

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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 Stacked! <i>Jessica Peterson</i>	6:00-6:45 CS◆ Performance Cycling <i>Laura Westertage</i>	6:00-6:45 MS Adrenaline <i>Julie Olschwanger</i>	6:00-6:45 TR◆ Elevate <i>Leah Troxel</i>	8:00-8:50 CS◆ Beast n Feast Ride <i>Frank Rivera</i>	8:30-9:20 MS Tough Love Conditioning <i>Marquette Latshaw (SUB)</i>	8:00-9:00 CS◆ Performance Cycling <i>Marquette Latshaw</i>	8:00-8:50 MS Dance! <i>Kim Stevens</i> <i>Sturkie</i>	9:00-9:50 MS Tabata <i>Bob Harbeson</i>	9:00-9:50 MS Pilates <i>Denise McKeague</i>	9:00-9:50 MS Tabata <i>Bob Harbeson</i>	9:00-9:45 YS Pilates <i>Denise McKeague</i>
6:00-6:45 MS Stacked! <i>Jessica Peterson</i>	6:00-6:45 CS◆ Performance Cycling <i>Laura Westertage</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 Fit Cardio <i>Kayah Franklin</i>	6:00-6:50 YS Barre <i>Viada G. Parrott</i>	8:00-8:50 MS Carve and Sculpt <i>Megan Hendricks</i>	8:30-9:20 TR◆ Precision Running@ <i>Bob Harbeson</i>	8:00-8:50 MS Dance! <i>Kim Stevens</i> <i>Sturkie</i>	8:00-8:45 TR◆ Precision Running@ <i>Vlada G. Parrott</i>	9:00-9:45 MS Pilates <i>Denise McKeague</i>	10:00-10:50 MS Chisel'd <i>Anna Matsumoto</i>	10:00-10:50 MS Chisel'd <i>Anna Matsumoto</i>	10:00-11:00 YS Vinyasa Yoga <i>Courtney Bartolomei</i>
6:00-6:45 YS Barre Fit Cardio <i>Kayah Franklin</i>	6:00-6:50 YS Vinyasa Yoga <i>Marquette Latshaw</i>	6:45-7:30 YS Pilates <i>Larry Lane</i>	6:30-7:00 MS◆ Firestarter <i>Megan Hendricks</i>	6:45-7:30 YS Pilates <i>Larry Lane</i>	6:30-7:00 MS◆ Firestarter <i>Megan Hendricks</i>	9:00-9:50 MS Thanks and Planks <i>Kevin Crenshaw</i>	8:30-9:30 YS Gratitude Yoga <i>Jessica Richter</i>	9:00-9:50 MS Cardio Sculpt <i>Vlada G. Parrott</i>	9:00-9:50 MS Cardio Sculpt <i>Vlada G. Parrott</i>	9:00-9:45 TR◆ Elevate <i>Leah Troxel</i>	10:00-11:00 YS Vinyasa Yoga <i>Courtney Bartolomei</i>	10:00-11:00 YS Vinyasa Yoga <i>Courtney Bartolomei</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◆ Firestarter <i>Megan Hendricks</i>	8:30-9:20 MS◆ Cross Fire <i>Bob Harbeson</i>	8:30-9:15 CS◆ Rhythm Revolution <i>Ryan Lehman</i>	7:30-8:30 YS Iyengar Yoga <i>Larry Lane</i>	8:30-9:15 TR◆ Elevate <i>Natalie Clarke (SUB)</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:30-10:20 MS Half Time Hustle <i>Don Burgess</i>	9:00-9:50 MS Cardio Sculpt <i>Vlada G. Parrott</i>	9:00-9:45 TR◆ Elevate <i>Leah Troxel</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
8:30-9:20 MS◆ Cross Fire <i>Bob Harbeson</i>	8:30-9:15 CS◆ Rhythm Revolution <i>Ryan Lehman</i>	8:30-9:20 TR◆ Precision Running@ <i>Marquette Latshaw</i>	8:30-9:00 MS Tabata Cardio <i>Kevin Crenshaw</i>	8:30-9:20 YS Barre Fit Cardio <i>Kayah Franklin</i>	8:30-9:30 YS Vinyasa Yoga <i>Loren Bassett</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:00-9:45 TR◆ Elevate <i>Leah Troxel</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</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>	8:30-9:20 TR◆ Precision Running@ <i>Marquette Latshaw</i>	8:30-9:25 YS Elite Endurance Barre <i>Monica Flores</i>	8:30-9:20 MS Barre <i>Viada G. Parrott</i>	8:30-9:30 YS Vinyasa Yoga <i>Loren Bassett</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
8:35-9:35 YS Vinyasa Yoga <i>Loren Bassett</i>	8:30-9:25 YS Elite Endurance Barre <i>Monica Flores</i>	8:35-9:35 YS Vinyasa Yoga <i>Loren Bassett</i>	9:00-9:30 MS Upper Body Conditioning <i>Kevin Crenshaw</i>	8:35-9:35 YS Vinyasa Yoga <i>Loren Bassett</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Megan Hendricks</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
9:30-10:20 MS Metabolic Meltdown <i>Marquette Latshaw</i>	9:00-9:30 MS Upper Body Conditioning <i>Kevin Crenshaw</i>	9:30-10:20 MS Metabolic Meltdown <i>Marquette Latshaw</i>	9:35-10:25 MS Cardio Sculpt <i>Megan Hendricks</i>	9:30-10:20 MS Metabolic Meltdown <i>Marquette Latshaw</i>	10:20-10:35 MS Best Arms Ever <i>Natalie Clarke</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:35-10:25 MS Cardio Sculpt <i>Megan Hendricks</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:35-10:25 TR◆ Precision Running@ <i>Kevin Crenshaw</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	10:35-11:35 YS Vinyasa Yoga <i>Shelley Beeson</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
