

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◆ Performance Cycling <i>Kimball Theoret</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>Kimball Theoret</i>	6:00-6:50 CS◆ Performance Cycling <i>Kimball Theoret</i>	6:00-6:50 CS◆ Performance Cycling <i>Jason Hardy</i>	6:00-6:50 CS◆ Performance Cycling <i>Jason Hardy</i>	7:30-8:30 OL◆ Equinox Run Club <i>Wes Pedersen</i>	8:30-9:25 CS◆ Studio Cycling <i>Beth Chilcott</i>	9:00-9:30 MS◆ Firestarter <i>Anthony Campbell</i>	9:00-9:30 MS◆ Firestarter <i>Anthony Campbell</i>
6:30-7:30 RD Cross Fusion <i>Will Simpson</i>	6:30-7:30 RD EQX H2O: Endurance <i>Michael Collins</i>	6:30-7:30 RD EQX H2O: Endurance <i>Michael Collins</i>	6:30-7:30 RD EQX H2O: Endurance <i>Michael Collins</i>	6:30-7:30 RD Cross Fusion <i>Doug Katona</i>	6:30-7:30 RD EQX H2O: Speed <i>Michael Collins</i>	6:30-7:30 RD EQX H2O: Speed <i>Michael Collins</i>	6:30-7:30 RD EQX H2O: Speed <i>Michael Collins</i>	6:30-7:30 RD Cross Fusion <i>Doug Katona</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>	9:30-10:20 MS◆ PURE STRENGTH <i>Anthony Campbell</i>	9:30-10:20 MS◆ PURE STRENGTH <i>Anthony Campbell</i>
6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	6:30-7:15 PD◆ IndoRow <i>Beth Chilcott</i>	6:30-7:15 PD◆ IndoRow <i>Beth Chilcott</i>	6:30-7:15 PD◆ IndoRow <i>Beth Chilcott</i>	6:30-7:30 YS <b>Yoga Flow Newton Campbell</b>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	6:30-7:30 YS Power Yoga <i>Emily Strombotne</i>	6:30-7:30 YS Power Yoga <i>Emily Strombotne</i>	8:00-9:00 OL Hike Club <i>Norma Shechtman</i>	9:30-10:20 MS◆ PURE STRENGTH <i>Anthony Campbell</i>	9:30-10:45 YS Restorative Yoga <i>Newton Campbell</i>	9:30-10:45 YS Restorative Yoga <i>Newton Campbell</i>
6:30-7:30 YS Yoga Flow <i>Shireen Kavianian</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	8:30-9:20 MS Cardio Sculpt <i>Joan Wenson</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	8:30-9:20 MS Cardio Sculpt <i>Joan Wenson</i>	8:30-9:20 MS Cardio Sculpt <i>Joan Wenson</i>	8:15-9:15 MS Step Challenge <i>Holly Howard</i>	9:30-10:45 YS Restorative Yoga <i>Newton Campbell</i>	10:30-11:25 MS Barre Fit Cardio <i>Maria Hamilton</i>	9:30-10:45 YS Restorative Yoga <i>Newton Campbell</i>
8:30-9:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	9:30-10:20 MS Best Butt Ever <i>Anthony Campbell</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Mark Devenpeck</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Mark Devenpeck</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>	9:30-10:20 MS Best Butt Ever <i>Tracy Bauer</i>	8:15-9:15 YS Dynamic Vinyasa Yoga <i>Shireen Kavianian</i>	10:30-11:25 MS Barre Fit Cardio <i>Maria Hamilton</i>	10:30-11:15 RD◆ TRX MAX <i>Anthony Campbell</i>	10:30-11:25 MS Barre Fit Cardio <i>Maria Hamilton</i>
9:15-10:15 MS FitBody Workout <i>Lisa Andrew</i>	7:30-8:15 TR◆ Precision Running® <i>Michael Collins</i>	7:30-8:15 TR◆ Precision Running® <i>Michael Collins</i>	7:30-8:15 TR◆ Precision Running® <i>Michael Collins</i>	9:30-10:20 YS Centergy <i>Joan Wenson</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	8:30-9:15 S3◆ IndoRow <i>Beth Chilcott</i>	10:30-11:15 RD◆ TRX MAX <i>Anthony Campbell</i>	10:30-11:15 RD◆ TRX MAX <i>Anthony Campbell</i>	10:30-11:15 RD◆ TRX MAX <i>Anthony Campbell</i>
