

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
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>Natalie Clarke</i> (SUB)	8:30-9:15 CS◆	Gear up for Summer <i>Jeffrey Waller</i>	5:45-6:30 MS	I.T.V. interval training <i>Megan Hendricks</i>	6:00-6:45 CS◆	Breathless: The Ride <i>Megan Hendricks</i>
6:00-6:50 YS	Vinyasa Yoga <i>Amanda Johnson</i>	6:00-6:45 MS	Athletic Conditioning <i>Megan Hendricks</i> (SUB)	8:00-8:50 MS	Dance! <i>Team Equinox</i> (SUB)	9:00-9:45 YS	Barre <i>Anna Matsumoto</i>	8:30-9:20 MS	Summer Sculpt <i>Crystal Pollard</i>	6:00-6:50 YS	Vinyasa Yoga <i>Marquette Latshaw</i>	6:00-6:45 MS	Adrenaline <i>Marquette Latshaw</i>
6:30-7:00 MS	Tabata Cardio <i>David Case</i>	7:00-7:50 YS	Pilates Fusion <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>	9:30-10:20 MS	Summer Slam <i>Megan Hendricks</i>	6:30-7:00 MS◆	Firestarter <i>Megan Hendricks</i>	8:30-9:15 CS◆	Rhythm Revolution <i>Natalie Clarke</i>
8:30-9:00 MS◆	Firestarter <i>Megan Hendricks</i>	8:30-9:15 CS◆	Rhythm Revolution <i>Natalie Clarke</i>	9:15-10:30 YS	Power Yoga <i>Mike Mauren</i>	10:00-10:50 MS	Chisel'd <i>Anna Matsumoto</i>	9:30-10:30 YS	Memorial Day Warrior Yoga <i>Loren Bassett</i>	8:30-9:00 MS	Tabata Cardio <i>Megan Hendricks</i> (SUB)	8:30-9:20 MS	STRONG <i>Crystal Pollard</i>
8:30-9:30 YS	Vinyasa Yoga (L2) <i>Loren Bassett</i>	8:30-9:20 MS	Full Throttle <i>Megan Hendricks</i> (SUB)	9:30-10:15 CS◆	Rhythm Revolution <i>Blye Gallagher</i>	10:00-11:00 YS	Vinyasa Yoga <i>Courtney</i> <i>Bartolomei</i>			8:30-9:30 YS	Vinyasa Yoga (L2) <i>Loren Bassett</i>	8:30-9:30 YS	Vinyasa Yoga <i>Marianne Cook</i>
9:00-9:30 MS	Best Butt Ever <i>Megan Hendricks</i>	9:30-10:20 MS	Body Challenge <i>Vlada G. Parrott</i>	10:00-10:50 MS	Metabolic Meltdown <i>David Case</i>					9:00-9:30 MS	Upper Body Conditioning <i>Megan Hendricks</i> (SUB)	9:30-10:20 MS	Cardio Sculpt <i>Megan Hendricks</i>
9:35-10:20 CS◆	Rhythm Revolution <i>Megan Hendricks</i> (SUB)	9:30-10:20 MS	Precision Running® <i>Marquette Latshaw</i>	10:45-11:45 YS	Yoga Fundamentals <i>Amanda Johnson</i>					9:35-10:20 CS◆	Rhythm Revolution <i>Garrett Bass</i> (SUB)	9:35-10:35 YS	Vinyasa Yoga (L2) <i>Shelley Beeson</i>
9:35-10:20 MS	Barre Fit Cardio <i>Maggie Ruschhaupt</i>	9:35-10:35 YS	Vinyasa Yoga (L2) <i>Marianne Cook</i>	11:00-11:30 MS	Tabata Cardio <i>David Case</i>					9:35-10:20 MS	Barre Fit Cardio <i>Monica Flores</i>	10:30-11:15 MS	Dance! <i>Kim Stevens</i> <i>Sturkie</i>
9:35-10:35 YS	Vin-Hatha Yoga <i>DeAnna Hawn</i>	10:30-11:15 MS	Dance! <i>Vickie Griffith</i>							9:35-10:35 YS	Vin-Hatha Yoga <i>DeAnna Hawn</i>	12:15-12:45 MS	Full Throttle <i>Don Burgess</i>
10:40-11:30 YS	Restorative Yoga <i>Abra Garrett</i>	12:00-12:45 MS	Tabata <i>Natalie Clarke</i> (SUB)							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>									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>									5:45-6:30 MS	Rhythm Revolution <i>Megan Hendricks</i>	6:00-6:30 MS◆	Firestarter <i>Courtney Krauss</i>
5:45-6:30 MS	Barre Fit Cardio <i>Anna Matsumoto</i>									6:30-7:30 YS	Barre Fit Cardio <i>Anna Matsumoto</i>	6:35-7:05 YS	Stretch Therapy <i>Amanda Johnson</i>
6:30-7:30 YS	Power Yoga (L2) <i>Mike Mauren</i>									6:45-7:30 MS	Metabolic Meltdown <i>Jessica Peterson</i>	6:45-7:30 MS	Barre Fit Cardio <i>Cassie Hale</i> (SUB)

## PRESTON HOLLOW

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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 07:00 AM - 05:00 PM

**MAY 29:** 07:00 AM - 07:00 PM

## 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

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio
TR	Treadmill Area

### WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## 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.

**GEAR UP FOR SUMMER** Get on the summer starting line and get ready to push yourself through multiple climbs, sprints and sequences for a heart-pumping, unpredictable thrill ride.

**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.

**MEMORIAL DAY WARRIOR YOGA** Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

**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.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

**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.

## 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 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 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.

**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!

**SUMMER SCULPT** Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

**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 FUSION** Series of exercises performed on a mat to complement different elements of Pilates work focusing on core 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.

## ACTIVE REGENERATION

**MEDITATION** Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.

**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.