

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:50 CS◆	Studio Cycling <i>Karri Urode-Abe</i>	6:00-6:50 CS◆	Performance Cycling <i>Kimball Theoret</i>	6:00-6:50 CS◆	Studio Cycling <i>Karri Urode-Abe</i>	6:00-6:50 CS◆	Performance Cycling <i>Kimball Theoret</i>	6:00-6:50 CS◆	Performance Cycling <i>Jason Hardy</i>	8:00-9:00 CS◆	Rhythm Revolution <i>Andrew Vo</i>	8:30-9:25 CS◆	Studio Cycling <i>Beth Chilcott</i>
6:30-7:00 MS◆	THE MUSE™ <i>Naomi Warfield</i>	6:00-6:55 PD◆	EQX H2O: Endurance <i>Michael Collins</i>	6:30-7:30 RD	Cross Fusion <i>Doug Katona</i>	6:00-6:55 PD◆	EQX H2O: Speed <i>Jim Dietrich</i>	6:30-7:30 RD	Cross Fusion <i>Doug Katona</i>	8:00-9:00 OL	Hike Club <i>Norma Shechtman</i>	9:00-9:30 MS◆	Firestarter <i>Anthony Campbell</i>
6:30-7:30 RD	Cross Fusion <i>Will Simpson</i>	6:30-7:15 TR◆	Tread and Shred <i>Wes Pedersen</i>	6:30-7:30 YS	Yoga Flow <i>Chloe Porter</i>	6:30-7:15 S3◆	IndoRow <i>Beth Chilcott</i>	6:30-7:30 YS	Power Yoga <i>Emily Strombotne</i>	8:15-9:15 MS	Step Challenge <i>Holly Howard</i>	9:30-10:20 MS◆	PURE STRENGTH <i>Anthony Campbell</i>
6:30-7:15 S3◆	IndoRow <i>Beth Chilcott</i>	6:30-7:30 YS	Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	8:30-9:00 MS◆	THE MUSE™ <i>Joan Wenson</i>	6:30-7:15 TR◆	Tread and Shred <i>Wes Pedersen</i>	8:15-9:15 MS	Cardio Sculpt <i>Joan Wenson</i>	8:15-9:15 YS	Dynamic Vinyasa Yoga <i>Shireen Kavianian</i>	9:30-10:45 YS	Restorative Yoga <i>Newton Campbell</i>
6:30-7:30 YS	Yoga Flow <i>Shireen Kavianian</i>	8:45-9:45 MS	Dance Grooves <i>Lauren Fitzgerald</i>	9:00-9:20 MS	Definitions <i>Joan Wenson</i>	6:30-7:30 YS	Dynamic Vinyasa Yoga <i>Mark Devenpeck</i>	9:30-10:20 MS	Best Butt Ever <i>Tracy Bauer</i>	8:30-9:15 S3◆	IndoRow <i>Beth Chilcott</i>	10:30-11:15 RD◆	TRX MAX <i>Anthony Campbell</i>
7:00-7:30 MS	Pilates Fusion <i>Naomi Warfield</i>	9:30-10:30 YS	Ballet Barre Workout <i>Joan Wenson</i>	9:30-10:20 MS	Best Butt Ever <i>Anthony Campbell</i>	8:45-9:20 MS	Upper Body Conditioning <i>Mark Garcia</i>	9:30-10:15 TR◆	Elevate <i>Norma Shechtman</i>	8:30-9:30 PG◆	Playground Experience - PGX <i>Anthony Campbell,</i> <i>Will Simpson</i>	4:00-5:15 YS	Power Yoga <i>Jana Lewison</i>
8:45-9:30 TR◆	Tread and Shred <i>Wes Pedersen</i>	10:00-10:45 MS	Lower Body Blast! <i>Jason Hardy</i>	9:30-10:20 YS	Centergy <i>Joan Wenson</i>	9:30-10:20 MS	Body Conditioning <i>Mark Garcia</i>	10:30-11:30 MS	Cardio Dance Fusion <i>Aaron Davis</i>	9:15-10:15 CS◆	Studio Cycling <i>Karri Urode-Abe</i>		
9:30-10:20 MS	METCON3 <i>Kristin Osbon</i>	10:45-11:30 MS	Tabata <i>Jason Hardy</i>	10:30-11:30 MS	Cardio Dance Fusion <i>Joanne Terner</i>	9:30-10:30 YS	True Barre <i>Zsolt Banki</i>	10:30-11:30 YS	Athletic Stretch <i>Norma Shechtman</i>	9:30-9:45 MS	Ab Lab <i>Lisa Kinder</i>		
9:30-10:20 YS	Barre <i>Christina Sinclair</i>	11:00-12:00 YS	True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	10:30-11:30 YS	Pilates <i>Katherine Slay</i>	10:30-11:30 MS	Cardio Dance Fusion <i>Shannon Ward</i>	10:30-11:30 YS	Cardio Dance Fusion <i>Shannon Ward</i>	9:30-10:30 RD◆	TRX MAX <i>Joan Wenson</i>		