9:30-10:20 YS Barre <i>Christina Sinclair</i>	8:30-9:30 MS Cardio Dance Fusion <i>Mariko Crane</i>	8:30-9:30 MS Cardio Dance Fusion <i>Mariko Crane</i>	8:30-9:30 MS Cardio Dance Fusion <i>Mariko Crane</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	9:30-10:20 YS True Barre <i>Shaylene Benson</i>	9:30-10:20 YS 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>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
10:30-11:30 MS Cardio Dance Fusion <i>Shannon Ward</i>	9:30-10:30 YS Ballet Barre Workout <i>Joan Wenson</i>	9:30-10:30 YS Ballet Barre Workout <i>Joan Wenson</i>	9:30-10:30 YS Ballet Barre Workout <i>Joan Wenson</i>	10:30-11:30 YS Pilates <i>Katherine Slay</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	10:30-11:30 MS Cardio Dance Fusion <i>Aaron Davis</i>	10:30-11:30 MS Cardio Dance Fusion <i>Aaron Davis</i>	9:30-9:45 MS Ab Lab <i>Lisa Kinder</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
10:30-11:30 YS Pilates <i>Katherine Slay</i>	10:00-10:45 MS Lower Body Blast! <i>Joan Hardy</i>	10:00-10:45 MS Lower Body Blast! <i>Joan Hardy</i>	10:00-10:45 MS Lower Body Blast! <i>Joan Hardy</i>	12:00-12:45 S3◆ IndoRow <i>Beth Chilcott</i>	10:30-11:30 YS Athletic Stretch <i>Norma Shechtman</i>	10:30-11:30 YS Athletic Stretch <i>Norma Shechtman</i>	10:30-11:30 YS Athletic Stretch <i>Norma Shechtman</i>	10:30-11:30 YS Athletic Stretch <i>Norma Shechtman</i>	10:30-11:30 YS Athletic Stretch <i>Norma Shechtman</i>	9:30-10:15 RD◆ TRX MAX <i>Joan Wenson</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
12:00-12:45 CS◆ Performance Cycling <i>Tammy Smith</i>	10:45-11:30 MS Tabata <i>Jason Hardy</i>	10:45-11:30 MS Tabata <i>Jason Hardy</i>	10:45-11:30 MS Tabata <i>Jason Hardy</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:00-1:00 YS Slow Flow Yoga (L1) <i>Dusty Flowers</i>	12:00-1:00 YS Slow Flow Yoga (L1) <i>Dusty Flowers</i>	9:30-10:20 TR◆ Precision Running® <i>Beth Chilcott</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
12:00-12:45 S3◆ IndoRow <i>Beth Chilcott</i>	11:00-12:00 YS True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	11:00-12:00 YS True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	11:00-12:00 YS True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	9:30-10:30 YS True Barre <i>Marley Crouch</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
12:00-1:00 YS Dynamic Vinyasa Yoga <i>Luciana Freire</i>	12:00-12:45 CS◆ Performance Cycling <i>Jason Hardy</i>	12:00-12:45 CS◆ Performance Cycling <i>Jason Hardy</i>	12:00-12:45 CS◆ Performance Cycling <i>Jason Hardy</i>	4:30-5:20 YS Barre <i>Zsolt Banki</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	9:45-10:30 MS METCON3 <i>Lisa Kinder</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
12:15-1:00 MS Full Throttle <i>Dallas Gruber</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	5:15-6:10 CS◆ Studio Cycling <i>Joan Wenson</i>	12:00-12:45 CS◆ Performance Cycling <i>Wes Pedersen</i>	12:00-12:45 CS◆ Performance Cycling <i>Wes Pedersen</i>	12:00-12:45 CS◆ Performance Cycling <i>Wes Pedersen</i>	5:30-6:25 MS◆ <b>PURE STRENGTH: SUMMER EDITION Lisa Kinder</b>	5:30-6:25 MS◆ <b>PURE STRENGTH: SUMMER EDITION Lisa Kinder</b>	10:45-11:45 MS Cardio Dance Fusion <i>Shannon Ward</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
