

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:55 CS◆ The Pursuit: Build Wes Pedersen	6:00-6:45 CS◆ Studio Cycling <i>Webb Travis</i>	6:00-6:55 CS◆ Performance Cycling <i>Jason Hardy</i>	6:00-6:45 CS◆ Cycle Beats <i>Raquel Perry</i>	6:00-6:55 CS◆ Studio Cycling <i>Webb Travis</i>	8:00-8:45 CS◆ The Pursuit: Build Kimball Theoret	8:30-9:30 CS◆ Cycle Beats <i>Andrew Vo</i>
6:00-7:00 YS Vinyasa Yoga <i>Luciana Freire</i>	7:00-7:45 MS◆ PURE STRENGTH <i>Anthony Campbell</i>	6:00-7:00 YS Vinyasa Yoga <i>Luciana Freire</i>	7:00-7:45 MS Stacked! <i>Kristin Granillo</i>	7:00-7:45 YS True Barre <i>Jennifer Hall</i>	9:00-9:45 MS Full Throttle <i>Joey O'Mara</i>	9:00-9:50 MS METCON3 <i>Kristin Osbon</i>
7:00-7:50 MS METCON3 <i>Kristin Granillo</i>	8:30-9:00 MS Stacked! <i>Wes Pedersen</i>	7:00-7:45 MS Barre Fit Cardio <i>Jennifer Hall</i>	8:30-9:15 MS FIREd up! (Sculpt) <i>Webb Travis</i>	8:30-9:15 CS◆ ANTHEM™ <i>Chryis Landeros</i>	9:00-10:00 YS Power Yoga (L2) <i>Raquel Perry</i>	9:30-10:45 YS Vinyasa Yoga <i>Shireen Kavianian</i>
8:30-9:15 CS◆ Studio Cycling <i>Webb Travis</i>	9:00-9:30 TR◆ Tread and Shred <i>Wes Pedersen</i>	7:00-7:45 MS Studio Cycling <i>Kristin Granillo</i>	9:30-10:15 CS◆ Studio Cycling <i>Webb Travis</i>	9:00-9:45 TR◆ Precision Running® <i>Maria Hamilton</i>	9:30-10:15 CS◆ Cycle Beats <i>Chryis Landeros</i>	10:00-10:50 CS◆ Performance Cycling <i>Rachel Neal</i>
9:30-10:15 MS FIREd up! (Sculpt) <i>Webb Travis</i>	9:30-10:15 CS◆ Cycle Beats <i>Raquel Perry</i>	8:30-9:15 CS◆ Pilates Power <i>Emily Decinces</i>	9:30-10:20 MS 4X4 Kristin Granillo	9:30-10:20 YS Barre Fit Cardio <i>Christina Sinclair</i>	9:30-10:15 TR◆ Precision Running® <i>Kimball Theoret</i>	10:00-10:45 MS Best Butt Ever <i>Kristin Osbon</i>
9:30-10:30 YS Yinyasa Yoga <i>Raquel Perry</i>	9:30-10:20 MS METCON3 <i>Kristin Granillo</i>	9:30-10:15 MS Tabata <i>Kristin Osbon</i>	9:30-10:30 YS Vinyasa Yoga <i>Brynn Rybacek</i>	10:00-10:45 MS Definitions <i>Maria Hamilton</i>	10:00-11:00 MS EQX Barre Burn <i>Maria Hamilton</i>	11:00-12:00 YS Therapeutic Yoga Flow <i>Flora Camaj</i>
10:30-11:15 MS Definitions <i>Maria Hamilton</i>	9:30-10:30 YS Vinyasa Yoga <i>Brynn Rybacek</i>	9:30-10:30 YS True Barre <i>Shaylene Benson</i>	10:30-11:15 MS Best Butt Ever <i>Tamara Taylor</i>	10:30-11:15 YS Pilates <i>Emily Decinces</i>	10:30-11:30 YS Vinyasa Yoga <i>Joey O'Mara</i>	
11:15-11:30 MS Ab Lab <i>Maria Hamilton</i>	10:30-11:15 MS Best Butt Ever <i>Anthony Campbell</i>	10:30-11:15 MS Upper Body Conditioning <i>Maria Hamilton</i>	12:00-12:50 MS EQX Barre Burn <i>Shaylene Benson</i>	12:00-12:45 MS Inner Athlete <i>Tracy Bauer</i>		4:30-5:45 YS Power Yoga <i>Luciana Freire</i>
12:00-12:45 MS Tabata <i>Tracy Bauer</i>	12:00-12:30 MS◆ THE MUSE™ <i>Nicole DeAnda Pettito</i>	11:15-11:30 MS Ab Lab <i>Maria Hamilton</i>	12:15-1:00 TR◆ Tread and Shred <i>Jason Hardy</i>	12:15-1:00 PD◆ EQX H2O: Endurance <i>Lexie Kelly</i>		
12:15-1:00 CS◆ The Pursuit: Burn Kristin Granillo	12:15-1:00 TR◆ Tread and Shred <i>Wes Pedersen</i>	12:00-12:45 MS◆ PURE STRENGTH <i>Webb Travis</i>	12:30-1:30 YS Hot Vinyasa Yoga <i>Jana Lewison</i>	12:30-1:30 YS Yoga Core <i>Wende Lichon</i>		
12:30-1:30 YS Vinyasa Yoga <i>Franciska E. Bray-Mezey</i>	12:30-12:45 MS Core Cuts <i>Nicole DeAnda Pettito</i>	12:15-1:00 CS◆ Performance Cycling <i>Christina Ratusznik</i>	4:30-5:20 YS Pilates Power <i>Shaylene Benson</i>	5:30-6:30 YS Power Yoga <i>Luciana Freire</i>		
5:30-6:20 CS◆ ANTHEM™ <i>Rachel Neal</i>	12:30-1:30 YS Power Yoga <i>Jana Lewison</i>	12:30-1:30 YS Vinyasa Yoga <i>Wende Lichon</i>	5:30-6:15 CS◆ The Pursuit: Build Jason Hardy			
5:30-6:20 MS Inner Athlete <i>Tracy Bauer</i>	4:30-5:20 YS True Barre <i>Wende Lichon</i>	5:30-6:20 CS◆ Studio Cycling <i>Jennifer Christensen</i>	5:30-6:15 MS METCON3 <i>Kristin Osbon</i>			
5:30-6:20 YS True Barre <i>Tamara Taylor</i>	5:30-6:15 CS◆ Performance Cycling <i>Christina Ratusznik</i>	5:30-6:15 MS Ropes and Rowers <i>Anthony Campbell</i>	5:30-6:25 YS Vinyasa Yoga <i>Wende Lichon</i>			
6:30-7:15 MS Best Butt Ever <i>Tamara Taylor</i>	5:30-6:15 MS Strength & Sweat <i>Kristin Osbon</i>	5:30-6:00 YS◆ THE MUSE™ Christina Sinclair	6:30-7:15 MS STRONG <i>Jason Hardy</i>			
6:30-7:30 YS Vinyasa Yoga <i>Luciana Freire</i>	5:30-6:15 TR◆ Tread and Shred <i>Jason Hardy</i>	6:00-6:15 YS Core Cuts Christina Sinclair				
7:15-7:30 MS Ab Lab <i>Tamara Taylor</i>	5:30-6:25 YS Vinyasa Yoga <i>Wende Lichon</i>	6:30-7:15 MS Best Butt Ever <i>Anthony Campbell</i>				
	6:30-7:15 MS Body Challenge <i>Jason Hardy</i>	6:30-7:30 YS Therapeutic Yoga Flow <i>Flora Camaj</i>				
	6:30-7:20 YS True Barre <i>Kristin Osbon</i>	7:15-7:30 MS Ab Lab <i>Anthony Campbell</i>				

