS Jay Knorr	6:30 - 7:30 Zumba@ MS Dana Walsh			
<b>6:00 - 7:00 Pilates</b> <b>YS Jonathan Carroll</b>	5:45 - 6:30 Aqua Motion PD Lyn Lebowitz	6:45 - 7:45 Whipped! MS Clay Grant	7:30 - 8:30 Boot Camp MS Juan Young			
6:45 - 7:45 * Cycle Tech CS Alix Turoff	6:30 - 7:30 Zumba@ MS Desiree Durand	7:30 - 8:45 Vinyasa Yoga YS Stephanie Danias	7:30 - 8:30 Power Vinyasa Yoga YS Michele Medina			
<b>7:00 - 7:30 Ab Lab</b> <b>MS Assia Winfield</b>	<b>7:00 - 7:45 Inside Out Barre</b> <b>YS Jonathan Carroll</b>	7:45 - 8:45 MMA Conditioning MS Eric San Jose				
7:30 - 8:15 Stacked! MS Mo Moaz	7:30 - 8:15 Boot Camp Express MS Juan Young					
7:30 - 8:45 Vinyasa Yoga YS Cynthia Lorena Gammara	<b>7:45 - 8:45 Yoga Power Hour</b> <b>YS Deb Corsitto</b>					
8:15 - 8:30 Ab Lab MS Mo Moaz	8:15 - 8:45 Ab Lab MS Juan Young					

## JANUARY 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: 5:00am - 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!

### 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!

### BOOT CAMP EXPRESS

A 30-minute total body blast! This challenging combination of Plyometric drills and resistance training will work every muscle in your body. Get ready to sweat!

### 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 60

A full 60 minute indoor cycling ride to benefit your cardiovascular system and burn tons of calories.

### 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.

### 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.

### 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.

### 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!

### PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form/balance exercises.

### 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!

### POWER VINYASA YOGA

A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

### 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. Sign-up is required at the front desk. 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.

### 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.

### SUPER SCULPT

Total body conditioning using weights, body bars and steps. Builds strength and endurance in the entire 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, hones 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.

### YOGA POWER HOUR

A dynamic sixty-minute yoga class that is physically challenging and spiritually energizing. A great option for a time-efficient but complete yoga class!

### ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.