10:30-11:30 MS	Cardio Dance Fusion <i>Shannon Ward</i>	12:00-12:45 CS◆	Performance Cycling <i>Jason Hardy</i>	12:00-12:45 S3◆	IndoRow <i>Beth Chilcott</i>	11:00-12:00 YS	True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	12:00-1:00 YS	Slow Flow Yoga (L1) <i>Dusty Flowers</i>	9:30-10:30 YS	True Barre <i>Marley Crouch</i>		
10:30-11:30 YS	Pilates <i>Katherine Slay</i>	12:05-1:05 YS	Yoga Flow (L2) <i>Paul DaSilva</i>	12:00-1:00 YS	Vinyasa Yin Yoga <i>Dani Carroll</i>	12:00-12:45 CS◆	ANTHEM™ <i>Chrys Landeros</i>	12:15-1:00 MS	Full Throttle <i>Jason Hardy</i>	9:45-10:30 MS	METCON3 <i>Lisa Kinder</i>		
12:00-12:45 S3◆	IndoRow <i>Beth Chilcott</i>	12:15-12:45 MS◆	THE MUSE™ <i>Christina Sinclair</i>	12:15-1:00 MS	Metabolic Meltdown <i>Jason Hardy</i>	12:05-1:05 YS	Yoga Flow (L2) <i>Paul DaSilva</i>	12:15-1:00 MS	5:30-6:20 MS◆	10:45-11:45 MS	Cardio Dance Fusion <i>Riley Costello</i>		
12:00-1:00 YS	Dynamic Vinyasa Yoga <i>Luciana Freire</i>	12:45-1:00 MS	Ab Lab <i>Christina Sinclair</i>	4:30-5:20 YS	True Barre <i>Zsolt Banki</i>	12:15-12:45 MS◆	THE MUSE™ <i>Zsolt Banki</i>	12:45-1:00 MS	5:30-6:30 YS	10:45-12:00 YS	Dynamic Vinyasa Yoga <i>Paul DaSilva</i>		
12:15-1:00 MS	Full Throttle <i>Kristin Osbon</i>	4:30-5:20 YS	Pilates Power <i>Norma Shechtman</i>	5:30-6:20 CS◆	ANTHEM™ <i>Rachel Neal</i>	12:45-1:00 MS	Ab Lab <i>Zsolt Banki</i>	4:30-5:30 YS	5:30-6:30 MS◆	12:30-1:30 YS	Restorative Yoga <i>Newton Campbell</i>		
4:30-5:20 YS	True Barre <i>Marley Crouch</i>	5:15-6:10 CS◆	Studio Cycling <i>Joan Wenson</i>	5:30-6:20 MS◆	Strength & Sweat <i>Shawn Lawrence</i>	4:30-5:30 YS	Dynamic Vinyasa Yoga <i>Franciska E. Bray-</i> <i>Mezey</i>	5:30-6:15 MS◆	5:30-6:20 MS◆				
5:15-6:10 MS◆	Cardio Blitz <i>Jason Hardy</i>	5:30-6:15 MS◆	Best Butt Ever <i>Lisa Kinder</i>	5:30-6:15 TR◆	Precision Running® <i>Norma Shechtman</i>	5:30-6:15 YS	Studio Cycling <i>Tamara Taylor</i>	5:30-6:15 MS◆	5:30-6:30 YS				
5:30-6:20 TR◆	Precision Running® <i>Beth Chilcott</i>	5:30-6:30 YS	Dynamic Vinyasa Yoga <i>MJ Travers</i>	5:30-6:45 YS	Vinyasa Yin Yoga <i>Brynn Rybackek</i>	6:15-7:10 PD◆	EQX H2O: Endurance <i>Michael Collins</i>	5:40-6:40 YS	5:40-6:40 YS				
5:30-6:45 YS	Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	6:15-7:00 S3◆	IndoRow <i>Wes Pedersen</i>	6:15-7:10 PD◆	6:30-6:45 MS	6:30-6:45 MS	Ab Lab <i>Andy Park</i>	6:00-6:45 MS◆	6:00-6:45 MS◆				
6:15-7:10 PD◆	EQX H2O: Speed <i>Michael Collins</i>	6:30-7:30 PG◆	Playground Experience - PGX <i>Lisa Kinder,</i> <i>Anthony Campbell</i>	6:30-6:45 MS	Ab Lab <i>Andy Park</i>	6:45-7:30 MS	Boxing Boot Camp <i>Andy Park</i>	6:30-7:15 MS	6:30-7:15 MS				
6:30-7:15 CS◆	Performance Cycling <i>Jason Hardy</i>	6:45-7:45 YS	Barre Fit Cardio <i>Zsolt Banki</i>	7:00-8:00 YS	Power Yoga <i>Jana Lewison</i>	6:45-7:30 YS	Power Yoga <i>Jana Lewison</i>	6:30-7:15 MS	6:30-7:15 MS				
6:30-7:20 MS	Chisel'd <i>Lisa Kinder</i>	7:30-8:25 MS	Dance Grooves <i>Rucky McKinley</i>			7:30-8:25 MS		6:30-7:30 PG◆	6:30-7:30 PG◆				
6:30-7:30 RD◆	TRX MAX <i>Joan Wenson</i>							6:45-7:30 YS	6:45-7:30 YS				
7:00-8:00 YS	Power Yoga <i>Jana Lewison</i>							7:30-8:25 MS	7:30-8:25 MS				

