

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:00-6:50 Studio Cycling CS◆ <i>Karri Urode-Abe</i>	6:00-6:50 Performance Cycling CS◆ <i>Kimball Theoret</i>	6:00-6:50 Studio Cycling CS◆ <i>Karri Urode-Abe</i>	8:30-9:30 Beast n Feast Ride CS◆ <i>Beth Chilcott</i>	8:00-9:00 Thanks and Planks RD◆ <i>Wes Pedersen, Doug Katona</i>	7:30-9:00 Hike Club OL <i>Norma Shechtman</i>	8:30-9:25 Studio Cycling CS◆ <i>Beth Chilcott</i>
6:30-7:30 Cross Fusion RD <i>Will Simpson</i>	6:00-6:55 EQX H2O: PD◆ Endurance <i>Michael Collins</i>	6:30-7:30 Cross Fusion RD <i>Doug Katona</i>	9:00-10:00 Half Time Hustle MS <i>Mark Garcia</i>	8:30-9:30 Carve and Sculpt MS <i>Lisa Kinder</i>	8:00-9:00 Rhythm Revolution CS◆ <i>Andrew Vo</i>	9:00-9:30 THE CUT: Jump MS◆ Rope <i>Anthony Campbell</i>
6:30-7:15 IndoRow S3◆ <i>Beth Chilcott</i>	6:30-7:15 Tread and Shred TR◆ <i>Wes Pedersen</i>	6:30-7:30 Yoga Flow YS <i>Shireen Kavarianian (SUB)</i>	9:30-10:30 True Barre YS <i>Zsolt Banki</i>	9:30-10:20 True Barre YS <i>Shaylene Benson</i>	8:15-9:15 Step Challenge MS <i>Holly Howard</i>	9:30-10:20 PURE STRENGTH MS◆ <i>Anthony Campbell</i>
6:30-7:30 Yoga Flow YS <i>Shireen Kavarianian</i>	6:30-7:30 Dynamic Vinyasa YS Yoga <i>Emily Strombotne</i>	8:30-9:20 Cardio Sculpt MS <i>Joan Wenson</i>	10:30-11:30 Gratitude Yoga YS <i>Shireen Kavarianian</i>	10:30-11:30 Shake and Bake MS <i>Aaron Davis</i>	8:30-9:15 IndoRow S3◆ <i>Beth Chilcott</i>	9:30-10:45 Restorative Yoga YS <i>Dani Carroll (SUB)</i>
8:30-9:15 Tread and Shred TR◆ <i>Wes Pedersen</i>	8:45-9:45 Dance Grooves MS <i>Lauren Fitzgerald</i>	9:30-10:20 Best Butt Ever MS <i>Anthony Campbell</i>		11:30-12:30 Dynamic Vinyasa Yoga YS <i>Dani Carroll</i>	8:30-9:30 Playground PG◆ Experience - PGX <i>Anthony Campbell, Will Simpson</i>	10:30-11:15 TRX MAX RD◆ <i>Anthony Campbell</i>
9:15-10:15 FitBody Workout MS <i>Kristin Osbon (SUB)</i>	9:30-10:30 Ballet Barre YS Workout <i>Joan Wenson</i>	9:30-10:20 Centergy YS <i>Joan Wenson</i>			9:30-9:45 Ab Lab MS <i>Lisa Kinder</i>	11:00-11:50 Barre Fit Cardio YS <i>Zsolt Banki</i>
9:30-10:20 Barre YS <i>Christina Sinclair</i>	10:00-10:45 Lower Body Blast! MS <i>Jason Hardy</i>	10:30-11:30 Cardio Dance MS Fusion <i>Joanne Terner</i>			9:30-10:30 True Barre YS <i>Marley Crouch</i>	
10:30-11:30 Cardio Dance MS Fusion <i>Kristin Osbon (SUB)</i>	10:45-11:30 Tabata MS <i>Jason Hardy</i>	10:30-11:30 Pilates YS <i>Katherine Slay</i>			9:45-10:30 METCON3 MS <i>Lisa Kinder</i>	
10:30-11:30 Pilates YS <i>Katherine Slay</i>	11:00-12:00 True Flow Yoga™ YS (L2) <i>Brynn Rybacek</i>	12:00-12:45 IndoRow S3◆ <i>Beth Chilcott</i>			10:45-11:45 Cardio Dance MS Fusion <i>Emily Mckinney (SUB)</i>	
12:00-12:45 Performance Cycling CS◆ <i>Chrys Landeros (SUB)</i>	12:00-12:45 Performance Cycling CS◆ <i>Jason Hardy</i>	12:00-1:00 Therapeutic Yoga YS Flow (L1) <i>MJ Travers</i>			10:45-12:15 Dynamic Vinyasa YS Yoga <i>Paul DaSilva</i>	
12:00-12:45 IndoRow S3◆ <i>Beth Chilcott</i>	12:05-1:05 Yoga Flow (L2) YS <i>Paul DaSilva</i>	12:15-1:00 Playground PG◆ Experience - PGX <i>Jason Hardy, Shawn Lawrence</i>				
