

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>	7:30-9:00 OL	Hike Club <i>Norma Shechtman</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 CS◆	Rhythm Revolution <i>Andrew Vo</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>Luciana Freire</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>Ashley Moore</i>	9:30-10:15 TR◆	Elevate <i>Norma Shechtman</i>	8:30-9:30 PG◆	Playground Experience - PGX <i>Anthony Campbell, Will Simpson</i>	11:00-11:50 YS	Barre Fit Cardio <i>Zsolt Banki</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>Ashley Moore</i>	10:30-11:30 MS	True Barre <i>Shaylene Benson</i>	9:15-10:15 CS◆	Studio Cycling <i>Karri Urode-Abe</i>	4:00-5:15 YS	Power Yoga <i>Jana Lewison</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	Cardio Dance Fusion <i>Aaron Davis</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 Rybacek</i>	10:30-11:30 YS	Pilates <i>Katherine Slay</i>	12:00-12:45 S3◆	Cardio Dance Fusion <i>Shannon Ward</i>	12:00-11:30 MS	Athletic Stretch <i>Norma Shechtman</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>	12:00-1:00 YS	Dynamic Vinyasa Yoga <i>Dani Carroll</i>	12:00-1:00 MS	True Flow Yoga™ (L2) <i>Brynn Rybacek</i>	12:00-1:00 YS	Slow Flow Yoga (L1) <i>Dusty Flowers</i>	9:30-10:30 YS	True Barre <i>Jennifer Hall</i>		
10:30-11:30 YS	Pilates <i>Katherine Slay</i>	12:05-1:05 YS	Yoga Flow (L2) <i>Paul DaSilva</i>	12:15-1:00 MS	Metabolic Meltdown <i>Jason Hardy</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>	4:30-5:20 YS	True Barre <i>Zsolt Banki</i>	12:05-1:05 YS	Yoga Flow (L2) <i>Paul DaSilva</i>	5:30-6:20 MS◆	PURE STRENGTH <i>Lisa Kinder</i>	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>	5:30-6:20 MS◆	Strength & Sweat <i>Shawn Lawrence</i>	12:05-1:05 YS	Yoga Flow (L2) <i>Paul DaSilva</i>	5:30-6:30 YS	Iyengar Yoga <i>Joey O'Mara</i>	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>	5:30-6:15 TR◆	Precision Running® <i>Norma Shechtman</i>	12:15-12:45 MS◆	THE MUSE™ <i>Zsolt Banki</i>			12:30-1:30 YS	Restorative Yoga <i>Newton Campbell</i>		
4:30-5:15 MS◆	THE MUSE™ <i>Joan Wenson</i>	5:30-6:15 CS◆	Studio Cycling <i>Wes Pedersen</i>	5:30-6:45 YS	Vinyasa Yin Yoga <i>Brynn Rybacek</i>	12:45-1:00 MS	Ab Lab <i>Zsolt Banki</i>						
5:30-6:15 CS◆	Performance Cycling <i>Joan Wenson</i>	5:30-6:15 MS◆	Best Butt Ever <i>Lisa Kinder</i>	6:15-7:10 PD◆	EQX H2O: Endurance <i>Michael Collins</i>	12:45-1:00 MS	Dynamic Vinyasa Yoga <i>Franciska E. Bray- Mezey</i>						
5:30-6:15 MS◆	Cardio Blitz <i>Jason Hardy</i>	5:30-6:30 YS	Dynamic Vinyasa Yoga <i>MJ Travers</i>	6:30-6:45 MS	Ab Lab <i>Andy Park</i>	5:30-6:15 CS◆	Studio Cycling <i>Tamara Taylor</i>						
5:30-6:20 TR◆	Precision Running® <i>Beth Chilcott</i>	6:15-7:00 S3◆	IndoRow <i>Wes Pedersen</i>	6:45-7:30 MS	Boxing Boot Camp <i>Andy Park</i>	5:30-6:15 MS◆	Tabata <i>Kristin Osbon</i>						
5:30-6:45 YS	Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	6:30-7:30 MS	Dance Grooves <i>Rucky McKinley</i>	7:00-8:00 YS	Power Yoga <i>Jana Lewison</i>	5:40-6:40 YS	Pilates Power <i>Norma Shechtman</i>						
6:15-7:10 PD◆	EQX H2O: Speed <i>Michael Collins</i>	6:30-7:30 PG◆	Playground Experience - PGX <i>Lisa Kinder, Anthony Campbell</i>			6:00-6:45 S3◆	IndoRow <i>Beth Chilcott</i>						
6:30-7:15 CS◆	Performance Cycling <i>Jason Hardy</i>	6:45-7:45 YS	Barre Fit Cardio <i>Zsolt Banki</i>			6:30-7:30 MS	Dance Grooves <i>Emily Mckinney</i>						
6:30-7:20 MS	Chisel'd <i>Lisa Kinder</i>					6:30-7:30 PG◆	Playground Experience - PGX <i>Kristin Osbon</i>						
6:30-7:30 RD◆	TRX MAX <i>Joan Wenson</i>					6:45-7:30 YS	True Barre <i>Tamara Taylor</i>						
7:00-8:00 YS	Power Yoga <i>Jana Lewison</i>												

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 The playlist rules supreme in this beats-based ride. From the classics to the cutting edge, the varying music will motivate you through this high-intensity ride.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

🏃 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.

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.

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 Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest 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.

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 Build strength and endurance all in one intense workout. Continuous movement to the hottest new music keeps your heart pounding as you sculpt and tone your entire body.

CENTERGY For when just one discipline just isn't enough. Combine Yoga, Pilates, Dance, and bodyweight moves into a series of challenges that keep you on your toes and train your mind to expect the unexpected.

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 You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

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.

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.