

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>	6:00-6:50 MS* Whipped! <i>Damian Vella</i>	6:00-6:45 MS* Sculpt Steve Ramirez	6:00-6:45 CS* Cycle Power <i>Michelle Laskin</i>	7:45-8:45 YS* Vinyasa Yoga Lindsey Steinberg	7:30-8:15 MS* Stacked <i>Steve Ramirez</i>
7:00-7:45 CS* Beats Ride Charles Albanese	6:00-6:45 MS* MetCon3 Steve Ramirez	7:00-7:50 CS* Precision Ride Emily Marino	6:45-7:00 MS* Best Abs Ever Steve Ramirez	6:00-6:45 MS* Sculpt <i>Stephanie Skaferowsky</i>	8:00-8:50 CS* Precision Ride Amanda Jacobs	8:15-9:00 CS* Cycle Power <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>	6:00-6:50 PD* EQX H2O: Swim Basics <i>Michael Maziekas</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 Emily Marino	7:00-7:50 YS* Barefoot Sculpt <i>Natasha Neary</i>	7:30-8:20 YS* Pilates Mat <i>Stephanie Skaferowsky</i>	9:00-9:45 CS* Beats Ride <i>Damian Vella</i>	8:30-9:15 MS* Sculpt <i>Steve Ramirez</i>
8:30-9:15 MS* Athletic Conditioning <i>Shelby Armstrong</i>	8:00-8:45 MS* Sculpt <i>Damian Vella</i>	8:15-9:05 YS* Barefoot Sculpt <i>Shannon Carafello</i>	8:00-8:45 MS* Sculpt <i>Natasha Neary</i>	8:30-9:15 CS* Cycle Power <i>Charles Albanese</i>	9:00-9:45 MS* MetCon3 Marissa Andrews	9:15-10:05 CS* Precision Ride Charles Albanese
8:45-9:35 CS* Precision Ride Damian Vella	8:15-9:00 YS* Pilates Mat <i>Jackie Sherwood</i>	8:45-9:30 CS* Cycle Power <i>Damian Vella</i>	8:15-9:05 YS* Pilates Mat <i>Jackie Sherwood</i>	8:30-9:15 YS* Barre Beyond <i>Stephanie Skaferowsky</i>	9:00-9:50 YS* Barefoot Sculpt Natasha Neary	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 Gayle Sanders	9:15-10:00 MS* Cardio Sculpt <i>Jackie Sherwood</i>	9:30-10:15 MS* Stacked <i>Charles Albanese</i>	10:00-10:50 MS* Cardio Dance Natasha Neary	9:45-10:45 PD* Aqua Sport <i>Michael Maziekas</i>
9:45-10:30 MS* Stronger Damian Vella	9:15-10:00 MS* Athletic Conditioning <i>Aryn Giddens</i>	9:30-10:20 YS* Pilates Fusion <i>Aliza Sassoon</i>	9:30-10:30 YS* Vinyasa Yoga <i>Stacey Hirschmann</i>	9:30-10:20 YS* Pilates Fusion <i>Cari Michelman</i>	10:00-10:50 YS* Pilates Mat Marissa Andrews	10:00-10:50 MS* Pure Strength <i>Steve Ramirez</i>
9:45-10:45 PD* Aqua Sport <i>Michael Maziekas</i>	9:30-10:30 YS* Vinyasa Yoga <i>Sam Harris</i>	10:00-10:30 MS* Best Butt Ever Gayle Sanders	10:00-10:45 CS* Beats Ride Damian Vella	10:00-10:45 CS* Beats Ride Emily Marino	11:00-11:30 MS* Best Butt Ever Marissa Andrews	10:15-11:15 YS* Vinyasa Yoga <i>Stacey Hirschmann</i>
10:30-11:30 YS* Power Vinyasa Lindsey Steinberg	10:00-10:45 CS* Cycle Power <i>Damian Vella</i>	10:30-11:00 MS* Upper Body Pump Gayle Sanders	10:45-11:35 MS* Zumba@ <i>Roya Obedian</i>	10:30-11:30 YS* Sculpted Yoga™ Sam Harris		10:45-11:35 TR* Precision Walk: Elevate <i>Charles Albanese</i>
11:00-11:50 MS* 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>	10:45-11:45 PD* Aqua Sport <i>Loretta Colak</i>	11:30-12:15 YS* Sonic Meditation <i>Sam Harris</i>	
12:00-1:00 YS* Restorative Yoga <i>Samantha Gerson</i>	10:45-11:35 PD* Aqua Sport <i>Loretta Colak</i>	10:45-11:35 PD* EQX H2O: Swim Basics <i>Loretta Colak</i>	11:00-11:50 YS* Pilates Mat <i>Damian Vella</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>
1:15-2:00 YS* Sonic Meditation Samantha Gerson	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>	12:30-1:20 MS* Cardio Dance <i>Natasha Neary</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 Jackie Sherwood	12:30-1:20 YS* Barefoot Sculpt <i>Cari Michelman</i>		
5:15-6:15 YS* Vinyasa Yoga <i>Elanit Rabbari</i>	12:00-12:50 YS* Barre <i>Michele Rogowsky</i>	5:15-6:15 YS* Vinyasa Yoga <i>Samantha Gerson</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 Katie Needham	5:45-6:30 MS* Sculpt Amanda Jacobs	5:30-6:20 YS* Pilates Fusion <i>Lindsey Steinberg</i>			
6:30-7:20 PD* Aqua Sculpt <i>Samantha Gerson</i>	5:30-6:15 MS* MetCon3 <i>Charles Albanese</i>	6:30-7:20 PD* Aqua Sculpt <i>Samantha Gerson</i>	6:00-6:45 MS* MetCon3 <i>Steve Ramirez</i>			
6:30-7:15 YS* Pilates Mat <i>Jackie Sherwood</i>	5:30-6:20 YS* True Barre <i>Cari Michelman</i>	6:30-7:20 YS* Pilates Fusion <i>Sam Harris</i>	6:30-7:15 YS* Sonic Meditation <i>Lindsey Steinberg</i>			
6:45-7:30 CS* Anthem Ride Emily Marino	6:30-7:15 CS* Beats Ride <i>Tara Stark</i>	6:45-7:30 CS* Beats Ride <i>Amanda Jacobs</i>	6:45-7:00 MS* Best Abs Ever <i>Steve Ramirez</i>			
6:45-7:35 MS* Cardio Dance Natasha Neary	6:30-7:20 YS* Pilates Fusion <i>Cari Michelman</i>	6:45-7:30 MS* Stacked Shelby Armstrong	7:15-8:00 MS* Sculpt <i>Steve Ramirez</i>			
7:30-8:20 YS* True Barre <i>Jackie Sherwood</i>	6:45-7:35 PD* EQX H2O: Swim Basics <i>Steven Stora</i>	7:30-8:00 MS* Best Butt Ever Shelby Armstrong	7:30-8:30 YS* Vinyasa Yoga <i>Breck Hassett</i>			
	7:00-7:50 MS* Pure Strength <i>Steve Ramirez</i>	7:30-8:30 YS* Vinyasa Yoga <i>Sam Harris</i>				
	7:30-8:30 YS* Vinyasa Yoga <i>Elva Prohens</i>					

EQUINOX

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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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

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

Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

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.

Athletic Training

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.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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.

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

Boxing and Kickboxing

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.

Pool

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.

EQX H2O: 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.

Stretch and Recovery

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.

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.

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.

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.