

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◆ 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>	7:30-8:30 OL◆ Equinox Run Club <i>Wes Pedersen</i>	8:30-9:25 CS◆ Studio Cycling <i>Beth Chilcott</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 Cross Fusion <i>Doug Katona</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>Jim Dietrich</i>	6:30-7:30 RD Cross Fusion <i>Doug Katona</i>	6:30-7:30 RD 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>			
6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	6:30-7:15 PD◆ IndoRow <i>Beth Chilcott</i>	6:30-7:30 YS Yoga Flow <i>Newton Campbell</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	6:30-7:30 YS Yoga Flow <i>Newton Campbell</i>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	6:30-7:30 YS Yoga Flow <i>Newton Campbell</i>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</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>			
6:30-7:30 YS Yoga Flow <i>Shireen Kavianian</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	8:30-9:20 MS Cardio Sculpt <i>Joan Wenson</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	8:30-9:20 MS Cardio Sculpt <i>Joan Wenson</i>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</i>	8:30-9:20 MS Cardio Sculpt <i>Joan Wenson</i>	6:30-7:15 S3◆ IndoRow <i>Beth Chilcott</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>			
8:30-9:15 TR◆ Tread and Shred <i>Wes Pedersen</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>Emily Strombotne</i>	9:30-10:20 MS Best Butt Ever <i>Anthony Campbell</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</i>	9:30-10:20 MS Best Butt Ever <i>Anthony Campbell</i>	6:30-7:15 TR◆ Tread and Shred <i>Wes Pedersen</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>	10:30-11:15 RD◆ TRX MAX <i>Anthony Campbell</i>			
9:15-10:15 MS FitBody Workout <i>Lisa Andrew</i>	7:30-8:15 TR◆ Precision Running® <i>Michael Collins</i>	9:30-10:20 YS Centergy <i>Joan Wenson</i>	7:30-8:15 TR◆ Precision Running® <i>Michael Collins</i>	9:30-10:20 YS Centergy <i>Joan Wenson</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Mark Devenpeck</i>	9:30-10:20 YS Centergy <i>Joan Wenson</i>	6:30-7:30 YS Dynamic Vinyasa Yoga <i>Mark Devenpeck</i>	9:30-10:15 TR◆ Elevate <i>Norma Shechtman</i>	8:30-9:15 S3◆ IndoRow <i>Beth Chilcott</i>	11:00-11:50 MS Barre Fit Cardio <i>Zsolt Banki</i>			
9:30-10:20 YS Barre <i>Christina Sinclair</i>	8:45-9:45 MS Dance Grooves <i>Lauren Fitzgerald</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	8:45-9:45 MS Dance Grooves <i>Lauren Fitzgerald</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	8:45-9:20 MS Upper Body Conditioning <i>Mark Garcia</i>	10:30-11:30 MS Cardio Dance Fusion <i>Joanne Terner</i>	8:45-9:20 MS Upper Body Conditioning <i>Mark Garcia</i>	9:30-10:20 YS True Barre <i>Shaylene Benson</i>	8:30-9:30 PG◆ Playground Experience - PGX <i>Anthony Campbell, Will Simpson</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>	10:30-11:30 YS Pilates <i>Katherine Slay</i>	9:30-10:30 YS Ballet Barre Workout <i>Joan Wenson</i>	10:30-11:30 YS Pilates <i>Katherine Slay</i>	9:30-10:20 MS Body Conditioning <i>Mark Garcia</i>	10:30-11:30 YS Pilates <i>Katherine Slay</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>				
10:30-11:30 YS Pilates <i>Katherine Slay</i>	10:00-10:45 MS Lower Body Blast! <i>Jason Hardy</i>	12:00-12:45 S3◆ IndoRow <i>Beth Chilcott</i>	10:00-10:45 MS Lower Body Blast! <i>Jason Hardy</i>	12:00-12:45 S3◆ IndoRow <i>Beth Chilcott</i>	9:30-10:30 YS True Barre <i>Zsolt Banki</i>	12:00-12:45 S3◆ IndoRow <i>Beth Chilcott</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>				
