EQUINOX

GREAT NECK

OCTOBER 2014
Schedule Effective:
Oct 6, 2014 - Oct 31, 2014

GROUP FITNESS MANAGER: Clay Grant
clay.grant@equinox.com

Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 CS * Roadfit Cycling Bill Randall	6:00 - 7:00 MS METCON3 Steve Ramirez	6:00 - 7:00 CS * Power RIDE! Michelle Corso	6:00 - 7:00 MS Boot Camp Steve Ramirez	6:00 - 7:00 CS * Studio Cycling Lyn Lebowitz	8:00 - 9:00 CS * Power RIDE! Michelle Corso	8:00 - 9:00 CS * Roadfit Cycling Joe Cincotta
7:00 - 8:00 MS Super Sculpt Becky Wenner	**7:00 - 7:45 CS * Interval Cycling Damian Vella**	7:00 - 8:00 YS Pilates Power Play Lauren Chaitoff	**7:00 - 7:45 CS * Roadfit Cycling Joe Cincotta**	6:00 - 7:00 YS Vinyasa Flow Yoga Laura Fornaro	8:00 - 9:00 MS Cardio Smackdown! Assia Winfield	8:00 - 9:00 MS XLR8! Rocky Ribacoff
8:30 - 9:15 CS * Cycle 45 John Kocaj	8:15 - 9:15 YS Inside Out Barre Ami Price	**7:00 - 8:00 TR Precision Running Michelle Corso**	8:30 - 9:15 CS * Cycle 45 Sara Larocca	7:00 - 8:00 MS Lean Line Jackie Sherwood	8:30 - 9:45 YS Vinyasa Yoga Cynthia Lorena Gammara	8:00 - 9:15 YS Vinyasa Flow Yoga Stephanie Danias
8:30 - 9:30 MS RESULTS! Clay Grant	8:30 - 9:15 CS * Studio Cycling Cathy Munzer-Stone	8:30 - 9:15 CS * Power RIDE! Michelle Corso	8:30 - 9:30 MS Barre Fit Cardio Jackie Sherwood	8:15 - 9:15 CS * Studio Cycling Ami Price	9:00 - 10:00 MS Hard Core Conditioning Assia Winfield	9:30 - 10:15 CS * Roadfit Cycling Joe Cincotta
8:30 - 9:30 YS Yoga Fundamentals Kim Montgomery	8:30 - 9:30 MS Body Conditioning Damian Vella	8:30 - 9:30 MS FitBody Workout Assia Winfield	8:30 - 9:30 YS Pilates Power Play Shannon Carafello	8:30 - 9:15 MS Tabata Michelle Corso	**9:30 - 10:15 CS * Cycle 45 John Kocaj**	**9:30 - 10:15 MS Atletica Rocky Ribacoff**
9:45 - 10:45 CS * Performance Cycling John Kocaj	9:30 - 10:30 YS Inside Out Barre Ami Price	8:30 - 9:30 YS Inside Out Barre Shannon Carafello	9:30 - 10:00 YS RX Series Shannon Carafello	8:30 - 9:45 YS Vinyasa Yoga Adam Dobbs	10:00 - 11:00 PD Aqua Motion Lyn Lebowitz	9:30 - 10:30 YS Vinyasa Yoga Stacey Hirschmann
9:45 - 11:00 YS Vinyasa Yoga (L2/3) Kim Montgomery	9:45 - 10:45 PD Aqua Strength Loretta Colak	9:45 - 10:45 CS * Cycle Tech Jen Tsiolis	9:45 - 10:45 PD Aqua Strength Jen Martinez	9:45 - 10:30 CS * Power RIDE! Michelle Corso	10:00 - 11:00 YS Pilates Shannon Carafello	10:00 - 11:00 PD Aqua Strength Jen Martinez
10:00 - 11:00 MS Cardio Smackdown! Theresa Alini	10:00 - 11:00 CS * Interval Cycling Damian Vella	9:45 - 10:45 PD AquaSport Assia Winfield	10:00 - 11:00 CS * Interval Cycling Damian Vella	9:45 - 10:30 MS Cardio Blast Rocky Ribacoff	10:30 - 11:00 MS Ab Lab Juan Young	10:15 - 10:30 MS Ab Lab Rocky Ribacoff
10:45 - 11:45 PD Aqua Strength Jen Martinez	**10:00 - 11:00 MS Groove House Clay Grant**	10:00 - 11:00 MS 30/60/90® Damian Vella	**10:00 - 11:00 MS Dance Fitness Fusion Clay Grant**	9:45 - 10:45 PD Aqua Motion Loretta Colak	11:00 - 12:00 MS MMA Conditioning Eric San Jose	**10:45 - 11:30 MS Pilates Jonathan Carroll**
11:00 - 12:00 MS Zumba!® Roya Obedian	**10:30 - 11:30 YS Yoga Power Hour Renata Langner**	10:00 - 11:15 YS Vinyasa Yoga (L2/3) Kim Montgomery	**10:00 - 11:00 YS Inside Out Barre Tracy Widolok**	10:00 - 11:00 YS Pilates Bonnie Heyman	**11:00 - 12:00 YS Inside Out Barre Tracy Widolok**	**10:45 - 11:30 YS Inside Out Barre Cari Reiter**
11:00 - 12:00 YS Pilates Jonathan Carroll	**11:00 - 11:45 MS Deep EXtreme Clay Grant**	11:00 - 12:00 MS Dance Revival Jonathan Carroll	**11:00 - 11:45 MS Core Conditioning Clay Grant**	10:30 - 11:15 MS Definitions Rocky Ribacoff		**11:45 - 12:30 YS Inside Out Barre Cari Reiter**
	11:45 - 12:15 MS RX Series Clay Grant	11:15 - 12:15 YS Inside Out Barre Kim Montgomery	**11:00 - 12:00 YS Vinyasa Yoga Renata Langner**	11:00 - 12:00 YS Inside Out Barre Kim Montgomery		
				11:15 - 12:15 MS Zumba!® Roya Obedian		
