

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS* Stronger <i>Jacqueline Risch</i>	6:00-6:45 CS* Beats Ride <i>Michelle Laskin</i>	6:00-6:45 MS* <b>MetCon3</b> <b>Jay Chun</b>	6:00-6:45 MS* Body Sculpt <i>Steve Ramirez</i>	6:00-6:45 CS* Precision Ride <i>Michelle Laskin</i>	7:45-8:30 YS* Barefoot Sculpt <i>Marissa Andrews</i>	7:30-8:15 MS* Stacked <i>Steve Ramirez</i>
7:00-7:45 CS* Beats Ride <i>Ariella Laden</i>	6:00-6:50 MS* Tabata Max <i>Steve Ramirez</i>	7:00-7:45 CS* Beats Ride <i>Emily Marino</i>	6:00-6:45 YS* True Barre <i>Jacqueline Risch</i>	6:00-6:50 MS* <b>Leg Day</b> <b>Stephenie</b> <b>Skaferowsky</b>	8:00-8:45 CS* Beats Ride <i>Michelle Laskin</i>	8:15-9:00 CS* Beats Ride <i>Lindsay B. Davis</i>
7:15-8:00 YS* True Barre <i>Jacqueline Risch</i>	7:00-7:50 TR* Precision Run® <i>Michelle Laskin</i>	7:15-8:05 YS* Pilates Fusion <i>Lindsay B. Davis</i>	6:45-7:00 MS* Best Abs Ever <i>Steve Ramirez</i>	7:30-8:20 YS* Pilates Mat <i>Stephenie Skaferowsky</i>	8:00-8:45 MS* Stronger <i>Damian Vella</i>	8:15-9:05 YS* Pilates Rise <i>Gayle Sanders</i>
8:15-9:00 YS* Barefoot Sculpt <i>Jacqueline Risch</i>	7:00-8:00 YS* Vinyasa Yoga <i>Samantha Gerson</i>	8:00-8:45 MS* Stronger <i>Emily Marino</i>	7:00-7:50 TR* Precision Run® <i>Jacqueline Risch</i>	8:30-9:15 YS* True Barre: Cardio <i>Stephenie Skaferowsky</i>	8:45-9:45 YS* Vinyasa Yoga <i>Deanna Gallicchio</i>	8:30-9:15 MS* Body Sculpt <i>Steve Ramirez</i>
8:30-9:15 MS* True Barre: Off the Barre <i>Lindsay B. Davis</i>	8:00-8:45 MS* Body Sculpt <i>Damian Vella</i>	8:15-9:05 YS* Barefoot Sculpt <i>Lindsay B. Davis</i>	7:00-7:50 YS* Barefoot Sculpt <i>Natasha Neary</i>	8:45-9:30 MS* Athletic Conditioning <i>Elena Tyler</i>	9:00-9:50 MS* MetCon3 <i>Marissa Andrews</i>	9:15-10:00 CS* Beats Ride <i>Lindsay B. Davis</i>
8:45-9:30 CS* <b>Beats Ride</b> <b>Damian Vella</b>	8:15-9:00 YS* Pilates Mat <i>Jackie Sherwood</i>	8:45-9:30 CS* Beats Ride <i>Damian Vella</i>	8:00-8:45 MS* True Barre: Off the Barre <i>Natasha Neary</i>	9:45-10:30 MS* Body Sculpt <i>Sam Harris</i>	9:05-9:50 CS* Beats Ride <i>Damian Vella</i>	9:15-10:05 YS* True Barre <i>Gayle Sanders</i>
9:30-10:30 PD* Aqua Sport <i>Jeananne Martinez</i>	8:45-9:00 MS* Best Abs Ever <i>Damian Vella</i>	9:00-9:45 MS* Stacked <i>Gayle Sanders</i>	8:15-9:05 YS* Pilates Mat <i>Jackie Sherwood</i>	9:45-10:45 PD* Aqua Sport <i>Loretta Colak</i>	10:00-10:50 MS* Cardio Dance <i>Deanna Gallicchio</i>	10:05-10:55 MS* Pure Strength <i>Steve Ramirez</i>
9:30-10:20 YS* Pilates Fusion <i>Aliza Sassoon</i>	9:15-10:00 MS* Athletic Conditioning <i>Aryn Giddens</i>	9:30-10:20 YS* Pilates Fusion <i>Aliza Sassoon</i>	9:15-10:00 MS* Cardio Sculpt <i>Jackie Sherwood</i>	9:45-10:30 YS* <b>Pilates Fusion</b> <b>Jude Smith</b>	10:00-10:50 YS* Pilates Mat <i>Marissa Andrews</i>	10:15-11:15 YS* Vinyasa Yoga <i>Stacey Hirschmann</i>
