

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 CS◆ Studio Cycling <i>Bill Randall</i>	6:00-6:45 MS METCON3 (L2) <i>Steve Ramirez</i>	6:00-6:45 CS◆ Studio Cycling <i>Michelle Laskin</i>	5:30-6:30 YS Sunrise Yoga <i>Christopher Granath</i>	6:00-6:45 CS◆ Performance Cycling <i>John Kocaj</i>	8:00-8:45 CS◆ Cycle Beats <i>Kristen Finello</i>	8:00-8:45 CS◆ Studio Cycling <i>Michelle Laskin</i>							
7:00-8:00 MS Fully Loaded <i>Jackie Sherwood</i>	7:00-7:45 CS◆ Cycle Beats <i>Ariella Hackmann</i>	7:00-8:00 YS Body PRECISION <i>Cari Michelman</i>	6:00-7:00 MS Boot Camp (L2) <i>Steve Ramirez</i>	8:00-8:50 MS Hard Body Meltdown <i>John Kocaj</i>	8:00-9:00 MS XLR8! <i>Matthew Johnson</i>								
8:30-9:15 CS◆ Cycle Beats <i>Damian Vella</i>	7:30-8:20 YS◆ True Barre <i>Cara Muhlenbruck</i>	8:30-9:15 CS◆ Performance Cycling <i>John Kocaj</i>	7:00-7:45 CS◆ Performance Cycling <i>Ariella Hackmann</i>	8:00-9:15 YS Vinyasa Yoga <i>Karine Falleni</i>	8:00-9:00 YS Pilates <i>Bonnie Heyman</i>								
8:30-9:15 MS Dynamic Strength <i>Sylvia Nasser</i>	8:30-9:30 MS Streamline Sculpt <i>Damian Vella</i>	8:30-9:30 MS pureMUSCLE <i>Jen Tsiolis</i>	7:30-8:20 YS◆ True Barre <i>Jacqueline Risch</i>	9:00-9:30 MS Best Butt Ever <i>Jacqueline Risch</i>	9:00-9:50 MS FitBody Workout <i>Kershel Anthony</i>								
8:30-9:30 YS◆ Barre + Band <i>Jackie Sherwood</i>	8:30-9:30 YS Vinyasa Yoga <i>Maxine Schorr</i>	8:30-9:30 YS◆ True Barre <i>Shannon Carafello</i>	8:30-9:30 MS Athletic Conditioning <i>Jacqueline Risch</i>	9:15-10:00 MS Breathless: The Ride <i>Damian Vella</i>	9:15-10:00 CS◆ Performance Cycling <i>Joe Cincotta</i>								
9:15-9:45 MS Best Abs Ever <i>Sylvia Nasser</i>	9:45-10:45 YS◆ True Barre <i>Cari Michelman</i>	9:45-11:00 YS Vinyasa Yoga <i>Karine Falleni</i>	8:30-9:30 MS Pilates Power <i>Shannon Carafello</i>	9:30-10:00 MS◆ Firestarter <i>Jacqueline Risch</i>	9:15-10:30 YS Vinyasa Yoga <i>Stacey Hirschmann</i>								
9:45-11:00 YS Vinyasa Yoga (L2) <i>Raj Shtrom</i>	10:00-10:45 CS◆ Cycle Beats <i>Damian Vella</i>	10:00-10:45 CS◆ CYCLEology™ <i>Kristen James</i>	9:30-10:00 YS RX Series® <i>Shannon Carafello</i>	9:30-10:20 YS Pilates <i>Lindsey Klein</i>	9:45-10:45 PD AquaSport <i>Lyn Lebowitz</i>								
10:00-10:45 CS◆ Performance Cycling <i>Sylvia Nasser</i>	10:00-11:00 MS Zumba® <i>Christina Giffone</i>	10:00-10:50 MS Ultimate Workout (L2) <i>Damian Vella</i>	10:00-10:45 CS◆ Cycle Beats <i>Damian Vella</i>	9:45-10:45 PD Aqua Motion <i>Lyn Lebowitz</i>	10:30-11:15 CS◆ Performance Cycling <i>Kristen Finello</i>								
10:00-10:45 MS Stacked! (L2) <i>Damian Vella</i>	10:15-11:15 PD Aqua Strength <i>Loretta Colak</i>	10:00-11:00 PD AquaSport <i>Christina Giffone</i>	10:00-11:00 MS Dance Fitness Fusion <i>Christina Giffone</i>	10:00-10:15 MS Best Arms Ever <i>Jacqueline Risch</i>	10:30-11:15 MS◆ PURE STRENGTH <i>Steve Ramirez</i>								
10:00-11:00 PD Aqua Strength <i>Lyn Lebowitz</i>	11:00-11:30 MS Best Butt Ever <i>Damian Vella</i>	11:00-11:45 MS Groove House <i>Shannon Carafello</i>	10:00-11:00 MS True Barre <i>Tracy Widolok</i>	10:00-10:15 MS Best Arms Ever <i>Jacqueline Risch</i>	10:45-11:45 YS◆ True Barre <i>Cari Michelman</i>								
10:45-11:00 MS Ab Lab <i>Damian Vella</i>	11:00-12:00 YS◆ True Barre <i>Cari Michelman</i>	11:15-12:30 YS Vinyasa Yoga <i>Raj Shtrom</i>	11:00-11:20 MS Core Cuts <i>Damian Vella</i>	10:30-11:15 CS◆ Performance Cycling <i>Danielle Reynolds</i>									
11:00-12:00 MS Zumba® <i>Roya Obedian</i>	11:30-11:45 MS Upper Body Conditioning <i>Damian Vella</i>	4:30-5:30 YS◆ Barre + Band <i>Jackie Sherwood</i>	11:00-11:20 MS Core Cuts <i>Damian Vella</i>	11:00-12:00 MS Zumba® <i>Roya Obedian</i>									
11:00-11:50 TR◆ Precision Running® <i>Damian Vella</i>	4:45-5:30 MS Cardio Blast <i>Jen Tsiolis</i>	4:45-5:15 MS◆ Firestarter <i>Jacqueline Risch</i>	11:15-12:30 YS Vinyasa Yoga <i>Renata Langner</i>	11:00-12:00 YS Pilates <i>Bonnie Heyman</i>									
11:00-12:00 YS Yoga Fundamentals <i>Raj Shtrom</i>	5:30-6:30 MS Zumba® <i>Desiree Durand</i>	5:15-5:30 MS Best Abs Ever <i>Jacqueline Risch</i>	11:20-11:35 MS Upper Body Conditioning <i>Damian Vella</i>										
4:45-5:30 MS Groove House <i>Kershel Anthony</i>	5:30-6:45 YS Vinyasa Yoga <i>Stacey Hirschmann</i>	5:30-6:15 YS Pilates <i>Bonnie Heyman</i>	6:00-7:00 YS◆ True Barre <i>Lindsey Klein</i>										
5:30-6:15 MS pureMUSCLE <i>Kershel Anthony</i>	6:30-7:15 MS FitBody Workout <i>Sylvia Nasser</i>	5:45-6:30 MS METCON3 <i>Jacqueline Risch</i>	7:30-8:30 MS Ultimate Workout <i>Andrew Aranzamendez</i>										
5:30-6:15 YS Pilates Fusion <i>Cara Muhlenbruck</i>	6:30-7:30 PD Aqua Motion <i>Lyn Lebowitz</i>	6:15-7:15 YS Vinyasa Yoga <i>Elva Prohens</i>	7:30-8:45 YS Vinyasa Yoga <i>Lenora Gim</i>										
6:15-7:15 YS◆ True Barre <i>Cari Michelman</i>	7:30-8:15 CS◆ Performance Cycling <i>Sylvia Nasser</i>	7:00-8:00 MS Athletic Conditioning <i>Steve Ramirez</i>											
6:30-7:15 MS Stacked! <i>Cara Muhlenbruck</i>	7:30-8:30 MS Boot Camp <i>Andrew Aranzamendez</i>	7:15-8:00 CS◆ Performance Cycling <i>Danielle Reynolds</i>											
7:15-8:00 CS◆ Cycle Beats <i>Damian Vella</i>													
7:15-8:30 YS Vinyasa Yoga <i>Deb Corsitto</i>													

