

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS ◆ Cycle Power <i>Team Equinox</i>	6:00-6:45 MS ◆ METCON3 <i>Steve Ramirez</i>	6:00-6:45 CS ◆ Cycle Power <i>Emily Marino</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Steve Ramirez</i>	6:00-6:45 CS ◆ Cycle Power <i>John Kocaj</i>	7:30-8:15 CS ◆ Cycle Power <i>Michelle Laskin</i>	7:45-8:30 MS ◆ Cardio Sculpt <i>Steve Ramirez</i>
6:15-7:00 MS ◆ Kickboxing <i>Jacqueline Risch</i>	6:15-7:00 CS ◆ Cycle Power <i>Michelle Laskin</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>Damian Vella</i>	6:30-7:15 TR ◆ Precision Run® <i>Charles Albanese</i>	7:15-8:00 CS ◆ Cycle Beats <i>Stephenie Skaferowsky</i>	7:45-8:45 YS ◆ Vinyasa Yoga <i>Christopher Granath</i>	8:00-8:45 CS ◆ Cycle Power <i>Charles Albanese</i>
7:15-8:00 YS ◆ Barre <i>Jacqueline Risch</i>	7:15-8:00 TR ◆ Precision Run® <i>Charles Albanese</i>	7:00-7:45 CS ◆ Cycle Power <i>Emily Marino</i>	7:00-7:45 CS ◆ Cycle Beats <i>John Kocaj</i>	7:30-8:15 MS ◆ Athletic Conditioning <i>Marissa Andrews</i>	8:00-8:45 MS ◆ STRONG <i>Damian Vella</i>	8:15-9:00 YS ◆ Pilates Mat <i>Gayle Sanders</i>
7:30-8:15 CS ◆ Cycle Power <i>Therese Villemure</i>	7:45-8:30 CS ◆ Cycle Beats <i>Marissa Andrews</i>	7:15-8:00 YS ◆ Pilates Fusion <i>Shannon Carafello</i>	7:15-8:00 YS ◆ Barefoot Body Sculpt <i>Marissa Andrews</i>	7:30-8:15 YS ◆ Pilates Mat <i>Lindsey Klein</i>	9:00-9:45 CS ◆ Cycle Beats <i>Damian Vella</i>	9:00-9:45 MS ◆ Body Sculpt <i>Steve Ramirez</i>
8:15-9:00 MS ◆ METCON3 <i>Jacqueline Risch</i>	8:00-8:45 MS ◆ Body Sculpt <i>Damian Vella</i>	7:45-8:30 MS ◆ STRONG <i>Brian Goldstein</i>	8:00-8:45 MS ◆ STRONG <i>John Kocaj</i>	8:30-9:15 CS ◆ Cycle Power <i>Stephenie Skaferowsky</i>	9:15-10:00 MS ◆ METCON3 <i>Nicole Lockwood</i>	9:00-10:00 PD ◆ Aqua Sport <i>Jennifer Stathes</i>
8:30-9:15 YS ◆ Barefoot Body Sculpt <i>Cari Michelman</i>	8:15-9:00 YS ◆ Pilates Mat <i>Jackie Sherwood</i>	8:00-8:45 CS ◆ Cycle Beats <i>Rebecca Brookstein</i>	8:15-9:15 MS ◆ Vinyasa Yoga <i>Samantha Gerson</i>	8:30-9:15 YS ◆ Bare <i>Cari Michelman</i>	9:15-10:00 MS ◆ Barre <i>Jacqueline Risch</i>	9:15-10:00 CS ◆ Cycle Beats <i>Charles Albanese</i>
8:45-9:30 CS ◆ Cycle Power <i>Damian Vella</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Brian Goldstein</i>	8:15-9:00 YS ◆ Barefoot Body Sculpt <i>Shannon Carafello</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Jackie Sherwood</i>	9:00-9:45 MS ◆ STRONG <i>Nicole Lockwood</i>	9:45-10:45 PD ◆ Aqua Sport <i>Rebecca Colak</i>	10:15-11:15 YS ◆ Vinyasa Yoga <i>Stacey Hirschmann</i>
9:45-10:30 MS ◆ STRONG <i>Damian Vella</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Sam Harris</i>	9:15-10:00 MS ◆ METCON3 <i>Rebecca Brookstein</i>	9:30-10:30 YS ◆ Vinyasa Yoga <i>Stacey Hirschmann</i>	9:30-10:15 YS ◆ Pilates Fusion <i>Katie Needham</i>	10:15-11:00 MS ◆ Kickboxing <i>Jacqueline Risch</i>	10:30-11:15 MS ◆ PURE STRENGTH <i>Steve Ramirez</i>
10:00-10:45 CS ◆ Cycle Power <i>Jackie Cunha</i>	10:00-10:45 CS ◆ Cycle Beats <i>Damian Vella</i>	9:30-10:15 CS ◆ Cycle Power <i>Damian Vella</i>	10:00-10:45 CS ◆ Cycle Beats <i>Damian Vella</i>	10:00-10:45 CS ◆ Cycle Beats <i>Nicole Lockwood</i>	10:30-11:15 CS ◆ Cycle Power <i>Nicole Lockwood</i>	10:45-11:30 CS ◆ Cycle Power <i>Emily Marino</i>
10:30-11:30 YS ◆ Vinyasa Yoga <i>Elizabeth Langton</i>	10:45-11:45 PD ◆ Aqua Sport <i>Loretta Colak</i>	9:30-10:15 YS ◆ Pilates Mat <i>Jackie Cunha</i>	10:30-11:15 MS ◆ Cardio Dance <i>Marissa Andrews</i>	10:30-11:30 MS ◆ Zumba® <i>Roya Obedian</i>	11:00-11:45 YS ◆ Barefoot Body Sculpt <i>Jacqueline Risch</i>	12:15-1:00 YS ◆ Barefoot Body Sculpt <i>Jackie Sherwood</i>
