

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Stronger <i>Jacqueline Risch</i>	6:00-6:45 CS* Anthem Ride <i>Michelle Laskin</i>	6:00-6:45 MS* <b>Stacked</b> <i>Damian Vella</i>	6:00-6:45 MS* Body Sculpt <i>Steve Ramirez</i>	6:00-6:50 CS* Precision Ride <i>Michelle Laskin</i>	7:45-8:45 YS* Vinyasa Yoga <i>Lindsey Steinberg</i>	7:30-8:15 MS* Stacked <i>Steve Ramirez</i>
7:00-7:45 CS* Beats Ride <i>Charles Albanese</i>	6:00-6:45 MS* MetCon3 <i>Steve Ramirez</i>	7:00-7:50 CS* Precision Ride <i>Emily Marino</i>	6:45-7:00 MS* Best Abs Ever <i>Steve Ramirez</i>	6:00-6:50 MS* <b>Rhythmic Sculpt</b> <i>Stephenie Skaferowsky</i>	8:00-8:50 CS* Precision Ride <i>Amanda Jacobs</i>	8:15-9:00 CS* Beats Ride <i>Charles Albanese</i>
7:15-8:00 YS* True Barre <i>Jacqueline Risch</i>	7:00-7:50 TR* Precision Run® <i>Charles Albanese</i>	7:15-8:05 YS* Pilates Mat <i>Shannon Carafello</i>	7:00-7:50 TR* Precision Run® <i>Charles Albanese</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 YS* Barefoot Sculpt <i>Natasha Neary</i>	8:30-9:15 CS* Beats Ride <i>Charles Albanese</i>	9:00-9:50 MS* Rhythmic Sculpt <i>Marissa Andrews</i>	8:30-9:15 MS* Body Sculpt <i>Steve Ramirez</i>
8:30-9:15 MS* Athletic Conditioning <i>Shelby Armstrong</i>	8:00-8:45 MS* Body Sculpt <i>Damian Vella</i>	8:15-9:00 YS* Barefoot Sculpt <i>Shannon Carafello</i>	8:00-8:50 MS* Rhythmic Sculpt <i>Natasha Neary</i>	8:30-9:15 YS* Barre Beyond <i>Stephenie Skaferowsky</i>	9:00-9:50 YS* Barefoot Sculpt <i>Natasha Neary</i>	9:15-10:05 CS* Precision Ride <i>Charles Albanese</i>
8:45-9:30 CS* Precision Ride <i>Damian Vella</i>	8:15-9:00 YS* Pilates Mat <i>Jackie Sherwood</i>	8:45-9:30 CS* Beats Ride <i>Damian Vella</i>	8:15-9:05 YS* Pilates Mat <i>Jackie Sherwood</i>	9:30-10:15 MS* Stacked <i>Charles Albanese</i>	9:05-9:50 CS* Beats Ride <i>Damian Vella</i>	9:15-10:05 YS* True Barre <i>Gayle Sanders</i>
9:30-10:20 YS* Pilates Fusion <i>Aliza Sassoon</i>	8:45-9:00 MS* Best Abs Ever <i>Damian Vella</i>	9:00-9:45 MS* Stacked <i>Gayle Sanders</i>	9:15-10:00 MS* Cardio Sculpt <i>Jackie Sherwood</i>	9:30-10:20 YS* Pilates Fusion <i>Cari Michelman</i>	10:00-10:50 MS* Cardio Dance <i>Natasha Neary</i>	9:45-10:45 PD* Aqua Sport <i>Hayley Sofer</i>
9:45-10:30 MS* Stronger <i>Damian Vella</i>	9:15-10:00 MS* Athletic Conditioning <i>Aryn Giddens</i>	9:30-10:20 YS* Vinyasa Fusion <i>Aliza Sassoon</i>	9:30-10:30 YS* Vinyasa Yoga <i>Stacey Hirschmann</i>	10:00-10:45 CS* Beats Ride <i>Emily Marino</i>	10:00-10:50 YS* Pilates Mat <i>Marissa Andrews</i>	10:05-10:55 MS* Pure Strength <i>Steve Ramirez</i>
9:45-10:45 PD* Aqua Sport <i>Hayley Sofer</i>	9:30-10:30 YS* Vinyasa Yoga <i>Sam Harris</i>	10:00-10:30 MS* Upper Body Pump <i>Gayle Sanders</i>	10:00-10:45 CS* Beats Ride <i>Damian Vella</i>	10:30-11:30 YS* Vinyasa Yoga <i>Sam Harris</i>	11:30-12:15 YS* Sonic Meditation <i>Sam Harris</i>	10:15-11:15 YS* Vinyasa Yoga <i>Stacey Hirschmann</i>
10:30-11:30 YS* Sculpted Yoga™ <i>Lindsey Steinberg</i>	10:00-10:45 CS* Beats Ride <i>Damian Vella</i>	10:30-11:00 MS* Best Butt Ever <i>Gayle Sanders</i>	10:45-11:35 MS* Cardio Dance: Zumba® <i>Roya Obedian</i>	10:45-11:45 PD* Aqua Sculpt <i>Loretta Colak</i>	11:45-12:30 MS* Rounds: Boxing <i>Jay Johnson</i>	10:45-11:35 TR* Precision Walk: Elevate <i>Charles Albanese</i>
11:00-11:50 MS* Cardio Dance: Zumba® <i>Roya Obedian</i>	10:30-11:15 MS* Stacked <i>Emily Marino</i>	10:30-11:30 YS* Vinyasa Yoga <i>Erica Fazzari</i>	10:45-11:45 PD* Aqua Sculpt <i>Loretta Colak</i>	11:00-11:45 MS* Stronger <i>Emily Marino</i>	12:30-1:15 YS* Barefoot Sculpt <i>Sam Harris</i>	12:15-1:00 YS* Barre Beyond <i>Jackie Sherwood</i>
