

TUESDAY 5/23		WEDNESDAY 5/24		THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29	
6:00-6:45 MS	METCON3 (L2) Steve Ramirez	6:00-6:45 CS◆	Studio Cycling Michelle Laskin	5:30-6:30 YS	Sunrise Yoga Christopher Granath	6:00-6:45 CS◆	Performance Cycling John Kocaj	8:00-8:45 CS◆	Gear up for Summer Damian Vella	8:00-8:45 CS◆	Studio Cycling Michelle Laskin	8:30-9:15 CS◆	Cycle Beats Damian Vella
7:00-7:45 CS◆	The Pursuit: Build Ariella Hackmann	7:00-8:00 YS	Body PRECISION Cari Michelman	6:00-7:00 MS	Boot Camp (L2) Steve Ramirez	8:30-9:15 CS◆	The Pursuit: Build Jen Tsiolis	8:00-8:50 MS	Hard Body Meltdown John Kocaj	8:00-9:00 YS	Pilates Bonnie Heyman	8:30-9:30 YS◆	Barre + Band Jackie Sherwood
7:30-8:20 YS◆	True Barre Cara Muhlenbruck	8:30-9:15 CS◆	Performance Cycling John Kocaj	7:00-7:45 CS◆	Performance Cycling Ariella Hackmann	8:30-9:30 MS	Best Butt Ever Jackie Sherwood	8:00-9:15 YS	Vinyasa Yoga Karine Falleni	9:00-9:50 MS	Summer Sculpt Kershel Anthony	9:45-11:00 YS	Memorial Day Warrior Yoga Raj Shtrom
8:30-9:30 MS	Streamline Sculpt Damian Vella	8:30-9:30 MS	pureMUSCLE Cara Muhlenbruck	7:30-8:20 YS◆	True Barre Jacqueline Risch	10:00-10:45 CS◆	Vinyasa Yoga Stephanie Danias	9:00-9:45 CS◆	Red, Ride and Blue Kristen Finello	9:15-10:00 CS◆	Performance Cycling Joe Cincotta	10:00-10:45 CS◆	The Pursuit: Build Shana Maleeff
8:30-9:30 YS	Vinyasa Yoga Maxine Schorr	8:30-9:30 MS	True Barre Shannon Carafello	8:30-9:30 MS	Athletic Conditioning Jacqueline Risch	10:00-11:00 MS	Dynamic Strength Tracy Widolok	9:00-9:50 MS	Summer Slam Damian Vella	9:45-10:45 PD	AquaSport Lyn Lebowitz	10:00-10:45 MS	METCON3 (L2) Damian Vella
9:45-10:45 YS◆	True Barre Cari Michelman	9:45-11:00 YS	Vinyasa Yoga Raj Shtrom (SUB)	8:30-9:30 YS◆	Pilates Power Shannon Carafello	10:00-11:00 YS◆	True Barre Michele Rogowsky	9:30-10:20 YS	Pilates Bonnie Heyman (SUB)	10:30-11:15 MS◆	PURE STRENGTH Steve Ramirez	10:45-11:00 MS	Ab Lab Damian Vella
10:00-10:50 CS◆	Cycle Beats Damian Vella	10:00-10:45 CS◆	The Pursuit: Burn Jen Tsiolis	10:00-10:50 CS◆	Cycle Beats Damian Vella	10:15-11:15 PD	Aqua Motion Loretta Colak	9:45-10:45 PD	Aqua Motion Lyn Lebowitz	10:45-11:35 YS◆	True Barre Cari Michelman	11:00-12:00 MS	Zumba® Roya Obedian
10:00-10:50 MS	Zumba® Christina Giffone	10:00-10:50 MS	Ultimate Workout Damian Vella	10:00-11:00 YS◆	True Barre Tracy Widolok	11:00-12:00 MS	Zumba® Roya Obedian	10:30-11:20 YS◆	True Barre Dawn Moore (SUB)			11:00-11:50 TR◆	Precision Running® Damian Vella
10:15-11:15 PD	Aqua Strength Loretta Colak	11:00-11:45 MS	Groove House Shannon Carafello	11:00-11:30 MS	Upper Body Conditioning Damian Vella								
11:00-11:45 MS	Best Butt Ever Damian Vella	4:30-5:30 YS◆	Barre + Band Jackie Sherwood	4:45-5:45 MS	Cardio Sculpt Tracy Widolok	4:45-5:45 YS	Vinyasa Yoga Anita Sehgal						
4:45-5:30 MS	Cardio Kick Jen Tsiolis	4:45-5:45 MS	Cardio Sculpt Tracy Widolok	5:30-6:15 YS	Pilates Bonnie Heyman	6:00-7:00 YS◆	True Barre Lindsey Klein						
5:30-6:45 YS	Vinyasa Yoga Stacey Hirschmann	5:30-6:15 YS	Pilates Bonnie Heyman	5:45-6:45 MS	Dynamic Strength Jackie Sherwood (SUB)	7:30-8:30 MS	Ultimate Workout Andrew Aranzamendez						
6:00-7:00 MS	Definitions Desiree Durand	6:15-7:15 YS	Vinyasa Yoga Elva Prohens	6:15-7:15 YS	Vinyasa Yoga Elva Prohens	7:30-8:45 YS	Vinyasa Yoga Lenora Gim						
6:45-7:30 CS◆	Performance Cycling Damian Vella, Moshe Bressler	7:00-8:00 MS	Athletic Conditioning Steve Ramirez	7:15-8:00 CS◆	Performance Cycling Brandon Scott (NY)								
7:30-8:30 MS	Boot Camp Andrew Aranzamendez												

