

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|---|--|
| 6:00-6:45 MS Stacked! <i>Jessica Peterson</i> | 5:45-6:30 MS I.T.V. interval training <i>Megan Hendricks</i> | 6:00-6:45 MS Adrenaline <i>Julie Olschwanger</i> | 5:45-6:30 MS Dynamic Strength <i>David Case</i> | 6:00-6:45 MS Athletic Conditioning <i>Don Burgess</i> | 8:00-9:00 CS◆ Performance Cycling <i>Marquette Latshaw</i> | 9:00-9:50 MS Tabata <i>Bob Harbeson</i> |
| 6:00-6:50 TR◆ Precision Running® <i>Marquette Latshaw</i> | 6:00-6:45 CS◆ Performance Cycling <i>Laura Westerlage</i> | 6:00-6:45 TR◆ Elevate <i>Leah Troxel</i> | 6:00-6:45 CS◆ Breathless: The Ride <i>Megan Hendricks</i> | 6:00-6:45 YS Barre Fit Cardio <i>Kayah Franklin</i> | 8:00-8:50 MS Dance! <i>Kim Stevens Sturkie</i> | 9:00-9:45 YS Pilates <i>Denise McKeague</i> |
| 6:00-6:45 YS Barre Fit Cardio <i>Kayah Franklin</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> | 7:00-7:50 YS Pilates <i>Larry Lane</i> | 8:00-8:45 TR◆ Precision Running® <i>Vlada G. Parrott</i> | 10:00-10:50 MS Chisel'd <i>Anna Matsumoto</i> |
| 7:00-7:50 YS Pilates <i>Larry Lane</i> | 6:30-7:00 MS◆ Firestarter <i>Megan Hendricks</i> | 8:30-9:20 MS STRONG <i>Crystal Pollard</i> | 6:30-7:00 MS Tabata Cardio <i>David Case</i> | 8:00-9:25 YS Iyengar Yoga <i>Larry Lane</i> | 9:00-9:50 MS Cardio Sculpt <i>Vlada G. Parrott</i> | 10:00-11:00 YS Vinyasa Yoga <i>Courtney Bartolomei</i> |
| 8:30-9:20 MS◆ Cross Fire <i>Bob Harbeson</i> | 8:30-9:15 CS◆ Rhythm Revolution <i>Ryan Lehman</i> | 8:30-9:15 TR◆ Elevate <i>Shaylon Robbins</i> | 8:30-9:15 CS◆ Rhythm Revolution <i>Frank Rivera</i> | 8:30-9:20 MS Tough Love Conditioning <i>Crystal Pollard</i> | 9:00-9:45 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 Tabata Cardio <i>Kevin Crenshaw</i> | 8:30-9:30 YS Vinyasa Yoga <i>Loren Bassett</i> | 8:30-9:00 MS◆ Firestarter <i>Megan Hendricks</i> | 8:30-9:20 TR◆ Precision Running® <i>Bob Harbeson</i> | 9:15-10:25 YS Power Yoga <i>Mike Mauren</i> | |
| 8:30-9:30 YS Vinyasa Yoga <i>Loren Bassett</i> | 8:30-9:25 YS Elite Endurance Barre <i>Monica Flores</i> | 9:30-10:20 MS Stacked! <i>Natalie Clarke</i> | 8:30-9:25 YS Barre Fit Cardio <i>Ashley Friemel</i> | 9:30-10:20 MS◆ Ropes and Rowers <i>Leah Troxel</i> | 9:30-10:15 CS◆ Rhythm Revolution <i>Blye Gallagher</i> | |
| 9:30-10:20 MS Metabolic Melt-down <i>Marquette Latshaw</i> | 9:00-9:30 MS Upper Body Conditioning <i>Kevin Crenshaw</i> | 9:35-10:20 CS◆ Rhythm Revolution <i>Megan Hendricks</i> | 9:00-9:30 MS Body PRECISION <i>Megan Hendricks</i> | 9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i> | 10:00-10:50 MS Metabolic Melt-down <i>David Case</i> | |
| 9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i> | 9:35-10:20 MS Cardio Sculpt <i>Megan Hendricks</i> | 9:40-10:25 YS Barre <i>Kim Stevens Sturkie</i> | 9:35-10:25 TR◆ Tread and Shred <i>Megan Hendricks</i> | 9:40-10:30 YS Barre <i>Vlada G. Parrott</i> | 10:30-11:30 YS Yoga Fundamentals <i>Amanda Johnson</i> | |
| 9:40-10:25 YS Elite Endurance Barre <i>Monica Flores</i> | 9:35-10:25 TR◆ Precision Running® <i>Kevin Crenshaw</i> | 10:35-11:20 MS Dance! <i>Kim Stevens Sturkie</i> | 9:35-10:35 YS Vin-Hatha Yoga <i>DeAnna Haun</i> | 10:30-11:15 MS Dance! <i>Vickie Griffith</i> | | |
| 12:00-12:45 MS Iron Body: Power <i>David Case</i> | 9:35-10:35 YS Vin-Hatha Yoga <i>DeAnna Haun</i> | 10:35-11:35 YS Vinyasa Yoga <i>Shelley Beeson</i> | 10:45-11:30 YS Restorative Yoga <i>Abra Garrett</i> | 12:00-12:45 QX Special Event - Queenax Equinox Trainers | | |
