

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45–6:30 CS ♦ Performance Cycling <i>Jeffrey Waller</i> 6:00–6:50 MS METCON25 <i>Jessica Peterson</i> 7:00–7:50 YS Pilates <i>Larry Lane</i> 8:00–9:30 YS Iyengar Yoga <i>Larry Lane</i> 8:30–9:15 CS ♦ Rhythm Revolution <i>Bob Harbeson</i> 8:30–9:20 MS ♦ Ropes and Rowers <i>Crystal Pollard</i> 9:30–10:15 MS Chisel'd <i>Bob Harbeson</i> 9:30–10:15 TR ♦ Precision Running® <i>Crystal Pollard</i> 9:45–10:45 YS Yoga Sculpt <i>Loren Bassett</i>	6:00–6:45 MS I.T.V. interval training <i>Megan Hendricks</i> 6:00–6:50 YS Vinyasa Yoga <i>Marquette Latshaw</i> 8:30–9:00 MS Armed and Dangerous <i>Kevin Crenshaw</i> 8:30–9:30 YS Vinyasa Yoga (L2) <i>Loren Bassett</i> 9:00–9:30 MS Best Abs Ever <i>Kevin Crenshaw</i> 9:35–10:20 CS ♦ Rhythm Revolution <i>Bob Harbeson</i> 9:40–10:30 MS Barre Fit Cardio <i>Monica Flores</i> 9:45–11:00 YS Vin-Hatha Yoga <i>DeAnna Haun</i>	6:00–6:45 CS ♦ Breathless: The Ride <i>Megan Hendricks</i> 6:00–6:45 MS Adrenaline <i>Marquette Latshaw</i> 7:00–7:50 YS Pilates <i>Lizzie Kennelly</i> 8:30–9:15 CS ♦ Rhythm Revolution <i>Natalie Clarke</i> 8:30–9:20 MS STRONG <i>Crystal Pollard</i> 8:30–9:30 YS Vinyasa Yoga <i>Marianne Cook</i> 9:30–10:20 MS THE CUT <i>Megan Hendricks</i> 9:45–10:45 YS Vinyasa Yoga (L2) <i>Shelley Beeson</i> 10:30–11:15 MS Zumba® <i>Kim Stevens Sturkie</i>	6:00–6:45 MS Tabata <i>David Case</i> 6:00–6:50 YS Vinyasa Yoga <i>Amanda Johnson</i> 8:30–9:00 MS Best Butt Ever <i>Whitney Walker</i> 8:30–9:30 YS Vinyasa Yoga (L2) <i>Loren Bassett</i> 9:00–9:30 MS Best Abs Ever <i>Whitney Walker</i> 9:35–10:20 CS ♦ Rhythm Revolution <i>Bob Harbeson</i> 9:40–10:30 MS EQX Barre Burn <i>Team Equinox</i> 9:45–11:00 YS Vin-Hatha Yoga <i>DeAnna Haun</i>	5:45–6:30 CS ♦ Performance Cycling <i>Jeffrey Waller</i> 6:00–6:45 MS H.I.T. Full Body Conditioning <i>Whitney Walker</i> 7:00–7:50 YS Pilates Fusion <i>Larry Lane</i> 8:00–9:30 YS Iyengar Yoga <i>Larry Lane</i> 8:30–9:15 CS ♦ Rhythm Revolution <i>Natalie Clarke</i> 8:30–9:20 MS THE CUT <i>Kimberly Westphall</i> 9:30–10:20 MS Metabolic Meltdown <i>Crystal Pollard</i> 9:30–10:15 TR ♦ Precision Running® <i>Marquette Latshaw</i> 9:45–10:45 YS Vinyasa Yoga (L2) <i>Marianne Cook</i> 10:30–11:15 MS Dance! <i>Vickie Griffith</i>	8:00–8:50 MS Zumba® <i>Kim Stevens Sturkie</i> 8:00–8:45 TR ♦ Precision Running® <i>Megan Hendricks</i> 8:15–9:00 CS ♦ Performance Cycling <i>Marquette Latshaw</i> 9:00–9:50 MS Best Butt Ever <i>Megan Hendricks</i> 9:15–10:30 YS Power Yoga <i>Mike Mauren</i> 9:30–10:15 CS ♦ Performance Cycling <i>Jeffrey Waller</i> 10:00–10:50 MS STRONG <i>David Case</i> 10:45–11:45 YS Stiff Guy Yoga <i>Amanda Johnson</i> 11:00–11:50 MS Fully Loaded <i>David Case</i>	9:00–9:50 MS Tabata <i>Daniel Abercrombie</i> 9:00–9:45 YS Pilates <i>Courtney Corbeille</i> 9:45–10:30 CS ♦ Performance Cycling <i>Laura Westerlage</i> 10:00–10:50 MS Chisel'd <i>Anna Matsumoto</i> 10:00–11:30 YS Power Yoga <i>Carter Twitty</i> 11:00–11:50 MS Boxing Boot Camp <i>Daniel Abercrombie</i>
12:00–12:45 MS Kettlebell Power <i>David Case</i>	12:00–12:45 MS Tabata <i>Daniel Abercrombie</i> 4:45–5:35 MS Mega Dance <i>Kim Stevens Sturkie</i>	12:00–12:45 MS I.T.V. interval training <i>Megan Hendricks</i>	12:00–12:50 MS METCON25 <i>Kevin Crenshaw</i>	12:00–12:45 MS Whipped! <i>Daniel Abercrombie</i>		4:00–5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>
5:00–5:30 MS Best Abs Ever <i>Kevin Crenshaw</i> 5:45–6:35 MS METCON3 <i>Kevin Crenshaw</i> 5:45–6:30 YS Stiff Guy Yoga <i>Marquette Latshaw</i> 6:00–6:45 CS ♦ Breathless: The Ride <i>Kelly Republican</i> 6:45–7:30 MS Best Butt Ever <i>Anna Matsumoto</i>	5:45–6:35 MS Barre Fit Cardio <i>Anna Matsumoto</i> 6:00–6:45 CS ♦ Rhythm Revolution <i>Megan Hendricks</i> 6:15–7:30 YS Power Yoga (L2) <i>Mike Mauren</i> 6:45–7:30 MS METCON25 <i>Jessica Peterson</i>	5:00–5:30 MS Best Abs Ever <i>Courtney Corbeille</i> 5:45–6:35 MS Best Butt Ever <i>Courtney Corbeille</i> 5:45–6:30 YS Stiff Guy Yoga <i>Amanda Johnson</i> 6:30–7:15 YS Stretch Therapy <i>Amanda Johnson</i> 6:45–7:30 MS Chisel'd <i>Anna Matsumoto</i>	5:45–6:30 MS Barre Fit Cardio <i>Anna Matsumoto</i> 6:00–6:45 CS ♦ Performance Cycling <i>Laura Westerlage</i> 6:15–7:30 YS Power Yoga (L2) <i>Mike Mauren</i>			

