EQUINOX **GREAT NECK**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

6:00-6:45 MS *	Stronger *Jacqueline Risch*
7:00-7:45 CS *	Beats Ride *Ariella Laden*
7:15-8:00 YS *	True Barre *Jacqueline Risch*
8:15-9:00 YS *	Barefoot Sculpt *Jacqueline Risch*
8:45-9:30 CS *	Beats Ride *Damian Vella*
8:45-9:30 MS *	Athletic Conditioning *Jeremy Flores*
9:30-10:30 PD *	Aqua Sport *Jeneanne Martinez*
9:30-10:20 YS *	Pilates Fusion *Aliza Sassoon*
9:45-10:30 MS *	Stacked *Damian Vella*
10:45-11:30 YS *	Barefoot Sculpt *Michele Rogowsky*
11:00-11:50 MS *	Cardio Dance: Zumba® *Roya Obedian*
12:00-12:50 YS *	Pilates Mat *Samantha Gerson*
1:00-1:45 YS *	Athletic Stretch *Samantha Gerson*
4:30-5:20 MS *	Rounds: Kickboxing *Christopher Johnson*
5:15-6:15 YS *	Vinyasa Yoga *Elanit Rabbani*
5:45-6:30 MS *	Body Sculpt *Michael Stephens*
6:30-7:20 YS *	Barefoot Sculpt: The Ring *Jackie Sherwood*
6:45-7:30 CS *	Beats Ride *Violet Palmer*
6:45-7:15 MS *	Best Abs Ever *Michael Stephens*
7:30-8:20 YS *	Pilates Mat *Jackie Sherwood*

TUESDAY

6:00-6:45 CS *	Beats Ride *Michelle Laskin*
6:00-6:50 MS *	Tabata Max *Steve Ramirez*
7:00-7:50 TR *	Precision Run® *Michelle Laskin*
7:00-8:00 YS *	Vinyasa Yoga *Elva Prohens*
8:00-8:50 MS *	Body Sculpt *Damian Vella*
8:15-9:00 YS *	Pilates Mat *Jackie Sherwood*
9:15-10:00 MS *	Athletic Conditioning *Aryn Giddens*
9:30-10:30 YS *	Vinyasa Yoga *Sam Harris*
10:00-10:45 CS *	Beats Ride *Damian Vella*
10:15-10:45 MS *	Best Butt Ever *Natasha Neary*
10:45-11:45 PD *	Hydro Sculpt *Loretta Colak*
11:00-11:50 MS *	True Barre: Off the Barre *Natasha Neary*
11:00-11:50 YS *	Pilates Fusion *Sam Harris*
12:00-12:50 MS *	Cardio Dance *Natasha Neary*
12:00-12:50 YS *	True Barre *Sam Harris*
1:00-1:50 YS *	Pilates Fusion *Alyssa Borgognone*
4:30-5:20 YS *	Vinyasa Yoga *Sheryl Oleksak*
5:30-6:15 YS *	**True Barre: Cardio** ***Stephenie Skaferowsky***
5:45-6:30 MS *	**Athletic Conditioning** ***Bella Rivera***
6:45-7:30 MS *	**Body Sculpt** ***Stephenie Skaferowsky***
6:45-7:35 PD *	Swim: Basics *Steven Stora*
6:45-7:30 YS *	**Pilates Fusion** ***Bella Rivera***

WEDNESDAY

6:00-6:45 MS *	MetCon3 *Jay Chun*
7:00-7:45 CS *	Beats Ride *Emily Marino*
7:15-8:05 YS *	**Pilates Fusion** ***Jude Smith***
8:00-8:45 MS *	Stronger *Emily Marino*
8:15-9:05 YS *	**Barefoot Sculpt** ***Jude Smith***
8:45-9:30 CS *	Beats Ride *Damian Vella*
9:00-9:45 MS *	Barefoot Sculpt *Aliza Sassoon*
9:30-10:20 YS *	Pilates Fusion *Gayle Sanders*
9:45-10:45 PD *	Aqua Sport *Loretta Colak*
10:00-10:45 MS *	Body Sculpt *Damian Vella*
10:30-11:15 YS *	**Barefoot Sculpt: The Ring** ***Gayle Sanders***
11:00-11:45 MS *	Leg Day *Steve Ramirez*
12:00-12:45 MS *	Cardio Dance *Natasha Neary*
1:00-1:45 YS *	Barefoot Sculpt *Natasha Neary*
4:30-5:15 YS *	Barefoot Sculpt *Jackie Sherwood*
5:30-6:15 YS *	Pilates Mat *Jackie Sherwood*
5:45-6:30 MS *	Stronger *Shelby Armstrong*
6:30-7:20 YS *	Pilates Fusion *Elanit Rabbani*
6:45-7:30 CS *	Beats Ride *Shelby Armstrong*
7:30-8:30 YS *	Vinyasa Yoga *Elanit Rabbani*

