

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>		9:00-9:50 MS Tabata <i>Bob Harbeson</i>	
6:00-6:45 MS Stacked! <i>Jessica Peterson</i>		6:00-6:45 CS♦ Performance Cycling <i>Laura Westerlage</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</i>		9:00-9:45 YS Pilates <i>Denise McKeague</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>Viada G. Parrott</i>		6:00-6:50 YS Vinyasa Yoga <i>Amanda Johnson</i>		6:00-6:45 YS Barre Fit Cardio <i>Kayah Franklin</i>		8:00-8:45 TR♦ Precision Running® <i>Vlada G. Parrott</i>		10:00-10:45 CS♦ Rhythm Revolution <i>Angelica Walters</i>	
6:45-7:30 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>		8:30-9:15 CS♦ Rhythm Revolution <i>Frank Rivera</i>		7:00-7:50 YS Pilates <i>Larry Lane</i>		9:00-9:50 MS Cardio Sculpt <i>Vlada G. Parrott</i>		10:00-10:50 MS Chisel'd <i>Anna Matsumoto</i>	
7:30-8:30 YS Iyengar Yoga <i>Larry Lane</i>		8:30-9:15 CS♦ 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>		8:00-9:25 YS Iyengar Yoga <i>Larry Lane</i>		9:00-9:50 TR♦ Elevate <i>Leah Troxel</i>		10:00-11:00 YS Vinyasa Yoga <i>Courtney Bartolomei</i>	
8:30-9:00 MS Definitions <i>Bob Harbeson</i>		8:30-9:00 MS Tabata Cardio <i>Shaylon Robbins</i>		8:30-9:30 YS Vinyasa Yoga <i>Loren Bassett</i>		8:30-9:25 YS♦ Trilogy Barre <i>Ashley Friemel</i>		8:30-9:20 MS Damage Control <i>Crystal Pollard</i>		9:15-10:25 YS Power Yoga <i>Mike Mauren</i>			
8:30-9:20 TR♦ Precision Running® <i>Marquette Latshaw</i>		8:30-9:00 MS Elite Endurance Barre <i>Monica Flores</i>		9:30-10:20 MS Stacked! <i>Natalie Clarke</i>		9:00-9:30 MS Body Sculpt <i>Megan Hendricks</i>		8:30-9:20 TR♦ Precision Running® <i>Bob Harbeson</i>		9:30-10:15 CS♦ Rhythm Revolution <i>Blye Gallagher</i>		4:00-5:00 YS Vinyasa Yoga <i>Amanda Johnson</i>	
8:35-9:35 YS Vinyasa Yoga <i>Loren Bassett</i>		9:00-9:30 MS Upper Body Conditioning <i>Shaylon Robbins</i>		9:35-10:20 CS♦ Rhythm Revolution <i>Megan Hendricks</i>		9:35-10:05 MS Best Butt Ever <i>Ashley Friemel</i>		9:30-10:00 MS Best Abs Ever <i>Leah Troxel</i>		10:00-10:50 MS Metabolic Meltdown <i>David Case</i>			
9:00-9:20 MS Core Cuts <i>Bob Harbeson</i>		9:35-10:25 MS Rhythm Revolution <i>Megan Hendricks</i>		9:40-10:25 YS Long, Lean Legs <i>Kim Stevens</i>		9:35-10:25 TR♦ Tread and Shred <i>Megan Hendricks</i>		9:35-10:20 CS♦ Rhythm Revolution <i>Bob Harbeson</i>		10:30-11:30 YS Yoga Fundamentals <i>Amanda Johnson</i>			
9:30-10:20 MS Metabolic Meltdown <i>Marquette Latshaw</i>		9:35-10:20 TR♦ Precision Running® <i>Shaylon Robbins</i>		10:35-11:35 YS Vinyasa Yoga <i>Shelley Beeson</i>		9:35-10:35 YS Vin-Hatha Yoga <i>DeAnna Haun</i>		9:40-10:30 YS♦ Barre <i>Vlada G. Parrott</i>		10:00-10:15 MS Elite Endurance Barre <i>Monica Flores</i>			
9:35-10:20 CS♦ Rhythm Revolution <i>Bob Harbeson</i>		9:35-10:35 YS Vin-Hatha Yoga <i>DeAnna Haun</i>		10:40-11:30 MS Dance! <i>Kim Stevens</i>		10:05-10:25 MS Core Conditioning <i>Ashley Friemel</i>		10:00-10:15 MS Best Arms Ever <i>Leah Troxel</i>		11:00-11:50 MS Dance! <i>Vickie Griffith</i>			
9:40-10:35 YS♦ Trilogy Barre <i>Monica Flores</i>		10:45-11:15 YS Meditation <i>Will Amason</i>		12:00-12:45 QX Queenax Bootcamp <i>Natalie Eliason</i>		12:00-12:45 MS CSI-Cardio Strength Intervals <i>Bethany McLlroy</i>		10:30-11:15 MS Dance! <i>Vickie Griffith</i>					
12:00-12:45 MS Iron Body: Power <i>David Case</i>		12:00-12:50 MS Metabolic Meltdown <i>Will Amason</i>		5:30-6:00 MS Best Butt Ever <i>Marquette Latshaw</i>		5:45-6:30 CS♦ Studio Cycling <i>Jessica Richter</i>		12:00-12:45 QX Queenax Bootcamp <i>Natalie Eliason</i>					
5:30-6:00 MS Upper Body Conditioning <i>Leah Troxel</i>		5:45-6:30 CS♦ Rhythm Revolution <i>Frank Rivera</i>		5:45-6:30 YS Stiff Guy Yoga <i>Amanda Johnson</i>		5:45-6:40 YS♦ Trilogy Barre <i>Ashley Friemel</i>							
5:45-6:30 YS Stiff Guy Yoga <i>Marquette Latshaw</i>		5:45-6:35 YS Barre Fit Cardio <i>Ashley Friemel</i>		6:00-6:30 MS Tabata Cardio <i>Marquette Latshaw</i>		6:00-6:45 MS The Skinny Jeans Workout™ <i>Blye Gallagher</i>							
6:00-6:30 MS Firestarter <i>Leah Troxel</i>		6:00-6:45 MS Metabolic Meltdown <i>Kimberly Westphall</i>		6:30-6:45 MS Best Arms Ever <i>Leah Troxel</i>		6:45-7:45 YS Power Yoga (L2) <i>Mike Mauren</i>							
6:45-7:30 MS Best Butt Ever <i>Blye Gallagher</i>		6:45-7:15 MS Body Sculpt <i>Ashley Friemel</i>		6:45-7:15 MS Best Abs Ever <i>Leah Troxel</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 Fit Cardio <i>Robin Varnado</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 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.

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.

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.

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.

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 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.

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 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.

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.

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 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.

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

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

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.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

CORE CUTS Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

LONG, LEAN LEGS Sculpt your hips, buns and thighs! An anything goes workout dedicated to lifting, shaping and toning your lower body.

THE SKINNY JEANS WORKOUT™ A Whole Body Workout designed to focus on your abs, buns and thighs and get you into those skinny jeans. Molly Fox creator, Skinny Jeans Advocate and Change your Body Agent, fused tried and true 80's exercises with new modern moves. A fitness experience for all ages, get into a pair today...