

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 CS◆ Performance Cycling <i>Jeffrey Waller</i>	5:45-6:30 MS I.T.V. interval training <i>Megan Hendricks</i>	5:45-6:30 CS◆ Breathless: The Ride <i>Megan Hendricks</i>	5:45-6:30 MS Iron Body: Power <i>David Case</i>	5:45-6:30 CS◆ Performance Cycling <i>Jeffrey Waller</i>	8:00-9:00 CS◆ Performance Cycling <i>Marquette Latshaw</i>	9:00-9:50 MS Tabata <i>Bob Harbeson</i>
6:00-6:45 MS METCON3 <i>Jessica Peterson</i>	6:00-6:50 YS Vinyasa Yoga <i>Marquette Latshaw</i>	6:00-6:45 MS Adrenaline <i>Julie Olschwanger</i>	6:00-6:50 YS Vinyasa Yoga <i>Amanda Johnson</i>	6:00-6:45 MS Athletic Conditioning <i>Don Burgess</i>	8:00-8:50 MS Dance! <i>Kim Stevens Sturkie</i>	9:00-9:45 YS Pilates <i>Denise McKeague</i>
7:00-7:50 YS Pilates <i>Larry Lane</i>	6:30-7:00 MS◆ Firestarter <i>Megan Hendricks</i>	6:30-7:15 TR◆ Elevate <i>Megan Hendricks</i>	6:30-7:00 MS Tabata Cardio <i>David Case</i>	7:00-7:50 YS Pilates <i>Larry Lane</i>	8:00-8:45 TR◆ Precision Running® <i>Megan Hendricks</i>	9:30-10:15 CS◆ Performance Cycling <i>Jeffrey Waller</i>
8:00-9:25 YS Iyengar Yoga <i>Larry Lane</i>	8:30-9:00 MS Tabata Cardio <i>Kevin Crenshaw</i>	8:30-9:15 CS◆ Rhythm Revolution <i>Natalie Clarke</i>	8:30-9:00 MS◆ Firestarter <i>Megan Hendricks</i>	8:00-9:25 YS Iyengar Yoga <i>Larry Lane</i>	9:00-9:50 MS Cardio Sculpt <i>Megan Hendricks</i>	10:00-10:50 MS Chisel'd <i>Anna Matsumoto</i>
8:30-9:15 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	8:30-9:30 YS Vinyasa Yoga (L2) <i>Loren Bassett</i>	8:30-9:20 MS STRONG <i>Crystal Pollard</i>	8:30-9:30 YS Vinyasa Yoga (L2) <i>Loren Bassett</i>	8:30-9:15 CS◆ Rhythm Revolution <i>Natalie Clarke</i>	9:15-10:30 YS Power Yoga <i>Mike Mauren</i>	10:00-11:00 YS Vinyasa Yoga <i>Courtney Bartolomei</i>
8:30-9:20 MS◆ Ropes and Rowers <i>Crystal Pollard</i>	9:00-9:15 MS Best Arms Ever <i>Kevin Crenshaw</i>	8:30-9:30 YS Vinyasa Yoga <i>Marianne Cook</i>	9:00-9:30 MS Best Butt Ever <i>Megan Hendricks</i>	8:30-9:20 MS Full Throttle <i>Don Burgess</i>	9:30-10:15 CS◆ Rhythm Revolution <i>Blye Gallagher</i>	4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
9:30-10:20 MS Sweat <i>Bob Harbeson</i>	9:15-9:30 MS Best Abs Ever <i>Kevin Crenshaw</i>	9:30-10:20 MS Cardio Sculpt <i>Megan Hendricks</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:30-10:25 MS Body Challenge <i>Viada G. Parrott</i>	10:00-10:50 MS Metabolic Meltdown <i>David Case</i>	
9:30-10:20 TR◆ Precision Running® <i>Christina Stylianou</i>	9:35-10:20 CS◆ Rhythm Revolution <i>Bob Harbeson</i>	9:35-10:35 YS Vinyasa Yoga (L2) <i>Shelley Beeson</i>	9:35-10:20 MS Barre Fit Cardio <i>Maggie Ruschhaupt</i>	9:30-10:20 TR◆ Precision Running® <i>Marquette Latshaw</i>	10:45-11:45 YS Yoga Fundamentals <i>Amanda Johnson</i>	
9:35-10:35 YS Yoga Sculpt <i>Loren Bassett</i>	9:35-10:20 MS Barre Fit Cardio <i>Monica Flores</i>	10:30-11:15 MS Dance! <i>Kim Stevens Sturkie</i>	9:35-10:35 YS Vin-Hatha Yoga <i>DeAnna Haun</i>	9:35-10:35 YS Vinyasa Yoga (L2) <i>Marianne Cook</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>	12:15-12:45 MS Full Throttle <i>Don Burgess</i>	10:40-11:30 YS Restorative Yoga <i>Abra Garrett</i>	10:30-11:15 MS Dance! <i>Vickie Griffith</i>		
5:30-6:00 MS Body Blast <i>Viada G. Parrott</i>	10:40-11:10 YS Meditation <i>Will Amason</i>	5:30-6:00 MS Best Butt Ever <i>Courtney Krauss</i>	12:00-12:45 MS METCON3 <i>Bethany McIlroy</i>	10:30-11:15 MS Dance! <i>Vickie Griffith</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>Amanda Johnson</i>	5:45-6:30 CS◆ Rhythm Revolution <i>Frank Rivera</i>	12:00-12:45 MS Tabata <i>Bob Harbeson</i>		
6:00-6:30 MS Cardio Blast <i>Viada G. Parrott</i>	5:45-6:30 MS Rhythm Revolution <i>Garrett Bass</i>	6:00-6:30 MS◆ Firestarter <i>Courtney Krauss</i>	5:45-6:30 MS Barre Fit Cardio <i>Anna Matsumoto</i>			
6:30-6:45 MS Best Arms Ever <i>Blye Gallagher</i>	5:45-6:30 MS Barre Fit Cardio <i>Anna Matsumoto</i>	6:30-6:45 MS Best Arms Ever <i>Courtney Krauss</i>	6:30-7:30 YS Power Yoga (L2) <i>Mike Mauren</i>			
6:45-7:30 MS Best Butt Ever <i>Blye Gallagher</i>	6:30-7:30 YS Power Yoga (L2) <i>Mike Mauren</i>	6:35-7:05 YS Stretch Therapy <i>Amanda Johnson</i>				
	6:45-7:30 MS Metabolic Meltdown <i>Jessica Peterson</i>	6:45-7:30 MS Barre Fit Cardio <i>Maggie Ruschhaupt</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

TR	Treadmill Area
YS	Yoga Studio
CS	Cycling Studio
MS	Main 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

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

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.

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.

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

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. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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 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.

CONDITIONING

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 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 BLAST Nonstop cutting-edge strength

workout using various equipment to achieve maximum results in minimum time.

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.

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.

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.

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!

SWEAT A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

YOGA SCULPT A fusion of yoga, sculpting and core work, this Vinyasa class uses weights, bands and balls to lengthen and strengthen your body. Get ready to sculpt your physique, improve posture and boost your metabolism.

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.

DANCE

DANCE! Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.

STRETCH THERAPY Major muscle groups are stretched actively with use of a rope or band for added benefits. May include A.I. (active isolated) and other techniques. Increases flexibility. All levels.