THURSDAY

6:00-6:50 CS *	Precision Ride *Michelle Laskin*
6:00-7:00 MS *	Body Sculpt *Steve Ramirez*
7:00-7:50 TR *	Precision Run® *Jacqueline Risch*
7:00-7:45 YS *	Barefoot Sculpt *Natasha Neary*
8:00-8:45 MS *	True Barre: Off the Barre *Natasha Neary*
8:15-9:05 YS *	Pilates Mat *Jackie Sherwood*
9:15-10:00 MS *	Cardio Sculpt *Jackie Sherwood*
9:30-10:30 YS *	Vinyasa Yoga *Stacey Hirschmann*
10:00-10:45 CS *	Beats Ride *Damian Vella*
10:15-10:45 MS *	Best Abs Ever *Jackie Sherwood*
10:45-11:45 PD *	Hydro Sculpt *Loretta Colak*
11:00-11:50 MS *	Cardio Dance: Zumba® *Roya Obedian*
11:00-11:50 YS *	Pilates Mat *Damian Vella*
12:00-12:50 YS *	True Barre *Jackie Sherwood*
1:00-1:45 YS *	Pilates Rise *Jackie Sherwood*
4:30-5:15 MS *	Rounds: Boxing *DeQuan Jefferies*
5:30-6:20 YS *	Pilates Fusion *Marissa Andrews*
5:45-6:30 MS *	**Leg Day** ***Jay Chun***
6:30-7:15 YS *	Barefoot Sculpt *Marissa Andrews*
6:45-7:30 MS *	**Body Sculpt** ***Jay Chun***
6:45-7:35 PD *	Swim: Skills + Drills *Steven Stora*

FRIDAY

6:00-6:45 MS *	**Athletic Conditioning** ***Stephenie Skaferowsky***
7:30-8:20 YS *	Pilates Mat *Stephenie Skaferowsky*
8:30-9:15 YS *	True Barre: Cardio *Stephenie Skaferowsky*
8:45-9:30 MS *	Athletic Conditioning *Bella Rivera*
9:45-10:30 MS *	Body Sculpt *Sam Harris*
9:45-10:45 PD *	Aqua Sport *Loretta Colak*
9:45-10:30 YS *	Pilates Fusion *Jude Smith*
10:00-10:45 CS *	Beats Ride *Emily Marino*
10:45-11:45 YS *	Vinyasa Yoga *Sam Harris*
11:00-11:45 MS *	Stronger *Emily Marino*
12:00-12:50 MS *	**Cardio Dance** ***Natasha Neary***
1:00-1:45 YS *	**Pilates Fusion** ***Natasha Neary***
4:30-5:20 YS *	Pilates Mat *Elanit Rabbani*

SATURDAY

7:45-8:30 YS *	Barefoot Sculpt: The Ring *Marissa Andrews*
8:00-8:45 CS *	Beats Ride *Michelle Laskin*
8:00-8:45 MS *	Stronger *Damian Vella*
8:45-9:45 YS *	Vinyasa Yoga *Deanna Gallicchio*
9:00-9:50 MS *	MetCon3 *Marissa Andrews*
9:05-9:50 CS *	Beats Ride *Damian Vella*
10:00-10:50 MS *	Cardio Dance *Deanna Gallicchio*
10:00-10:50 YS *	Pilates Mat *Marissa Andrews*
10:30-11:30 PD *	Hydro Sculpt *Jeneanne Martinez*
11:00-11:45 MS *	**Body Sculpt** ***Krystal Peters***
11:00-11:45 YS *	Sound Meditation *Deanna Gallicchio*
12:00-12:45 MS *	Rounds: Boxing *Jay Johnson*
12:30-1:15 YS *	Athletic Stretch *Elva Prohens*

SUNDAY

7:30-8:15 MS *	Stacked *Steve Ramirez*
8:15-9:00 CS *	Beats Ride *Elena Tyler*
8:15-9:05 YS *	Pilates Rise *Gayle Sanders*
8:30-9:15 MS *	Body Sculpt *Steve Ramirez*
9:15-10:00 CS *	Beats Ride *Elena Tyler*
9:15-10:05 YS *	True Barre *Gayle Sanders*
9:45-10:45 PD *	**Aqua Sport** ***Hayley Sofer***
10:00-10:50 MS *	Pure Strength *Steve Ramirez*
10:15-11:15 YS *	Vinyasa Yoga *Stacey Hirschmann*
11:00-11:50 MS *	**Cardio Dance** ***Hayley Sofer***
12:15-1:00 YS *	True Barre: Cardio *Jackie Sherwood*
2:00-3:00 YS *	Weekend Wind Down Yoga *Sheryl Oleksak*

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

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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.

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.
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.

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.

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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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.

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.

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.

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.

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.
Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.
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.