EQUINOX

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 05:00 PM

MAY 29: 07:00 AM - 07:00 PM

GROUP FITNESS MANAGER

DAMIAN VELLA
damian.vella@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

MS	Main Studio
CS	Cycling Studio
YS	Yoga Studio
PD	Pool Deck
TR	Treadmill Area

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

STUDIO CYCLING

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

GEAR UP FOR SUMMER Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

RED, RIDE AND BLUE A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

THE PURSUIT: BUILT Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

THE PURSUIT: BURN Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

RUNNING

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

SUNRISE YOGA Start your morning off with sun salutations and begin your day with a balanced body and mind.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

BARRE

BARRE + BAND The next evolution in Barre. Prepare to elevate ballet-inspired techniques with a triple-barre system and resistance bands for a workout that challenges every muscle.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY PRECISION Work smarter not harder! A non-stop synergistic blend

of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

DYNAMIC STRENGTH Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

HARD BODY MELTDOWN Cardio, step training and focused resistance work combine to create sleek and strong muscles and provide a total body workout.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

PUREMUSCLE A muscular workout that tightens and tones for a lean body. This class uses varying equipment and is a great counterbalance to all other muscle conditioning classes, perfect for all levels.

STREAMLINE SCULPT Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

ULTIMATE WORKOUT The ultimate cardio and strength interval workout designed to work every inch of your body and maximize your post workout caloric expenditure.

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

PILATES POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

DANCE

GROOVE HOUSE Mi casa es su casa! In this house, everyone is welcome and the party is on and poppin'! This cardiovascular dance workout runs the spectrum from Latin grooves to funky moves and everything in between. Catch the groove!

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

BOXING & MARTIAL ARTS

CARDIO KICK An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

POOL

AQUA MOTION Cardio and strength movement combinations patterned to maximize the resistance of the water.

AQUA STRENGTH Body conditioning and strength training combined at its best. Increase your strength with more than the resistance of the water.

AQUASPORT Get out of the studio & into the Pool for this non-stop, total body workout that uses the resistance of the water to improve cardiovascular stamina and muscular endurance. You get a complete cardio and conditioning workout without the impact or stress on the body!