12:00-12:45 CS◆ Performance Cycling <i>Tammy Smith</i>	10:45-11:30 MS Tabata <i>Jason Hardy</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	10:45-11:30 MS Tabata <i>Jason Hardy</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</i>	11:00-12:00 YS True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	12:00-1:00 YS Therapeutic Yoga Flow (L1) <i>MJ Travers</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>	9:30-10:15 RD◆ TRX MAX <i>Joan Wenson</i>				
12:00-12:45 S3◆ IndoRow <i>Beth Chilcott</i>	11:00-12:00 YS True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	12:15-1:00 PG◆ Playground Experience - PGX <i>Jason Hardy, Wes Pedersen (SUB)</i>	11:00-12:00 YS True Flow Yoga™ (L2) <i>Brynn Rybackek</i>	12:15-1:00 PG◆ Playground Experience - PGX <i>Jason Hardy, Wes Pedersen (SUB)</i>	12:00-12:45 CS◆ Performance Cycling <i>Wes Pedersen</i>	12:15-1:00 PG◆ Playground Experience - PGX <i>Jason Hardy, Wes Pedersen (SUB)</i>	12:00-12:45 CS◆ Performance Cycling <i>Wes Pedersen</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	9:30-10:20 TR◆ Precision Running® <i>Beth Chilcott</i>				
12:00-1:00 YS Dynamic Vinyasa Yoga <i>Luciana Freire</i>	12:00-12:45 CS◆ Performance Cycling <i>Jason Hardy</i>	4:30-5:20 YS True Barre <i>Zsolt Banki</i>	12:00-12:45 CS◆ Performance Cycling <i>Jason Hardy</i>	4:30-5:20 YS True Barre <i>Zsolt Banki</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>	12:15-1:00 MS Slow Flow Yoga (L1) <i>Dusty Flowers</i>	9:30-10:15 RD◆ TRX MAX <i>Joan Wenson</i>				
12:15-1:00 MS Full Throttle <i>Dallas Gruber</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	5:15-6:10 CS◆ Studio Cycling <i>Joan Wenson</i>	12:05-1:05 YS Yoga Flow (L2) <i>Paul DaSilva</i>	5:15-6:10 CS◆ Studio Cycling <i>Joan Wenson</i>	12:15-1:00 PG◆ Barre <i>Zsolt Banki</i>	5:15-6:10 CS◆ Studio Cycling <i>Joan Wenson</i>	12:15-1:00 PG◆ Barre <i>Zsolt Banki</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	9:45-10:30 MS METCON3 <i>Lisa Kinder</i>				
4:30-5:20 YS True Barre <i>Marley Crouch</i>	12:15-1:00 MS Barre <i>Zsolt Banki</i>	5:30-6:00 MS◆ Firestarter <i>Shawn Lawrence</i>	12:15-1:00 MS Barre <i>Zsolt Banki</i>	5:30-6:00 MS◆ Firestarter <i>Shawn Lawrence</i>	12:15-1:00 MS Barre <i>Zsolt Banki</i>	5:30-6:00 MS◆ Firestarter <i>Shawn Lawrence</i>	12:15-1:00 MS Barre <i>Zsolt Banki</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	10:45-11:45 MS Cardio Dance Fusion <i>Riley Costello</i>				
5:15-6:10 CS◆ Studio Cycling <i>Joan Wenson</i>	4:30-5:20 YS Pilates Power <i>Norma Shechtman</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	4:30-5:20 YS Pilates Power <i>Norma Shechtman</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	12:15-1:00 MS Barre <i>Zsolt Banki</i>	5:30-6:15 TR◆ Tread and Shred <i>Norma Shechtman</i>	12:15-1:00 MS Barre <i>Zsolt Banki</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>	10:45-12:15 YS Dynamic Vinyasa Yoga <i>Paul DaSilva</i>				
5:30-6:15 MS◆ Cardio Blitz <i>Jason Hardy</i>	5:30-6:15 CS◆ Performance Cycling <i>Wes Pedersen</i>	5:30-6:45 YS Vinyasa Yin Yoga <i>Brynn Rybackek</i>	5:30-6:15 CS◆ Performance Cycling <i>Wes Pedersen</i>	5:30-6:45 YS Vinyasa Yin Yoga <i>Brynn Rybackek</i>	4:30-5:30 YS Dynamic Vinyasa Yoga <i>Franciska E. Bray-Mezey</i>	5:30-6:45 YS Vinyasa Yin Yoga <i>Brynn Rybackek</i>	4:30-5:30 YS Dynamic Vinyasa Yoga <i>Franciska E. Bray-Mezey</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
5:30-6:20 TR◆ Precision Running® <i>Beth Chilcott</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	6:00-6:30 MS Chisel'd <i>Shawn Lawrence</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	6:00-6:30 MS Chisel'd <i>Shawn Lawrence</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	6:00-6:30 MS Chisel'd <i>Shawn Lawrence</i>	5:30-6:15 MS◆ Best Butt Ever <i>Lisa Kinder</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