4:30-5:20 YS True Barre <i>Marley Crouch</i>	12:15-12:45 MS◆ Firestarter <i>Kristin Osbon</i>	12:15-12:45 MS◆ Firestarter <i>Kristin Osbon</i>	12:15-12:45 MS◆ Firestarter <i>Kristin Osbon</i>	5:30-6:00 MS◆ Firestarter <i>Anthony Campbell</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	10:45-12:15 YS Dynamic Vinyasa Yoga <i>Paul DaSilva</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
5:15-6:10 CS◆ Studio Cycling <i>Joan Wenson</i>	12:45-1:00 MS Ab Lab <i>Kristin Osbon</i>	12:45-1:00 MS Ab Lab <i>Kristin Osbon</i>	12:45-1:00 MS Ab Lab <i>Kristin Osbon</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	12:15-12:45 MS◆ Firestarter <i>Anthony Campbell</i>	12:15-12:45 MS◆ Firestarter <i>Anthony Campbell</i>	12:15-12:45 MS◆ Firestarter <i>Anthony Campbell</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
5:30-6:15 MS◆ Cardio Blitz <i>Jason Hardy</i>	4:30-5:20 YS Pilates Power <i>Norma Shechtman</i>	4:30-5:20 YS Pilates Power <i>Norma Shechtman</i>	4:30-5:20 YS Pilates Power <i>Norma Shechtman</i>	5:30-6:45 YS Vinyasa Yin Yoga <i>Brynn Rybackek</i>	12:45-1:00 MS Ab Lab <i>Kristin Osbon</i>	12:45-1:00 MS Ab Lab <i>Kristin Osbon</i>	12:45-1:00 MS Ab Lab <i>Kristin Osbon</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
5:30-6:20 TR◆ Precision Running® <i>Beth Chilcott</i>	5:30-6:15 CS◆ Performance Cycling <i>Wes Pedersen</i>	5:30-6:15 CS◆ Performance Cycling <i>Wes Pedersen</i>	5:30-6:15 CS◆ Performance Cycling <i>Wes Pedersen</i>	6:00-6:30 MS Chisel'd <i>Anthony Campbell</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
5:30-6:45 YS Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Jim Dietrich</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
6:15-7:10 PD◆ EQX H2O: Speed <i>Michael Collins</i>	5:30-6:30 YS Dynamic Vinyasa Yoga <i>MJ Travers</i>	5:30-6:30 YS Dynamic Vinyasa Yoga <i>MJ Travers</i>	5:30-6:30 YS Dynamic Vinyasa Yoga <i>MJ Travers</i>	6:30-7:15 RD◆ TRX MAX <i>Anthony Campbell</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Jim Dietrich</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Jim Dietrich</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Jim Dietrich</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
6:30-7:15 CS◆ Performance Cycling <i>Jason Hardy</i>	6:15-7:00 S3◆ IndoRow <i>Wes Pedersen</i>	6:15-7:00 S3◆ IndoRow <i>Wes Pedersen</i>	6:15-7:00 S3◆ IndoRow <i>Wes Pedersen</i>	7:00-7:45 MS Boxing Boot Camp <i>Andy Park</i>	6:30-7:15 RD◆ TRX MAX <i>Anthony Campbell</i>	6:30-7:15 RD◆ TRX MAX <i>Anthony Campbell</i>	6:30-7:15 RD◆ TRX MAX <i>Anthony Campbell</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	6:00-7:00 YS Power Yoga <i>Joey O'Mara</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
6:30-7:20 MS Chisel'd <i>Lisa Kinder</i>	6:30-7:15 MS Athletic Conditioning <i>Lisa Kinder</i>	6:30-7:15 MS Athletic Conditioning <i>Lisa Kinder</i>	6:30-7:15 MS Athletic Conditioning <i>Lisa Kinder</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-7:45 MS Boxing Boot Camp <i>Andy Park</i>	7:00-7:45 MS Boxing Boot Camp <i>Andy Park</i>	7:00-7:45 MS Boxing Boot Camp <i>Andy Park</i>	6:00-6:45 S3◆ IndoRow <i>Beth Chilcott</i>	6:00-6:45 S3◆ IndoRow <i>Beth Chilcott</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
