

equinoxfitness.com

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**(516) 403-4444**

**GREAT NECK**  
 90 E. Shore Rd at Bay view Ave.  
 Great Neck NY 11023  
 516.570.8003

**Sky Athletic Club**  
**310 Merrick Road**  
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# ASSIAFIT 12'



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>9:00 - 10:00</b> <b>Cardio Challenge</b> <b>Roslyn</b>	<b>9:00 - 4:00</b> <b>Available for Personal Training by Appointment Only</b>	<b>9:30 - 10:30</b> <b>Low Impact Aerobics</b> <b>Sky</b>	<b>8:30 - 9:30</b> <b>Cardio Intervals</b> <b>Great Neck</b>	<b>8:30 - 9:30</b> <b>Cardio Push</b>	<b>8:15 - 9:15</b> <b>Low Impact Aerobics</b> <b>Sky</b>	<b>8:00 - 9:00</b> <b>Rio Extreme</b> <b>Great Neck</b>
<b>10:00 - 11:00</b> <b>Hard Body Meltdown</b> <b>Roslyn</b>	<b>10:30 - 11:30</b> <b>Yoga</b> <b>Sky</b>	<b>10:30 - 11:30</b> <b>Yoga</b> <b>Sky</b>	<b>9:45 - 10:45</b> <b>Aqua Sports</b> <b>Great Neck</b>	<b>9:30 - 10:30</b> <b>Body Sculpting</b> <b>Roslyn</b>	<b>11:00 - 3:00</b> <b>Available for Personal Training by Appointment Only</b>	<b>9:00 - 10:00</b> <b>Total Body Sculpt</b> <b>Great Neck</b>
	<b>6:00 - 7:00</b> <b>Cardio Burn</b> <b>Great Neck</b>	<b>6:30 - 7:30</b> <b>Muscle Tech</b> <b>Roslyn</b>	<b>8:00 - 9:00</b> <b>Cardio Cross Training</b> <b>Sky</b>	<b>11:00 - 3:00</b> <b>Available for Personal Training by Appointment Only</b>		
	<b>7:00 - 8:00</b> <b>Strength Training</b> <b>Great Neck</b>			<b>4:45 - 5:45</b> <b>Cardio Kick</b>		

*"Consistent, Careful & Conscious Behavior Create Results"*

For More Information: [mail@assiafit.com](mailto:mail@assiafit.com)