5:30-6:45 YS Dynamic Vinyasa Yoga <i>Emily Strombotne</i>	5:30-6:30 YS Dynamic Vinyasa Yoga <i>MJ Travers</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Michael Collins</i>	5:30-6:30 YS Dynamic Vinyasa Yoga <i>MJ Travers</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Michael Collins</i>	5:30-6:15 MS◆ I.T.V. interval training <i>Mark Garcia</i>	6:00-6:30 MS Chisel'd <i>Shawn Lawrence</i>	5:30-6:15 MS◆ I.T.V. interval training <i>Mark Garcia</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
6:15-7:10 PD◆ EQX H2O: Speed <i>Michael Collins</i>	6:15-7:00 S3◆ IndoRow <i>Wes Pedersen</i>	6:45-7:00 MS Ab Lab <i>Andy Park</i>	6:15-7:10 PD◆ EQX H2O: Speed <i>Michael Collins</i>	6:45-7:00 MS Ab Lab <i>Andy Park</i>	5:40-6:40 YS Pilates Power <i>Norma Shechtman</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Michael Collins</i>	5:40-6:40 YS Pilates Power <i>Norma Shechtman</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
6:30-7:15 CS◆ Performance Cycling <i>Jason Hardy</i>	6:30-7:30 PG◆ Playground Experience - PGX <i>Lisa Kinder, Anthony Campbell</i>	7:00-7:45 MS Boxing Boot Camp <i>Andy Park</i>	6:30-7:15 CS◆ Performance Cycling <i>Jason Hardy</i>	7:00-7:45 MS Boxing Boot Camp <i>Andy Park</i>	6:00-6:45 S3◆ IndoRow <i>Beth Chilcott</i>	6:15-7:10 PD◆ EQX H2O: Endurance <i>Michael Collins</i>	6:00-6:45 S3◆ IndoRow <i>Beth Chilcott</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
6:30-7:20 MS Chisel'd <i>Lisa Kinder</i>	6:45-7:45 YS Barre Fit Cardio <i>Zsolt Banki</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:30-7:15 RD◆ TRX MAX <i>Joan Wenson</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:30-7:15 MS Step Challenge <i>Susan Garte</i>	6:45-7:00 MS Ab Lab <i>Andy Park</i>	6:30-7:15 MS Step Challenge <i>Susan Garte</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	7:30-8:25 MS Dance Grooves <i>Rucky McKinley</i>		7:00-8:00 YS Power Yoga <i>Jana Lewison</i>		6:30-7:30 PG◆ Playground Experience - PGX <i>Kristin Osbon, Will Simpson</i>	7:00-8:00 YS Power Yoga <i>Jana Lewison</i>	6:30-7:30 PG◆ Playground Experience - PGX <i>Kristin Osbon, Will Simpson</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
					6:45-7:30 YS Gold Barre <i>Team Equinox</i>		6:45-7:30 YS Gold Barre <i>Team Equinox</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					
					7:30-8:25 MS Cardio Dance Fusion <i>Lauren Fitzgerald</i>		7:30-8:25 MS Cardio Dance Fusion <i>Lauren Fitzgerald</i>	12:15-1:00 MS Full Throttle <i>Jason Hardy</i>					

SPORTS CLUB ORANGE COUNTY

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@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

RD	Roof Deck
PD	Pool Deck
OL	Offsite Location
TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio
S3	Studio 3
MS	Main Studio
PG	The Playground

WHAT'S NEW THIS MONTH
15 minutes is all it takes to get your Best Arms Ever, our new summer program!

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

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.

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

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.

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!

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.

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.

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.

This class is designed with
your tank top arms in mind.
Launching in July in select
locations.