EQUINOX

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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.burse@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
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

This September, Equinox is celebrating its 25th Anniversary! To celebrate we put a twist on some of our most popular signature classes, customized for this special occasion. Don't miss out.



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® Efficient and precisely designed intervals on the treadmill will hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring headphones.



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. Stresses understanding the body and how it works.

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.



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.

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!

KETTLEBELL 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.

METCON25 Specially developed for our 25th Anniversary, METCON25 reimagines our signature class with five high-intensity rounds of quintuple metabolic conditioning, concluding with a challenging grand finale.

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. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

TABATA A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat.

WHIPPED! Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.



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.



CONDITIONING

ARMED AND DANGEROUS Take no prisoners. In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment. Workout ends with hard core abdominal training.

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.

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.

FULLY LOADED Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

H.I.T. FULL BODY CONDITIONING "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

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!

YOGA SCULPT A dynamic fusion of yoga, body sculpting and core work, this upbeat vinyasa class uses resistance bands and pilates balls to actively 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.

PILATES FUSION Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.



DANCE

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

MEGA DANCE Have fun and get your cardio done with choreographed power routines. Hip hop, jazz, ballet & international dance steps mix for an energetic & easy to follow workout. 45 min of non-stop dancing followed by 15 min of core & yoga type exercised & stretches.

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.



BOXING & MARTIAL ARTS

BOXING BOOT CAMP Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.



ACTIVE REGENERATION

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.