

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:45-6:30 CS◆	Studio Cycling <i>Jolie Laurence</i>	5:45-6:30 MS	I.T.V. interval training <i>Megan Hendricks</i>	6:00-6:45 MS	Adrenaline <i>Megan Hendricks</i>	5:45-6:30 MS	Dynamic Strength <i>David Case</i>	5:45-6:30 CS◆	Studio Cycling <i>Jolie Laurence</i>	8:00-9:00 CS◆	Performance Cycling <i>Marquette Latshaw</i>	9:00-9:45 YS	Pilates <i>Denise McKeague</i>
6:00-6:50 MS	Metabolic Meltdown <i>Jessica Peterson</i>	6:00-6:45 CS◆	Rhythm Revolution <i>Angelica Walters</i>	6:00-6:50 TR◆	Elevate <i>Leah Troxel</i>	6:00-6:45 CS◆	Breathless: The Ride <i>Megan Hendricks</i>	6:00-6:45 MS	Athletic Conditioning <i>Don Burgess</i>	8:00-8:50 MS	Dance! <i>Kim Stevens Sturkie</i>	10:00-10:45 CS◆	Rhythm Revolution <i>Angelica Walters</i>
6:00-6:50 TR◆	Precision Running® <i>Marquette Latshaw</i>	6:00-6:50 YS	Vinyasa Yoga <i>Marquette Latshaw</i>	6:00-6:50 YS	Barre <i>Vlada G. Parrott</i>	6:00-6:50 YS	Vinyasa Yoga <i>Amanda Johnson</i>	6:00-6:50 TR◆	Precision Running® <i>Jude McCarthy</i>	8:00-8:45 TR◆	Precision Running® <i>Vlada G. Parrott</i>	10:00-10:50 MS	Chisel'd <i>Anna Matsumoto</i>
6:45-7:30 YS	Pilates <i>Larry Lane</i>	6:00-6:50 YS	Firestarter <i>Megan Hendricks</i>	8:30-9:20 MS	STRONG <i>Crystal Pollard</i>	8:30-9:15 CS◆	Rhythm Revolution <i>Frank Rivera</i>	6:00-6:50 YS◆	Trilogy Barre <i>Kayah Franklin</i>	8:10-9:10 YS	Vinyasa Yoga <i>Danielle Guerrette</i>	10:00-11:00 YS	Vinyasa Yoga <i>Courtney Bartolomei</i>
7:30-8:30 YS	Iyengar Yoga <i>Larry Lane</i>	6:30-7:00 MS◆	Rhythm Revolution <i>Ryan Lehman</i>	8:30-9:20 TR◆	Elevate <i>Shaylon Robbins</i>	8:30-9:00 MS◆	Firestarter <i>Megan Hendricks</i>	6:00-6:50 YS◆	Pilates <i>Larry Lane</i>	9:00-9:50 MS	Cardio Sculpt <i>Vlada G. Parrott</i>	11:00-11:50 TR◆	Precision Running® <i>Bob Harbeson</i>
8:30-9:00 MS	Definitions <i>Bob Harbeson</i>	8:30-9:15 CS◆	Tabata Cardio <i>Shaylon Robbins</i>	9:30-10:20 MS	Chisel'd <i>Natalie Clarke</i>	8:30-9:25 YS	Barre Fit Cardio <i>Ashley Friemel</i>	7:00-7:50 YS	Iyengar Yoga <i>Larry Lane</i>	9:00-9:50 TR◆	Elevate <i>Leah Troxel</i>	4:00-5:00 YS	Vinyasa Yoga <i>Amanda Johnson</i>
8:30-9:20 TR◆	Precision Running® <i>Marquette Latshaw</i>	8:30-9:00 MS	Elite Endurance Barre <i>Monica Flores</i>	9:35-10:25 CS◆	Rhythm Revolution <i>Megan Hendricks</i>	9:00-9:30 MS	Streamline Sculpt <i>Megan Hendricks</i>	8:00-9:25 YS	Damage Control <i>Crystal Pollard</i>	9:15-10:25 YS	Vin-Hatha Yoga <i>Mike Mauren</i>		
8:35-9:35 YS	Vinyasa Yoga <i>Loren Bassett</i>	8:30-9:25 YS◆	Above the Belt <i>Shaylon Robbins</i>	9:40-10:40 YS	Vinyasa Yoga <i>Shelley Beeson</i>	9:35-10:05 MS	Best Butt Ever <i>Ramey Price</i>	8:30-9:20 TR◆	Precision Running® <i>Bob Harbeson</i>	9:30-10:15 CS◆	Rhythm Revolution <i>Blye Gallagher</i>		