12:00-12:50 YS* Pilates Mat <i>Samantha Gerson</i>	10:45-11:45 PD* Aqua Sport <i>Loretta Colak</i>	10:45-11:35 PD* Swim: Basics <i>Loretta Colak</i>	11:00-11:50 YS* Pilates Mat <i>Damian Vella</i>	12:30-1:20 MS* Cardio Dance <i>Natasha Neary</i>		1:30-2:30 Yoga <i>Sheryl Oleksak</i>
1:00-2:00 YS* Restorative Yoga <i>Samantha Gerson</i>	11:00-11:50 YS* Pilates Rise <i>Michele Rogowsky</i>	11:45-12:35 MS* Cardio Dance <i>Natasha Neary</i>	12:00-12:50 YS* True Barre <i>Jackie Sherwood</i>	12:30-1:30 YS* Sculpted Yoga™ <i>Sam Harris</i>		
4:30-5:20 MS* Rounds: Kickboxing <i>Christopher Johnson</i>	11:30-12:20 MS* Cardio Dance <i>Natasha Neary</i>	12:45-1:30 YS* Barre <i>Natasha Neary</i>	1:00-1:45 YS* Pilates Rise <i>Jackie Sherwood</i>			
5:15-6:15 YS* Vinyasa Yoga <i>Elanit Rabbani</i>	12:00-12:50 YS* Barre <i>Michele Rogowsky</i>	5:30-6:15 YS* Pilates Mat <i>Jackie Sherwood</i>	4:30-5:20 YS* True Barre <i>Marissa Andrews</i>			
5:45-6:30 MS* Stronger <i>Emily Marino</i>	1:00-1:45 YS* Pilates Fusion <i>Katie Needham</i>	5:45-6:30 MS* Body Sculpt <i>Amanda Jacobs</i>	5:30-6:20 YS* Pilates Fusion <i>Lindsey Steinberg</i>			
6:30-7:20 PD* Aqua Sculpt <i>Samantha Gerson</i>	4:30-5:20 YS* Vinyasa Yoga <i>Sheryl Oleksak</i>	6:30-7:30 YS* Vinyasa Yoga <i>Sam Harris</i>	6:00-6:45 MS* MetCon3 <i>Steve Ramirez</i>			
6:30-7:20 YS* Pilates Mat <i>Jackie Sherwood</i>	5:30-6:15 MS* MetCon3 <i>Charles Albanese</i>	6:45-7:30 CS* Beats Ride <i>Amanda Jacobs</i>	6:30-7:15 YS* Sonic Meditation <i>Lindsey Steinberg</i>			
6:45-7:30 CS* Anthem Ride <i>Emily Marino</i>	5:30-6:20 YS* True Barre <i>Cari Michelman</i>	6:45-7:30 MS* Stacked <i>Shelby Armstrong</i>	6:45-7:00 MS* Best Abs Ever <i>Steve Ramirez</i>			
6:45-7:30 MS* Stacked <i>Sylvia Nasser</i>	6:30-7:15 CS* <b>Beats Ride</b> <i>Charles Albanese</i>	7:30-8:20 MS* Cardio Dance <i>Hayley Sofer</i>	7:15-8:00 MS* Body Sculpt <i>Steve Ramirez</i>			
7:30-8:20 YS* True Barre <i>Jackie Sherwood</i>	6:30-7:20 YS* Pilates Fusion <i>Cari Michelman</i>	7:45-8:30 YS* Pilates Fusion <i>Sam Harris</i>	7:30-8:30 YS* Vinyasa Yoga <i>Breck Hassett</i>			
7:45-8:30 MS* Rounds: Boxing Circuit <i>Sylvia Nasser</i>	6:45-7:35 PD* Swim: Basics <i>Steven Stora</i>					
	7:00-7:50 MS* Pure Strength <i>Steve Ramirez</i>					
	7:30-8:30 YS* Vinyasa Yoga <i>Elva Prohens</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

**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.

**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.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**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.

**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.

**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.

**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.

**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.

**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.

## Barre

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**Barre Beyond** Level up your barre experience 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** 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.

## 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: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals 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 Sculpt** A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints. Swim cap required.

**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.

**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.

## Regeneration

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.