9:45-10:30 MS* <b>Stacked</b> <b>Damian Vella</b>	9:30-10:30 YS* Vinyasa Yoga <i>Sam Harris</i>	9:45-10:45 PD* Aqua Sport <i>Loretta Colak</i>	9:30-10:30 YS* Vinyasa Yoga <i>Stacey Hirschmann</i>	10:00-10:45 CS* Beats Ride <i>Emily Marino</i>	10:30-11:30 PD* Hydro Sculpt <i>Jeananne Martinez</i>	12:00-12:50 PD* Swim: Skills + Drills <i>Joshua Estevez</i>
10:30-11:15 YS* <b>Barefoot Sculpt</b> <b>Michele Rogowsky</b>	10:00-10:45 CS* Beats Ride <i>Damian Vella</i>	10:00-10:45 MS* <b>Body Sculpt</b> <b>Damian Vella</b>	10:00-10:45 CS* Beats Ride <i>Damian Vella</i>	10:45-11:45 YS* Vinyasa Yoga <i>Sam Harris</i>	11:00-11:45 YS* <b>Sound Meditation</b> <b>Deanna Gallicchio</b>	12:15-1:00 YS* True Barre: Cardio <i>Jackie Sherwood</i>
11:00-11:50 MS* Cardio Dance: Zumba® <i>Roya Obedian</i>	10:45-11:45 PD* Hydro Sculpt <i>Loretta Colak</i>	10:30-11:20 MS* <b>True Barre: Bala</b> <b>Bangle</b> <b>Gayle Sanders</b>	10:45-11:35 MS* Cardio Dance: Zumba® <i>Roya Obedian</i>	11:00-11:45 MS* Stronger <i>Emily Marino</i>	11:45-12:30 MS* Rounds: Boxing <i>Jay Johnson</i>	2:00-3:00 YS* Weekend Wind Down Yoga <i>Sheryl Oleksak</i>
12:00-12:50 YS* Pilates Mat <i>Samantha Gerson</i>	11:00-11:50 MS* True Barre: Off the Barre <i>Lindsay B. Davis</i>	11:00-11:45 MS* <b>Leg Day</b> <b>Steve Ramirez</b>	10:45-11:45 PD* Hydro Sculpt <i>Loretta Colak</i>	12:00-12:50 YS* Pilates Fusion <i>Samantha Gerson</i>	12:30-1:15 YS* Athletic Stretch <i>Elva Prohens</i>	
1:00-1:45 YS* Athletic Stretch <i>Samantha Gerson</i>	11:00-11:50 YS* Pilates Fusion <i>Michele Rogowsky</i>	12:00-12:45 MS* Cardio Dance <i>Natasha Neary</i>	11:00-11:50 YS* Pilates Mat <i>Damian Vella</i>	12:30-1:20 MS* Cardio Dance <i>Natasha Neary</i>		
4:30-5:20 MS* Rounds: Kickboxing <i>Christopher Johnson</i>	12:00-12:50 MS* Cardio Dance <i>Natasha Neary</i>	1:00-1:45 YS* Barefoot Sculpt <i>Natasha Neary</i>	12:00-12:50 YS* True Barre <i>Jackie Sherwood</i>	4:30-5:20 YS* Pilates Mat <i>Elanit Rabbani</i>		
5:15-6:15 YS* Vinyasa Yoga <i>Elanit Rabbani</i>	12:00-12:50 YS* <b>True Barre</b> <b>Lindsay B. Davis</b>	4:30-5:15 YS* Barefoot Sculpt <i>Jackie Sherwood</i>	1:00-1:45 YS* Pilates Rise <i>Jackie Sherwood</i>	5:30-6:15 YS* Pilates Mat <i>Jackie Sherwood</i>		
5:45-6:30 MS* Body Sculpt <i>Michael Stephens</i>	1:00-1:50 YS* <b>Pilates Fusion</b> <b>Alyssa Borgognone</b>	5:30-6:15 YS* Pilates Mat <i>Jackie Sherwood</i>	4:30-5:15 MS* Rounds: Boxing <i>DeQuan Jefferies</i>	5:45-6:30 MS* <b>Stronger</b> <b>Shelby Armstrong</b>		