9:00-9:20 MS	Core Conditioning <i>Bob Harbeson</i>	9:00-9:30 MS	Cardio Sculpt <i>Megan Hendricks</i>	10:30-11:15 MS	Dance! <i>Kim Stevens Sturkie</i>	9:35-10:25 TR◆	Tread and Shred <i>Megan Hendricks</i>	9:35-10:20 CS◆	Rhythm Revolution <i>Bob Harbeson</i>	10:00-10:50 MS	Metabolic Meltdown <i>David Case</i>		
9:30-10:20 MS	Metabolic Meltdown <i>Marquette Latshaw</i>	9:35-10:25 MS	Precision Running® <i>Shaylon Robbins</i>	12:00-12:45 MS	Queenax Bootcamp <i>Natalie Eliason</i>	9:40-10:30 YS◆	Vin-Hatha Yoga <i>DeAnna Haun</i>	10:05-10:25 MS	Core Conditioning <i>Ramey Price</i>	9:40-10:30 YS◆	Yoga Fundamentals <i>Amanda Johnson</i>		
9:35-10:20 CS◆	Rhythm Revolution <i>Bob Harbeson</i>	9:35-10:20 TR◆	Vin-Hatha Yoga <i>DeAnna Haun</i>	12:00-12:45 QX	Best Butt Ever <i>Marquette Latshaw</i>	10:30-11:15 MS	Dance! <i>Vickie Griffith</i>	9:40-10:30 YS◆	Barre <i>Vlada G. Parrott</i>	10:30-11:30 YS	Elite Endurance Barre <i>Monica Flores</i>		
9:40-10:30 YS◆	Fit Physique <i>Monica Flores</i>	9:35-10:35 YS	Meditation <i>Will Amason</i>	5:30-6:00 MS	Stiff Guy Yoga <i>Amanda Johnson</i>	12:00-12:45 MS	CSI-Cardio Strength Intervals <i>Bethany McLroy</i>	10:30-11:15 MS	Dance! <i>Vickie Griffith</i>	11:00-11:50 MS			
12:00-12:45 MS	Iron Body: Power <i>David Case</i>	10:45-11:15 YS	Metabolic Meltdown <i>Will Amason</i>	5:45-6:30 YS	Stiff Guy Yoga <i>Amanda Johnson</i>	12:00-12:45 MS	Studio Cycling <i>Jessica Richter</i>	12:00-12:45 QX	Queenax Bootcamp <i>Natalie Eliason</i>				
5:30-6:00 MS	Above the Belt <i>Leah Troxel</i>	12:00-12:50 MS	Rhythm Revolution <i>Frank Rivera</i>	6:00-6:30 MS	Tabata Cardio <i>Marquette Latshaw</i>	5:45-6:30 YS	Barre Fit Cardio <i>Ashley Friemel</i>	5:45-6:35 YS	Barre Fit Cardio <i>Ashley Friemel</i>				
5:45-6:30 YS	Stiff Guy Yoga <i>Marquette Latshaw</i>	5:45-6:30 CS◆	Barre Fit Cardio <i>Ashley Friemel</i>	6:30-6:45 MS	Best Abs Ever <i>Leah Troxel</i>	6:00-6:45 MS	The Skinny Jeans Workout™ <i>Blye Gallagher</i>	6:00-6:45 MS	The Skinny Jeans Workout™ <i>Blye Gallagher</i>				
6:00-6:30 MS	Firestarter <i>Leah Troxel</i>	5:45-6:35 YS	Metabolic Meltdown <i>Kimberly Westphall</i>	6:45-7:15 MS	Above the Belt <i>Leah Troxel</i>	6:45-7:45 YS	Vin-Hatha Yoga <i>Mike Mauren</i>	6:45-7:45 YS	Vin-Hatha Yoga <i>Mike Mauren</i>				
6:45-7:30 MS	Best Butt Ever <i>Blye Gallagher</i>	6:00-6:45 MS	Streamline Sculpt <i>Ashley Friemel</i>	6:45-7:30 YS	Barre Fit Cardio <i>Robin Varnado</i>								
6:45-7:15 YS◆	THE MUSE™ <i>Erin Sauerhage</i>	6:45-7:15 MS	Vin-Hatha Yoga <i>Mike Mauren</i>										
7:15-7:25 YS	Core Conditioning <i>Erin Sauerhage</i>	7:15-7:35 MS	Core Conditioning <i>Ashley Friemel</i>										