NEWPORT BEACH

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

GROUP FITNESS MANAGER
KRISTIN GRANILLO
Kristin.Granillo@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
YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area
PD	Pool Deck

WHAT'S NEW THIS MONTH
Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

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

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.

THE PURSUIT: BUILD 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.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

YOGA

HOT VINYASA YOGA A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Class is set in a heated room.

POWER YOGA Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

THERAPEUTIC YOGA FLOW Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

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.

YINYASA YOGA Vinyasa flow combined with yin yoga to stretch and rehabilitate the connective tissues that form our joints and breath and restorative postures to reset our mind.

YOGA CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

ATHLETIC TRAINING

4X4 Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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 CHALLENGE High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques.Be ready to take your body to the next level.

FULL THROTTLE Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

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.

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.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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.

STRONG Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

BARRE

BARRE FIT CARDIO Move through high-energy,

non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

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.

LONG + LEAN

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.

DEFINITIONS You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

FIRED UP! (SCULPT) Get fired up for a challenging workout: FIRE = Fierce Interval Resistance Exercise, aka HIIT meets strength meets conditioning. Boost your heart rate, feel the burn, and build lean muscle mass in one intense session.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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.

POOL

EQX H2O: ENDURANCE Build your endurance with challenging long-distance sets inspired by open-water swimming and triathlon training.