

# EQUINOX

## GREAT NECK

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

**Bold**      New/Updated Class, Instructor, or Time  
\*              Advance sign-up required

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY   |
|---|---|---|--|---|--|--|
| 6:00-6:45<br>MS *<br>Jacqueline Risch                                 | 6:00-6:45<br>CS *<br>Michelle Laskin                | 6:00-6:45<br>MS *<br>Damian Vella                     | 6:00-6:45<br>Body Sculpt<br>Steve Ramirez                  | 6:00-6:45<br>Beats Ride<br>Michelle Laskin                  | 7:45-8:30<br>YS *<br><b>Barefoot Sculpt</b><br><b>Marissa Andrews</b>      | 7:30-8:15<br>Stacked<br>Steve Ramirez                    |
| 7:00-7:45<br>CS *<br>Beats Ride<br>Ariella Laden                      | 6:00-6:50<br>MS *<br>Steve Ramirez                  | 7:00-7:45<br>CS *<br>Beats Ride<br>Emily Marino       | 6:00-6:45<br>True Barre<br>Jacqueline Risch                | 6:00-6:50<br>Core6<br>Stephanie Skaferowsky                 | 8:00-8:45<br>Beats Ride<br>CS *<br>Michelle Laskin                         | 8:15-9:00<br>Beats Ride<br>Lindsay B. Davis              |
| 7:15-8:00<br>YS *<br>True Barre<br>Jacqueline Risch                   | 7:00-7:50<br>TR *<br>Michelle Laskin                | 7:15-8:05<br>Pilates Fusion<br>Lindsay B. Davis       | 6:45-7:00<br>Best Abs Ever<br>Steve Ramirez                | 7:30-8:20<br>Pilates Mat<br>Stephanie Skaferowsky           | 8:00-8:45<br>Stronger<br>MS *<br>Damian Vella                              | 8:15-9:05<br>Pilates Rise<br>Gayle Sanders               |
| 8:15-9:00<br>YS *<br>Barefoot Sculpt<br>Jacqueline Risch              | 7:00-8:00<br>Vinyasa Yoga<br>Samantha Gerson        | 8:00-8:45<br>Stronger<br>Emily Marino                 | 7:00-7:50<br>Precision Run®<br>Jacqueline Risch            | 8:30-9:15<br>Athletic Conditioning<br>Stephanie Skaferowsky | 8:45-9:45<br>Vinyasa Yoga<br>YS *<br><b>Deanna Gallicchio</b>              | 8:30-9:15<br>Body Sculpt<br>Steve Ramirez                |
| 8:30-9:15<br>MS *<br>True Barre: Off the<br>Barre<br>Lindsay B. Davis | 8:00-8:45<br>Body Sculpt<br>Damian Vella            | 8:15-9:05<br>Barefoot Sculpt<br>Lindsay B. Davis      | 7:00-7:50<br>Barefoot Sculpt<br>YS *                       | 8:30-9:15<br>True Barre: Cardio<br>Team Equinox             | 9:00-9:50<br>MetCon3<br>MS *<br>Marissa Andrews                            | 9:15-10:00<br>Beats Ride<br>CS *                         |
| 8:45-9:30<br>CS *<br><b>Beats Ride</b><br><b>Violet Palmer</b>        | 8:15-9:00<br>Pilates Mat<br>YS *<br>Jackie Sherwood | 8:45-9:30<br>Beats Ride<br>CS *<br>Damian Vella       | 8:00-8:45<br>True Barre: Off the<br>Barre<br>Natasha Neary | 9:30-10:20<br>Pilates Fusion<br>Cari Michelman              | 9:05-9:50<br>Beats Ride<br>CS *<br>Damian Vella                            | 9:15-10:05<br>True Barre<br>Gayle Sanders                |
| 9:30-10:25<br>MS *<br><b>Core6</b><br><b>Damian Vella</b>             | 8:45-9:00<br>Best Abs Ever<br>Damian Vella          | 9:00-9:45<br>Stacked<br>Gayle Sanders                 | 8:15-9:05<br>Pilates Mat<br>Natasha Neary                  | 9:45-10:30<br>Body Sculpt<br>MS *<br>Sam Harris             | 10:00-10:50<br><b>Cardio Dance</b><br>MS *<br><b>Deanna Gallicchio</b>     | 9:45-10:45<br>Aqua Sport<br>Hayley Sofer                 |