6:30-7:20 YS* True Barre <i>Jackie Sherwood</i>	4:30-5:20 YS* Vinyasa Yoga <i>Sheryl Oleksak</i>	5:45-6:30 MS* Pilates Mat <i>Jackie Sherwood</i>	4:30-5:15 YS* <b>Athletic Stretch</b> <b>Marissa Andrews</b>	6:30-7:20 YS* Pilates Fusion <i>Elanit Rabbani</i>		
6:45-7:30 CS* Beats Ride <i>Violet Palmer</i>	5:30-6:15 YS* True Barre <i>Gayle Sanders</i>	6:30-7:20 YS* Pilates Fusion <i>Elanit Rabbani</i>	5:30-6:20 YS* Pilates Fusion <i>Marissa Andrews</i>	6:45-7:30 MS* <b>Leg Day</b> <b>Steve Ramirez</b>		
6:45-7:15 MS* Best Abs Ever <i>Michael Stephens</i>	6:00-6:45 MS* Body Sculpt <i>Steve Ramirez</i>	6:45-7:30 CS* Beats Ride <i>Shelby Armstrong</i>	6:00-6:45 MS* Barefoot Sculpt <i>Marissa Andrews</i>	6:30-7:15 YS* Barefoot Sculpt <i>Marissa Andrews</i>		
7:30-8:20 YS* Pilates Mat <i>Jackie Sherwood</i>	6:30-7:20 YS* Pilates Mat <i>Gayle Sanders</i>	7:30-8:30 YS* Vinyasa Yoga <i>Elanit Rabbani</i>	6:45-7:30 MS* <b>Beats Ride</b> <b>Violet Palmer</b>	6:45-7:00 MS* Best Abs Ever <i>Steve Ramirez</i>		
	6:45-7:35 PD* Swim: Basics <i>Steven Stora</i>		6:45-7:00 MS* Best Abs Ever <i>Steve Ramirez</i>	6:45-7:35 PD* <b>Swim: Skills + Drills</b> <b>Steven Stora</b>		
	7:00-7:50 MS* Core6 <i>Steve Ramirez</i>		7:15-8:00 MS* Body Sculpt <i>Jay Chun</i>			

# EQUINOX

## GREAT NECK

90 E. Shore Rd

GREAT NECK NY 11023

EQUINOX.COM

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**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

**Kids**

**MON-SUN** 08:00 AM 01:00 PM

## GROUP FITNESS MANAGER

damian.vella@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## **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.

## **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.

## **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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive 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.

**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.

**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props 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.

## **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.

**Cardio Dance: Zumba** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

## **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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## **Swim**

**Aqua Sport** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power. Swim cap required.

**Hydro Sculpt** A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.

**Swim: Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

## **Regeneration**

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

## **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**

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.