6:30-7:15 RD◆ TRX MAX <i>Joan Wenson</i>	6:30-7:15 MS Athletic Conditioning <i>Lisa Kinder</i>	6:30-7:15 MS Athletic Conditioning <i>Lisa Kinder</i>	6:30-7:15 MS Athletic Conditioning <i>Lisa Kinder</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:30-7:15 MS Step Challenge <i>Susan Garte</i>	6:30-7:15 MS Step Challenge <i>Susan Garte</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:45-7:45 YS Barre Fit Cardio <i>Zsolt Banki</i>	6:45-7:45 YS Barre Fit Cardio <i>Zsolt Banki</i>	6:45-7:45 YS Barre Fit Cardio <i>Zsolt Banki</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:30-7:15 RD Athletic Conditioning <i>Anthony Campbell</i>	6:30-7:15 RD Athletic Conditioning <i>Anthony Campbell</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
	7:30-8:25 MS Dance Grooves <i>Rucky McKinley</i>	7:30-8:25 MS Dance Grooves <i>Rucky McKinley</i>	7:30-8:25 MS Dance Grooves <i>Rucky McKinley</i>		7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:45-7:30 YS Gold Barre <i>Kristin Osbon</i>	6:45-7:30 YS Gold Barre <i>Kristin Osbon</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>
					7:30-8:25 MS Cardio Dance Fusion <i>Kristin Osbon</i>	7:30-8:25 MS Cardio Dance Fusion <i>Kristin Osbon</i>	7:30-8:25 MS Cardio Dance Fusion <i>Kristin Osbon</i>	7:30-8:25 MS Cardio Dance Fusion <i>Kristin Osbon</i>	7:30-8:25 MS Cardio Dance Fusion <i>Kristin Osbon</i>	12:30-1:45 YS Restorative Yoga <i>Newton Campbell</i>	4:00-5:15 YS Power Yoga <i>Jana Lewison</i>	4:00-5:15 YS Power Yoga	

## SPORTS CLUB ORANGE COUNTY

1980 MAIN STREET  
IRVINE CALIFORNIA 92614  
949.975.8400  
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**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
RD	Roof Deck
S3	Studio 3
YS	Yoga Studio
TR	Treadmill Area
MS	Main Studio
PD	Pool Deck
OL	Offsite Location

### WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind.

### STUDIO CYCLING

**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

**EQUINOX RUN CLUB** Whether you're a marathoner, running purist or occasional enthusiast, our outdoor Run Club will inspire more from your run. Improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve results. Created by Wes Pedersen for Equinox.

**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.

**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

**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.

**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.

**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!

**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.

**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!

### 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.

**GOLD BARRE** Do Barre like an athlete. Add figure-skating jumps and focused footwork to your Barre workout and propel your power, balance and endurance. Inspired by Olympic gold medal figure skater Tara Lipinski.

**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.

**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.

**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.

**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.

**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.

**PURE STRENGTH: SUMMER EDITION** Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

**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.

Launching in July in select  
locations.

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