| 9:30-10:30<br>PD *<br><b>Team Equinox</b>                             | 9:15-10:00<br>Athletic Conditioning<br>Aryn Giddens | 9:30-10:20<br>Pilates Fusion<br>Aliza Sasso           | 9:15-10:00<br>Cardio Sculpt<br>Jackie Sherwood             | 10:00-10:45<br>Aqua Sport<br>Loretta Colak                  | 10:00-10:50<br>Pilates Mat<br>Marissa Andrews                              | 10:05-10:55<br>Pure Strength<br>Steve Ramirez            |
| 9:30-10:20<br>YS *<br>Pilates Fusion<br>Aliza Sasso                   | 9:30-10:30<br>Vinyasa Yoga<br>Sam Harris            | 9:45-10:45<br>Aqua Sport<br>Loretta Colak             | 9:30-10:30<br>Vinyasa Yoga<br>Stacey Hirschmann            | 10:30-11:30<br>Beats Ride<br>CS *<br>Emily Marino           | 10:30-11:30<br>Hydro Sculpt<br>PD *<br>Team Equinox                        | 10:15-11:15<br>Vinyasa Yoga<br>Stacey Hirschmann         |
| 10:30-11:15<br>YS *<br><b>Barefoot Sculpt</b><br><b>Damian Vella</b>  | 10:00-10:45<br>Beats Ride<br>Damian Vella           | 10:00-10:45<br>Body Sculpt<br>Gayle Sanders           | 10:00-10:45<br>Beats Ride<br>CS *                          | 10:45-11:45<br>Vinyasa Yoga<br>Sam Harris                   | 11:00-11:30<br><b>Sound Meditation</b><br>YS *<br><b>Deanna Gallicchio</b> | 12:00-12:50<br>Swim: Skills + Drills<br>Joshua Estevez   |
| 11:00-11:50<br>MS *<br>Cardio Dance: Zumba®<br>Roya Obedian           | 10:45-11:45<br>Hydro Sculpt<br>Loretta Colak        | 11:00-11:50<br>Core6<br>Elena Tyler                   | 10:45-11:35<br>MS *  | 11:00-11:45<br>Stronger<br>Emily Marino                     | 11:45-12:30<br>Rounds: Boxing<br>MS *                                      | 12:15-1:00<br>True Barre: Cardio<br>YS *                 |
| 12:00-12:50<br>YS *<br>Pilates Mat<br>Samantha Gerson                 | 10:45-11:45<br>MS *                                 | 12:00-12:45<br>Cardio Dance<br>Natasha Neary          | 10:45-11:45<br>Hydro Sculpt<br>Loretta Colak               | 12:00-12:50<br>Pilates Fusion<br>Samantha Gerson            | 12:30-1:15<br>Athletic Stretch<br>Elva Prohens                             | 2:00-3:00<br>Weekend Wind Down<br>Yoga<br>Sheryl Oleksak |
| 1:00-1:45<br>YS *<br>Athletic Stretch<br>Samantha Gerson              | 11:00-11:50<br>MS *                                 | 1:00-1:45<br>Pilates Fusion<br>Michele Rogowsky       | 11:00-11:50<br>Barefoot Sculpt<br>Natasha Neary            | 12:30-1:20<br>MS *  |  | YS *   |
| 4:30-5:20<br>MS *<br>Rounds: Kickboxing<br>Christopher Johnson        | 12:00-12:50<br>MS *                                 | 12:00-12:45<br>Cardio Dance<br>Natasha Neary          | 12:00-12:50<br>True Barre<br>Jackie Sherwood               | 4:30-5:20<br>Pilates Mat<br>Elanit Rabbani                  |  |  |
| 5:15-6:15<br>Vinyasa Yoga<br>YS *<br>Elanit Rabbani                   | 12:00-12:50<br>MS *                                 | 12:00-12:50<br>True Barre<br>Michele Rogowsky         | 1:00-1:45<br>Pilates Rise<br>Jackie Sherwood               |   |  |  |