| 5:30-6:00 MS Body Blast <i>Vlada G. Parrott</i> | 10:45-11:15 YS Meditation <i>Will Amason</i> | 12:00-12:45 QX Special Event - Queenax Equinox Trainers | 10:45-11:30 YS Restorative Yoga <i>Abra Garrett</i> | 12:00-12:45 MS CSI-Cardio Strength Intervals <i>Bethany McIlroy</i> | | |
| 5:45-6:30 YS Stiff Guy Yoga <i>Marquette Latshaw</i> | 12:00-12:45 MS Metabolic Melt-down <i>Will Amason</i> | 5:30-6:00 MS Best Butt Ever <i>Courtney Krauss</i> | 12:00-12:45 MS CSI-Cardio Strength Intervals <i>Bethany McIlroy</i> | 5:45-6:30 CS◆ Rhythm Revolution <i>Frank Rivera</i> | | |
| 6:00-6:30 MS Cardio Blast <i>Vlada G. Parrott</i> | 5:45-6:30 CS◆ Rhythm Revolution <i>Garrett Bass</i> | 5:45-6:30 YS Stiff Guy Yoga <i>Amanda Johnson</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> | | |
| 6:45-7:30 MS Best Butt Ever <i>Blye Gallagher</i> | 5:45-6:35 YS Barre Fit Cardio <i>Ashley Friemel</i> | 6:00-6:30 MS◆ Firestarter <i>Courtney Krauss</i> | 6:00-6:45 MS Stacked! <i>Blye Gallagher</i> | 6:00-6:45 MS Stacked! <i>Blye Gallagher</i> | | |
| 6:45-7:30 YS Barre <i>Erin Sauerhage</i> | 6:00-6:45 MS Metabolic Melt-down <i>Kimberly Westphall</i> | 6:45-7:30 MS METCON3 <i>Leah Troxel</i> | 6:45-7:45 YS Power Yoga (L2) <i>Mike Mauren</i> | | | |
| | 6:45-7:30 MS Body PRECISION <i>Ashley Friemel</i> | 6:45-7:30 YS Barre Fit Cardio <i>Courtney Krauss</i> | | | | |
| | 6:45-7:45 YS Power Yoga (L2) <i>Mike Mauren</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

| | |
|----|----------------|
| QX | QUEENAX AREA |
| YS | Yoga Studio |
| TR | Treadmill Area |
| MS | Main Studio |
| CS | Cycling Studio |

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.

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 From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

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 such as belts and blocks. Good for students concerned with injuries.

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.

RESTORATIVE YOGA Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

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 hour, 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.

CROSS FIRE Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

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.

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.

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.

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. Exciting 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.

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!

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.

CONDITIONING

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 BLAST Nonstop cutting-edge strength workout using various equipment to achieve maximum results in minimum time.

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.

CARDIO SCULPT A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

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.

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.

SPECIAL EVENT - QUEENAX Come experience what the Queenax has to offer! This special 45-minute class will work your entire body and show off some fun ways to use this new piece of equipment. Make sure to RSVP as spots are limited.

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!

TOUGH LOVE CONDITIONING A sweaty sculpting session that promises to be tough when it counts and tender when you need it.