12:00-1:00 Dynamic Vinyasa YS Yoga <i>Luciana Freire</i>	12:15-1:00 Barre MS <i>Zsolt Banki</i>	4:30-5:20 True Barre YS <i>Zsolt Banki</i>				
12:15-1:00 Full Throttle MS <i>Kristin Osbon</i>	4:30-5:20 Pilates Power YS <i>Norma Shechtman</i>	5:30-6:00 Firestarter MS◆ <i>Shawn Lawrence</i>				
4:30-5:20 True Barre YS <i>Marley Crouch</i>	5:30-6:15 Performance Cycling CS◆ <i>Wes Pedersen</i>	5:30-6:45 Vinyasa Yin Yoga YS <i>Brynn Rybacek</i>				
5:15-6:10 Studio Cycling CS◆ <i>Joan Wenson</i>	5:30-6:15 Best Butt Ever MS◆ <i>Lisa Kinder</i>	6:00-6:30 Chisel'd MS <i>Shawn Lawrence</i>				
5:30-6:15 Cardio Blitz MS◆ <i>Jason Hardy</i>	5:30-6:30 Dynamic Vinyasa YS Yoga <i>MJ Travers</i>					
5:30-6:20 Precision Running® TR◆ <i>Beth Chilcott</i>	6:15-7:00 IndoRow S3◆ <i>Wes Pedersen</i>					
5:30-6:45 Dynamic Vinyasa YS Yoga <i>Emily Strombotne</i>	6:30-7:30 Playground PG◆ Experience - PGX <i>Lisa Kinder, Anthony Campbell</i>					
6:15-7:10 EQX H2O: Speed PD◆ <i>Michael Collins</i>	6:45-7:45 Barre Fit Cardio YS <i>Zsolt Banki</i>					
6:30-7:15 Performance Cycling CS◆ <i>Jason Hardy</i>	7:30-8:25 Dance Grooves MS <i>Rucky McKinley</i>					
6:30-7:20 Chisel'd MS <i>Lisa Kinder</i>						
6:30-7:30 TRX MAX RD◆ <i>Joan Wenson</i>						
7:00-8:00 Power Yoga YS <i>Jana Lewison</i>						

SPORTS CLUB ORANGE COUNTY

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 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
RD	Roof Deck
S3	Studio 3
YS	Yoga Studio
TR	Treadmill Area
MS	Main Studio
PD	Pool Deck
PG	The Playground
OL	Offsite Location

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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

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 VINAYASA 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.

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

THERAPEUTIC YOGA FLOW Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

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

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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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!

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.

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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.

CONDITIONING

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.

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

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.

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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.

FITBODY WORKOUT A cardiovascular workout that uses a variety of equipment to great music. Timeless and effective fun for all fitness levels.

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

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

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.

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.

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

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 POWER Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.