| 5:45-6:30<br>MS *<br>Body Sculpt<br>Michael Stephens                  | 1:00-1:50<br>Pilates Fusion<br>Lindsay B. Davis     | 4:30-5:20<br>Rounds: Boxing<br>DeQuan Jefferies       | 5:30-6:15<br>Pilates Mat<br>Jackie Sherwood                |   |  |  |
| 6:30-7:20<br>YS *<br>True Barre<br>Jackie Sherwood                    | 4:30-5:20<br>Vinyasa Yoga<br>Sheryl Oleksak         | 4:30-5:20<br>True Barre<br>YS *                       | 5:30-6:20<br>Pilates Fusion<br>Elise Shim                  |   |  |  |
| 6:45-7:30<br>CS *<br>Beats Ride<br>Violet Palmer                      | 5:30-6:15<br>Barefoot Sculpt<br>Elise Shim          | 4:30-5:20<br>True Barre<br>YS *                       | 6:00-6:45<br>MetCon3<br>Steve Ramirez                      |   |  |  |
| 6:45-7:30<br>MS *<br>MetCon Monday<br>Michael Stephens                | 6:00-6:45<br>Body Sculpt<br>Steve Ramirez           | 5:30-6:15<br>Pilates Mat<br>Jackie Sherwood           | 6:30-7:15<br>Pilates Fusion<br>Elanit Rabbani              |   |  |  |
| 7:30-8:20<br>YS *<br>Pilates Mat<br>Jackie Sherwood                   | 6:30-7:20<br>Pilates Fusion<br>Elise Shim           | 5:45-6:30<br>Athletic Conditioning<br>Brian Goldstein | 6:30-7:15<br>Beats Ride<br>CS *                            |   |  |  |
|   | 6:45-7:35<br>MS *<br>Swim: Basics<br>Steven Stora   | 5:45-6:30<br>MS *                                     | 6:30-7:20<br>Shelby Armstrong<br>CS *                      |   |  |  |
|   | 7:00-7:50<br>Core6<br>MS *                          | 6:45-7:30<br>MetCon3<br>Brian Goldstein               | 6:30-7:20<br>Beats Ride<br>CS *                            |   |  |  |
|   | 7:30-8:30<br>Vinyasa Yoga<br>Elva Prohens           | 6:45-7:30<br>MS *                                     | 6:30-7:15<br>Barefoot Sculpt<br>Elise Shim                 |   |  |  |
|   | 6:45-7:35<br>MS *                                   | 6:45-7:30<br>MS *                                     | 6:45-7:00<br>Best Abs Ever<br>Steve Ramirez                |   |  |  |
|   | 7:00-7:50<br>Core6<br>MS *                          | 7:30-8:30<br>Vinyasa Yoga<br>Elanit Rabbani           | 7:15-8:00<br>Body Sculpt<br>MS *                           |   |  |  |
|   | 7:30-8:30<br>Vinyasa Yoga<br>Elva Prohens           | 7:30-8:30<br>YS *                                     | 7:30-8:30<br>Vinyasa Yoga<br>Breck Hassett                 |   |  |  |

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## GREAT NECK

90 E. Shore Rd  
GREAT NECK NY 11023

EQUINOX.COM  
@EQUINOX

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

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**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 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 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.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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: 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 start 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.

**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.