PRESTON HOLLOW

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

GROUP FITNESS MANAGER
MEGAN HENDRICKS
megan.bursej@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
TR	Treadmill Area
YS	Yoga Studio
QX	QUEENAX AREA

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

BREATHLESS: THE RIDE Leave your comfort zone and go breathless in this state of the art interval-based ride. This class is designed to increase performance and transform your body as you pursue a state of breathlessness.

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.

RHYTHM REVOLUTION The playlist rules supreme in this beats-based ride. From the classics to the cutting edge, the varying music will motivate you through this high-intensity ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

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

IYENGAR YOGA Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props. Good for students concerned with injuries.

STIFF GUY YOGA This class rocks yoga with a light attitude and cool tunes yet offers a workout worthy of a fitness-loving guy! Special attention is paid to areas where most guys are tight: hamstrings, hips and shoulders. Gals are welcome too!

VIN-HATHA YOGA This class combines the flow of Vinyasa with the moving meditation of Hatha. The main emphasis of "Vin-Hatha" is to build strength in order to prepare for a more advanced practice with specific focus on alignment and internal balance.

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

ADRENALINE Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One workout. One way to change your body.

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.

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 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.

CSI-CARDIO STRENGTH INTERVALS Be challenged through the athletic warmup to 1 min. then 45 second intervals alternating cardio drills then strength exercises with the use of weights, medicine balls, jump ropes, plyometrics, and calisthenics. This workout will bring you results like never before.

DAMAGE CONTROL This high intensity strength training class combines short cardiovascular segments with intervals that focus on strength, balance, and core conditioning

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.

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.

I.T.V. INTERVAL TRAINING Interval training has never been this much fun! Join us for a mixture of muscle conditioning and high energy cardio exercises that will shape and define. Class format will vary, so expect the unexpected!

IRON BODY: POWER Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell.

METABOLIC MELTDOWN An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

QUEENAX BOOTCAMP Queenax Bootcamp is a circuit based format for all fitness levels based on the Queenax Functional Training System! The focus is improving cardiovascular and muscular endurance, coordination and agility with an emphasis on fun!

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 CARDIO Apply the Tabata Formula to Cardio Drills and Flowing Cardio for a sweaty results- guaranteed workout. 4 minute Tabata intervals (8 rounds: 20 second high intensity training & 10 seconds active rest) between cardio sets. The Tabata Protocol is proven to physiologically transform your body.

BARRE

BARRE Realize the dream of the dancer's body.

Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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.

ELITE ENDURANCE BARRE Create a long and lean physique with this non-stop, elite, full-body cardio barre class created by Monica Flores. Based on her extensive dance and fitness background, this easy-to-follow fast paced technique is designed to melt away the fat while improving balance, strength, and posture.

TRILOGY BARRE Barre's next evolution. Challenge your entire body with our signature triple-barre system and resistance bands for an intense workout beyond Barre as you know it.

LONG + LEAN

ABOVE THE BELT Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

CARDIO SCULPT Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE CONDITIONING Power your most important parts. Enhance your core, back strength, and flexibility with a workout that makes you stand straighter, walk taller, and move better.

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

FIT PHYSIQUE Cutting-edge exercises are drawn from traditional strength training, dancer's conditioning and Pilates inspired movements with the goal of long lean toned body. No bulky muscles. Extra stretching geared for perfect posture and you'll leave feeling like a work of art!

STREAMLINE SCULPT Prepare for a superior sculpt. Strengthen your entire body with essential conditioning moves re-imagined in a variety of sequences and equipment. Perfect for all fitness levels.

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.

THE SKINNY JEANS WORKOUT™ Focus on getting long + lean like never before in a total body workout from Molly Fox. Focus on your abs, rear, and thighs with Molly's forward-thinking fusion of tried-and-true 80's routines and all-new cutting-edge moves. Perfect for any fitness level.