

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY												
5:45-6:30 MS ◆ STRONG <i>Maggie Olvera</i>	6:30-7:15 CS ◆ Cycle Beats <i>Melanie Rosner</i>	6:45-7:30 MS ◆ Athletic Conditioning <i>Maggie Olvera</i>	7:00-8:00 YS ◆ Vinyasa Yoga + Meditation <i>Bobby Candelas</i>	8:00-8:45 MS ◆ METCON3 <i>Chris X</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Bobby Candelas</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Audresha Pemberton</i>	11:00-11:45 MS ◆ Stacked! <i>Ramey Price</i>	12:15-1:00 YS ◆ Barre <i>Matt Araiza</i>	3:30-4:30 YS ◆ Athletic Yoga <i>Lisa Scheller</i>	4:00-4:45 CS ◆ Cycle Beats <i>Thomas Renner</i>	4:15-5:00 TR ◆ Precision Run® <i>Kayla Dye</i>	4:45-5:30 MS ◆ Best Butt Ever <i>Ramey Price</i>	5:15-6:00 YS ◆ True Barre <i>Taylor Gray</i>	5:30-6:15 CS ◆ Cycle Beats <i>Kailyn Lee</i>	5:45-6:30 MS ◆ Tabata Max <i>Chris X</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Bruce Pugh</i>	6:45-7:30 MS ◆ Stacked! <i>Chris X</i>	7:00-7:45 CS ◆ Cycle Power <i>Jude McCarthy</i>						
5:45-6:30 TR ◆ Precision Run® <i>Jude McCarthy</i>	6:15-7:00 MS ◆ Master of One <i>Elena Hernandez</i>	6:30-7:15 CS ◆ Cycle Power <i>Howard Ketelson</i>	7:00-7:45 YS ◆ Barre <i>Matt Araiza</i>	7:45-8:30 MS ◆ Cardio Sculpt <i>Aleah Stander</i>	8:00-8:45 CS ◆ The Pursuit: Burn <i>Jude McCarthy</i>	8:15-9:00 TR ◆ Precision Run® <i>Ramey Price</i>	8:30-9:15 YS ◆ Pilates Mat <i>Rachael Fallon (TX)</i>	9:15-10:00 MS ◆ Tabata Max <i>Aleah Stander</i>	10:00-11:00 YS ◆ Yoga Strong <i>Loren Bassett</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Chelsea Smith</i>	12:15-1:00 MS ◆ Athletic Conditioning <i>Lizzie Furlong</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Rachael Fallon (TX)</i>	4:45-5:30 MS ◆ Ropes and Rowers <i>David Case</i>	5:00-5:45 CS ◆ Cycle Beats <i>Kailyn Lee</i>	5:30-6:15 TR ◆ Precision Run® <i>Jude McCarthy</i>	5:45-6:30 YS ◆ Barre <i>Kim Stevens Sturkie</i>	6:15-7:00 MS ◆ Athletic Conditioning <i>David Case</i>	6:30-7:15 CS ◆ Cycle Power <i>Grace Sells</i>	7:00-8:00 YS ◆ Vinyasa Yoga + Meditation <i>Thomas Renner</i>					
5:45-6:30 MS ◆ Stacked! <i>Alexa Snelleman</i>	6:30-7:15 CS ◆ Cycle Beats <i>Thomas Renner</i>	6:45-7:30 MS ◆ METCON3 <i>Audresha Pemberton</i>	7:00-8:00 YS ◆ Athletic Yoga <i>Rachael Fallon (TX)</i>	8:00-8:45 MS ◆ Ropes and Rowers <i>Ramey Price</i>	9:00-9:45 YS ◆ Yoga Sculpt <i>Dustin Miller</i>	9:30-10:15 MS ◆ Best Butt Ever <i>Ramey Price</i>	11:00-11:45 MS ◆ METCON3 <i>Morgan Bennett</i>	12:15-1:00 YS ◆ True Barre <i>Taylor Gray</i>	3:30-4:30 YS ◆ Vinyasa Yoga <i>Billy Gill</i>	4:15-5:00 TR ◆ Precision Run® <i>Kayla Dye</i>	4:45-5:30 MS ◆ Stacked! <i>Bob Harbeson</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Rachael Fallon (TX)</i>	5:30-6:15 CS ◆ Cycle Beats <i>Melanie Rosner</i>	5:45-6:30 MS ◆ THE CUT <i>Kimberly Westphall</i>	6:30-7:30 YS ◆ Athletic Yoga (HEATED) <i>Lisa Scheller</i>	6:45-7:30 MS ◆ Athletic Conditioning <i>Morgan Bennett</i>	7:00-7:45 CS ◆ Cycle Beats <i>Frank Rivera</i>							
5:45-6:30 TR ◆ Precision Run® <i>Kayla Dye</i>	6:15-7:00 MS ◆ Cardio Sculpt <i>Elena Hernandez</i>	6:30-7:15 CS ◆ Cycle Power <i>Howard Ketelson</i>	7:00-7:45 YS ◆ Best Abs Ever <i>Ramey Price</i>	7:45-8:30 MS ◆ STRONG <i>Crystal Pollard</i>	8:00-8:45 CS ◆ Cycle Power <i>Jude McCarthy</i>	8:15-9:00 TR ◆ Precision Run® <i>Ramey Price</i>	8:30-9:15 YS ◆ True Barre <i>Leah Mitchell</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Chris X</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Loren Bassett</i>	12:00-1:00 YS ◆ Regeneration Yoga <i>Thomas Renner</i>	12:15-1:00 MS ◆ Ropes and Rowers <i>Lizzie Furlong</i>	4:00-5:00 YS ◆ Vinyasa Yoga <i>Chelsea Smith</i>	4:45-5:30 MS ◆ STRONG <i>David Case</i>	5:00-5:45 CS ◆ The Pursuit: Build <i>Jude McCarthy</i>	5:30-6:15 TR ◆ Precision Run® <i>Ashleigh Smith</i>	5:45-6:30 YS ◆ Barre <i>Kim Stevens Sturkie</i>	6:15-7:00 MS ◆ Master of One <i>David Case</i>	6:30-7:15 CS ◆ Cycle Power <i>Grace Sells</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Dustin Miller</i>					
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9:00-9:45 MS ◆ METCON3 <i>Chris X</i>	9:30-10:15 CS ◆ Cycle Beats <i>Frank Rivera</i>	10:00-10:45 MS ◆ Athletic Conditioning <i>Don Burgess</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Rachael Fallon (TX)</i>	10:45-11:30 TR ◆ Precision Run® <i>Kailyn Lee</i>	11:00-11:45 CS ◆ Cycle Beats <i>Jude McCarthy</i>																			
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EQUINOX

HIGHLAND PARK DALLAS

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EQUINOX.COM
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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 8:00PM
SAT - SUN: 7:00AM - 6:00PM

KID'S CLUB HOURS

MON - SUN: 8:00AM - 1:00PM

GROUP FITNESS MANAGER

rameyprice@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

TR Treadmill Area
YS Yoga Studio
CS Cycling Studio
MS Main Studio

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

THE PURSUIT: BUILD Tap into your team's power as you push to the finish. An immersive digital competition-based class that uses data visualization and gaming to build your endurance. An Equinox exclusive.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

RUNNING

PRECISION RUN An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

ATHLETIC YOGA (HEATED) A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

YIN YOGA MEDITATION A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

YOGA SCULPT A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

TABATA MAX + BEST ABS EVER A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRILOGY BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

BOXING AND KICKBOXING

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

SCULPT

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

BEST ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCONS This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class.