SPORTS CLUB ORANGE COUNTY

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EQUINOX.COM
@EQUINOX

MON - FRI: 5:00AM - 10:00PM
SAT - SUN: 7:00AM - 7:30PM

KID'S CLUB HOURS

MON - THU: 8:00 AM - 1:30 PM
MON - THU: 4:30 PM - 8:00 PM
FRI: 8:00 AM - 1:30 PM
SAT & SUN: 8:00 AM - 1:00 PM

GROUP FITNESS MANAGER
WESLEY PEDERSEN
wesley.pedersen@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
RD	Roof Deck
S3	Studio 3
YS	Yoga Studio
TR	Treadmill Area
PD	Pool Deck
PG	The Playground
OL	Offsite Location

WHAT'S NEW THIS MONTH
Graceful. Intense.
Extraordinary. Pack a day's
worth of cardio into a burst

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

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

DYNAMIC VINYASA YOGA Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

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.

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

TRUE FLOW YOGA™ Traditional yogic disciplines into unique & vigorous flow sequences, synchronizing breath with movement. Classes are characterized by anatomical precision, philosophical eloquence & spiritual curiosity. Guided into ease, students easily challenge their boundaries.

VINYASA YIN YOGA A class that will gently stretch and rehabilitate the connective

tissues that form our joints combined with a flowing vinyasa workout.

YOGA FLOW A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

ATHLETIC TRAINING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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 CONDITIONING Informed by the latest findings in exercise science and functional exercises, instructors focus on strengthening and fine-tuning major muscle groups. This cutting-edge workout makes use of various equipment.

CARDIO BLITZ Anything goes in this fat burning, heart pumping class. Cardiovascular training at its best.

CROSS FUSION A broad and inclusive workout to challenge your entire fitness level. Each workout is designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.

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.

HIKE CLUB Train for your next hike in a team environment along some of the most beautiful area trails. All levels welcome.

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!

INDOROW Celebrated by athletes & celebrities alike for "the perfect calorie burn," A one-of-a-kind indoor rowing workout to truly change the way you think about group exercise. Team work & total body challenges focus the mind & push your fitness level in an exhilarating race that leaves you breathless!

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.

PLAYGROUND EXPERIENCE - PGX A supercharged team-on-team class that catapults you through the most challenging circuit-training program we've ever developed. Only available at The Playground, our groundbreaking in-club training space.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

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!

TRX MAX Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

BARRE

BALLET BARRE WORKOUT No prior dance training required. A stretch and ballet technique class that develops long, lean limbs as well as usable skill. Benefits your overall cardiovascular conditioning.

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.

TRUE BARRE Barre at its most authentic, done the Equinox way. Combine ballet movements with conditioning, core work and stretches for that dancer's physique.

LONG + LEAN

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.

CENTERGY Change the way you think about your body and Center Your Energy with Centergy. A fusion of Yoga, Pilates, Dance and traditional exercise done to amazing music. A true experience.

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.

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

LOWER BODY BLAST! Buff your ASSets - butt, hips and thighs with this quick lower body workout designed to strengthen and tone.

STEP CHALLENGE This step class is all about choreography and fun. If you love step, you'll love this heart pounding, blood pumping, high intensity workout. This one-hour class will keep you stepping through the combinations for 45-50 minutes with a cool down and stretch to make your day.

STRENGTH & SWEAT Take cardio sculpt to the next level. This class will incorporate heavy weight training layers, with a high intensity cardio blast. Hit all of those hard to change areas with resistance and melt the fat over top to show lean muscle.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.