				11:15 - 12:00 TR Precision Running Rocky Ribacoff		
12:00 - 1:00 YS Yoga Flow Stacey Hirschmann	**4:45 - 5:30 MS Cardio Sculpt Dana Walsh**	4:45 - 5:45 MS Deep EXtreme Clay Grant	**4:45 - 5:30 MS Cardio Smackdown! Theresa Alini**	**12:00 - 1:00 YS Yoga Flow Stacey Hirschmann**		
4:45 - 5:30 MS RESULTS! Jonathan Carroll						
5:00 - 6:00 YS Inside Out Barre Cari Reiter	**5:30 - 5:45 MS Ab Lab Dana Walsh**	5:30 - 6:30 YS Pilates Bonnie Heyman	**5:30 - 6:15 MS Core Conditioning Theresa Alini**	**6:00 - 7:15 YS Vinyasa Flow Yoga Anita Sehgal**		
5:30 - 6:00 MS Ab Lab Jonathan Carroll	5:30 - 6:45 YS Vinyasa Yoga Stacey Hirschmann	5:45 - 6:15 MS RX Series Clay Grant	6:00 - 7:00 PD AquaSport Assia Winfield			
6:00 - 7:00 MS Cardio Smackdown! Assia Winfield	5:45 - 6:30 MS Definitions Desiree Durand	6:45 - 7:45 CS * Cycle 60 Jay Knorr	**6:30 - 7:30 MS Zumba!® Dana Walsh**			
6:00 - 6:45 YS Pilates Jonathan Carroll	5:45 - 6:30 PD Aqua Motion Lyn Lebowitz	6:45 - 7:45 MS Whipped! Clay Grant	7:30 - 8:30 MS Boot Camp Juan Young			
6:45 - 7:45 CS * Cycle Tech Alix Turoff	6:30 - 7:30 MS Zumba!® Desiree Durand	7:30 - 8:45 YS Vinyasa Yoga Stephanie Danias	7:30 - 8:30 YS Power Vinyasa Yoga Michele Medina			
6:45 - 7:15 YS Runner's Reset Jonathan Carroll	**7:00 - 7:45 YS Inside Out Barre Jonathan Carroll**	7:45 - 8:45 MS MMA Conditioning Eric San Jose				
7:00 - 7:30 MS Core Strength & Stretch Assia Winfield	7:30 - 8:15 MS Boot Camp Express Juan Young					
7:30 - 8:15 MS Stacked! Mo Moaz	**7:45 - 8:45 YS Yoga Power Hour Deb Corsitto**					
7:30 - 8:45 YS Vinyasa Yoga Cynthia Lorena Gammara	8:15 - 8:45 MS Ab Lab Juan Young					
8:15 - 8:30 MS Ab Lab Mo Moaz						

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

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

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

BULLETIN BOARD

KID'S CLUB HOURS
Mon-Thurs: 8am-1pm & 4pm-8:30pm
Fri-Sun: 8am-1pm

OCTOBER 2014 - CLASS DESCRIPTIONS

30/60/90®
Created by Kristi Molinaro. A high intensity interval training workout consisting of cardio, strength training,plyometrics and static holds designed to get you into the best shape of your life. Very challenging but modifiable for all levels.

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!

BARRE FIT CARDIO
High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

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 BLAST
Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

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!

CORE CONDITIONING
Your core is defined as everything BUT your arms and legs. In this non aerobic conditioning class, focus is placed primarily on the abdominals, lower back, shoulder and hip girdle. Enhance abdominal definition, core strength, core stability and flexibility.

CORE STRENGTH & STRETCH
An alignment class that focus on two very important components of fitness: core strength and flexibility.

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.

FITBODY WORKOUT
A cardiovascular workout with steps, dumbells, 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.

LEAN LINE
This total body toning workout incorporates a cardio combination of pilates, ballet and resistance training to maximize fat burning and develop long lean muscles.

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!

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 flexibilty 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. Make sure to bring your own headphones.

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.

RUNNER'S RESET
Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.

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.

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.

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.

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.