9:40-10:35 YS◆ Trilogy Barre <i>Monica Flores</i>	9:35-10:25 TR◆ Precision Running@ <i>Kevin Crenshaw</i>	9:40-10:35 YS◆ Trilogy Barre <i>Monica Flores</i>	9:35-10:35 YS Vin-Hatha Yoga <i>Bobby Candelas (SUB)</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	10:40-11:30 MS Dance! <i>Kim Stevens</i> <i>Sturkie</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
12:00-12:45 MS Iron Body: Power <i>David Case</i>	9:35-10:35 YS Vin-Hatha Yoga <i>Bobby Candelas (SUB)</i>	12:00-12:45 MS Iron Body: Power <i>David Case</i>	10:45-11:15 YS Meditation <i>Will Amason</i>	12:00-12:45 MS Iron Body: Power <i>David Case</i>	12:00-12:45 QX Queenax Bootcamp <i>Natalie Eliason</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
5:30-6:00 MS Upper Body Conditioning <i>Leah Troxel</i>	10:45-11:15 YS Meditation <i>Will Amason</i>	5:30-6:00 MS Upper Body Conditioning <i>Leah Troxel</i>	12:00-12:45 MS Metabolic Meltdown <i>Will Amason</i>	5:30-6:00 MS Upper Body Conditioning <i>Leah Troxel</i>	12:00-12:45 QX Queenax Bootcamp <i>Natalie Eliason</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
5:45-6:30 YS Stiff Guy Yoga <i>Marquette Latshaw</i>	12:00-12:45 MS Metabolic Meltdown <i>Will Amason</i>	5:45-6:30 YS Stiff Guy Yoga <i>Marquette Latshaw</i>	5:45-6:30 CS◆ Rhythm Revolution <i>Frank Rivera</i>	5:45-6:30 YS Stiff Guy Yoga <i>Marquette Latshaw</i>	5:30-6:00 MS Best Butt Ever <i>Courtney Krauss</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
6:00-6:30 MS Tabata Cardio <i>Leah Troxel</i>	5:45-6:30 CS◆ Rhythm Revolution <i>Frank Rivera</i>	6:00-6:30 MS Tabata Cardio <i>Leah Troxel</i>	5:45-6:35 YS Barre Fit Cardio <i>Ashley Friemel</i>	6:00-6:30 MS Tabata Cardio <i>Leah Troxel</i>	5:45-6:30 YS Stiff Guy Yoga <i>Amanda Johnson</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</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>	6:45-7:30 MS Best Butt Ever <i>Blye Gallagher</i>	6:00-6:45 MS Metabolic Meltdown <i>Kimberly Westphall</i>	6:45-7:30 MS Best Butt Ever <i>Blye Gallagher</i>	6:00-6:30 YS Stiff Guy Yoga <i>Amanda Johnson</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
6:45-7:30 YS Barre <i>Erin Sauerhage</i>	6:00-6:45 MS Metabolic Meltdown <i>Kimberly Westphall</i>	6:45-7:30 YS Barre <i>Erin Sauerhage</i>	6:45-7:30 MS Body PRECISION <i>Ashley Friemel</i>	6:45-7:30 YS Barre <i>Erin Sauerhage</i>	6:00-6:30 MS◆ Firestarter <i>Courtney Krauss</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
6:45-7:30 YS Barre <i>Erin Sauerhage</i>	6:45-7:45 YS Power Yoga (L2) <i>Mike Mauren</i>	6:45-7:30 YS Barre <i>Erin Sauerhage</i>	6:45-7:45 YS Power Yoga (L2) <i>Mike Mauren</i>	6:45-7:30 YS Barre <i>Erin Sauerhage</i>	6:45-7:30 YS Barre Fit Cardio <i>Courtney Krauss</i>	9:00-9:50 MS Gratitude Yoga <i>Bobby Candelas</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:15-10:25 YS Power Yoga <i>Mike Mauren</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Megan Hendricks (SUB)</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>

PRESTON HOLLOW

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

MEGAN HENDRICKS
megan.bursey@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
CS	Cycling Studio
TR	Treadmill Area
MS	Main Studio

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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.

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.

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.

YOGA

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

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.

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.

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

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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.

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.

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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.

CONDITIONING

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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 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 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.

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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.

QUEENAX BOOTCAMP 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.

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.

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.