11:15-12:00 MS ◆ Zumba® <i>Roya Obedian</i>	11:00-11:45 YS ◆ Barefoot Body Sculpt <i>Colleen Lynch</i>	9:45-10:45 PD ◆ Aqua Sculpt <i>Rebecca Colak</i>	10:45-11:45 PD ◆ Aqua Sport <i>Loretta Colak</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Sam Harris</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Elva Prohens</i>	
12:00-1:00 YS ◆ Yin Yoga <i>Samantha Gerson</i>	12:00-12:45 YS ◆ Pilates Mat <i>Colleen Lynch</i>	10:30-11:30 YS ◆ Vinyasa Yoga <i>Elizabeth Langton</i>	11:00-11:45 YS ◆ Pilates Mat <i>Damian Vella</i>	10:45-11:45 PD ◆ Aqua Sport <i>Loretta Colak</i>		
4:30-5:15 MS ◆ Kickboxing <i>Christopher Johnson</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Sam Harris</i>	10:45-11:30 MS ◆ Athletic Conditioning <i>Brian Goldstein</i>	12:00-1:00 YS ◆ Yin Yoga <i>Samantha Gerson</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Elizabeth Langton</i>		
4:45-5:45 YS ◆ Vinyasa Yoga <i>Christopher Granath</i>	5:15-6:00 MS ◆ Athletic Conditioning <i>Emily Marino</i>	12:30-1:15 YS ◆ Barre <i>Jackie Sherwood</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Elizabeth Langton</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Steve Ramirez</i>		
5:00-6:00 PD ◆ Aqua Sport <i>Jennifer Stathes</i>	5:30-6:15 YS ◆ Barre <i>Cari Michelman</i>	5:00-6:00 PD ◆ Aqua Sculpt <i>Jennifer Stathes</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Steve Ramirez</i>	6:45-7:30 YS ◆ Barre <i>Lindsey Klein</i>		
5:30-6:15 MS ◆ Cardio Sculpt <i>Marissa Andrews</i>	6:15-7:00 CS ◆ Cycle Power <i>Emily Marino</i>	5:30-6:15 MS ◆ Athletic Conditioning <i>Brian Goldstein</i>	6:45-7:30 YS ◆ Barre <i>Lindsey Klein</i>	7:00-7:45 MS ◆ Body Sculpt <i>Steve Ramirez</i>		
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6:15-7:00 YS ◆ Pilates Fusion <i>Jackie Sherwood</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Elva Prohens</i>	6:30-7:15 CS ◆ Cycle Beats <i>Emily Marino</i>	7:45-8:30 YS ◆ Pilates Mat <i>Lindsey Klein</i>			
6:30-7:15 MS ◆ Athletic Conditioning <i>Natasha Neary</i>		7:00-7:45 YS ◆ Barre <i>Nicole Lockwood</i>				
7:30-8:15 YS ◆ Barre <i>Jackie Sherwood</i>		7:30-8:15 MS ◆ METCON3 <i>Emily Marino</i>				

GREAT NECK

90 E. SHORE RD
GREAT NECK NY 11023
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 9:00PM

FRI: 5:00AM - 8:00PM

SAT: 7:00AM - 6:00PM

SUN: 7:00AM - 5:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

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

**WHAT'S NEW THIS
MONTH**

CYCLING

CYCLE BEATS 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.

RUNNING

PRECISION RUNS 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.

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.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

METCONS 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.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

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.

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

KICKBOXING A high-intensity kickboxing workout featuring boxing bags. Perfect your technique while improving strength, stamina, and cardio endurance.

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.

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.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.