

EQUNOX

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

VISIT 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.