GREAT NECK

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MON - THU: 5:00 AM - 10:30 PM
FRI: 5:00 AM - 9:30 PM
SAT: 7:00 AM - 8:00 PM
SUN: 7:00 AM - 7:00 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

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

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

BREATHLESS: THE RIDE Take your body, mind and heart out of its comfort zone and go breathless in this state of the art interval based ride. This class is thoughtfully designed and expertly coached to increase your performance and transform your body. Go big, go breathless and feel the difference.

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

CYCLEOLOGY™ Kristen James signature ride shares the secret of the pros! Scientifically proven training principles and techniques deliver maximum benefits and results. Periodization training guarantees your body will never plateau. High energy coaching to train your mind and body like an athlete!

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.

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.

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

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

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!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

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.

STACKED! Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

XLR8! Train like the athletes and cross over to the elite level of sports performance! Creative, progressive, sport relevant programming to improve Speed, Power, Agility, Flexibility, Coordination and develop overall athletic ability.

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 ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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 BLAST Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

CORE CUTS Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

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.

FITBODY WORKOUT A cardiovascular workout that uses a variety of equipment to great music. Timeless and effective fun for all fitness levels.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

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.

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 FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

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

DANCE FITNESS FUSION A blend of Latin, Disco, Jazz, Bollywood & Hip-hop styles. A 60 minute, non-stop cardio fitness class that is fun for all ages and all levels. Designed for people who love to dance and sweat...a LOT!

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.

POOL

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

AQUA STRENGTH Harness more water power in a fully aquatic strength-training and conditioning class. Push, pull and press against the natural resistance of water, and then add equipment to take your power to the next level.

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!