

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
5:45-6:30 TR ◆	Precision Run® <i>Kayla Dye</i>	5:45-6:30 CS ◆	Cycle Beats <i>Kayla Dye</i>	5:45-6:30 TR ◆	Elevate <i>Aleah Stander</i>	6:00-6:45 MS ◆	Cardio Sculpt <i>Liz Terry</i>	5:45-6:30 MS ◆	Athletic Conditioning <i>Don Burgess</i>	8:15-9:00 MS ◆	Cardio Sculpt <i>Izzy Eastment</i>	8:45-9:30 YS ◆	Pilates Fusion <i>Denise McKeague</i>
6:00-6:45 MS ◆	Athletic Conditioning <i>Audresha Pemberton</i>	6:00-6:45 MS ◆	Tabata Max <i>Chris X</i>	6:00-6:45 MS ◆	MET CON3 <i>Elena Hernandez</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Bobby Candelas</i>	6:00-6:45 YS ◆	Vinyasa Yoga <i>Marquette Latshaw</i>	8:15-9:00 TR ◆	Precision Run® <i>Vlada G. Parrott</i>	9:00-9:45 MS ◆	MET CON3 <i>Cameron Resurreccion</i>
7:00-7:45 YS ◆	Pilates Fusion <i>Michelle Zada</i>	6:45-7:45 YS ◆	Vinyasa Yoga <i>Rachael Fallon (TX)</i>	7:00-7:45 CS ◆	Cycle Beats <i>Aleah Stander</i>	8:00-8:45 YS ◆	Pilates Fusion <i>Sam Scheller</i>	8:15-9:00 CS ◆	Cycle Power <i>Bob Harbeson</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Courtney Bartolomei</i>	9:30-10:15 CS ◆	Cycle Beats <i>Bob Harbeson</i>
8:15-9:00 YS ◆	Yoga Sculpt <i>Dustin Miller</i>	8:00-8:45 YS ◆	True Barre <i>Leah Mitchell</i>	8:15-9:00 YS ◆	Athletic Yoga <i>Thomas Renner</i>	8:15-9:00 TR ◆	Precision Run® <i>Bobby Candelas</i>	8:30-9:15 MS ◆	Cycle Power <i>Bob Harbeson</i>	9:15-10:00 MS ◆	Stacked! <i>Blye Gallagher</i>	9:45-10:30 YS ◆	Barre <i>Kim Stevens Sturkie</i>
8:30-9:15 MS ◆	MET CON3 <i>Leah Mitchell</i>	8:15-9:00 TR ◆	Elevate <i>Bob Harbeson</i>	8:30-9:15 MS ◆	STRONG <i>Crystal Pollard</i>	9:00-9:45 YS ◆	MET CON3 <i>Dustin Miller</i>	8:30-9:15 MS ◆	Best Butt Ever <i>Audresha Pemberton</i>	9:30-10:15 CS ◆	Best Butt Ever <i>Audresha Pemberton</i>	10:00-10:45 MS ◆	Body Sculpt <i>Audresha Pemberton</i>
9:15-10:00 YS ◆	Barre <i>Kim Stevens Sturkie</i>	8:30-9:15 MS ◆	Athletic Conditioning <i>Morgan Bennett</i>	9:15-10:00 YS ◆	True Barre <i>Liz Terry</i>	9:30-10:15 TR ◆	Trilogy Barre <i>Liz Terry</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Thomas Renner</i>	10:15-11:00 YS ◆	Vinyasa Yoga <i>Thomas Renner</i>	10:30-11:15 MS ◆	Precision Run® <i>Bob Harbeson</i>
9:30-10:15 CS ◆	Cycle Beats <i>Thomas Renner</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Bobby Candelas</i>	9:30-10:15 TR ◆	Elevate <i>Audresha Pemberton</i>	9:45-10:30 MS ◆	THE CUT <i>Alexa Snelleman</i>	9:30-10:15 TR ◆	Elevate <i>Bob Harbeson</i>	10:30-11:15 MS ◆	Athletic Conditioning <i>David Case</i>	10:45-11:45 YS ◆	Vinyasa Yoga <i>Courtney Bartolomei</i>
9:45-10:30 MS ◆	Best Butt Ever <i>Liz Terry</i>	9:30-10:15 MS ◆	Body Sculpt <i>David Case</i>	9:45-10:30 MS ◆	THE CUT <i>Alexa Snelleman</i>	10:30-11:15 YS ◆	Pilates Fusion <i>Sam Scheller</i>	10:00-10:45 CS ◆	Body Sculpt <i>Jude McCarthy</i>	10:45-11:30 TR ◆	Elevate <i>Kayla Dye</i>	11:00-12:00 MS ◆	Tabata Max + Best Abs Ever <i>Anna Matsumoto</i>
10:30-11:30 YS ◆	Vinyasa Yoga <i>Thomas Renner</i>	10:00-10:45 CS ◆	Cycle Power <i>Bob Harbeson</i>	10:30-11:15 YS ◆	Pilates Fusion <i>Sam Scheller</i>	12:00-12:45 MS ◆	MET CON3 <i>Liz Terry</i>	10:30-11:15 YS ◆	True Barre <i>Kim Stevens Sturkie</i>	11:45-12:45 YS ◆	Gentle Yoga + Meditation <i>Chelsea Smith</i>	12:30-1:30 YS ◆	Yoga Sculpt <i>Dustin Miller</i>
12:00-12:45 MS ◆	PURE STRENGTH <i>David Case</i>	10:30-11:15 YS ◆	Barre <i>Matt Araiza</i>	12:00-1:00 YS ◆	Yoga Strong <i>Loren Bassett</i>	12:00-12:45 MS ◆	MET CON3 <i>Liz Terry</i>	12:00-12:45 MS ◆	Ropes and Rowers <i>David Case</i>	12:00-12:45 MS ◆	THE CUT <i>Michelle Zada</i>	4:00-5:00 YS ◆	Vinyasa Yoga + Meditation <i>Amanda Johnson</i>
12:15-1:00 YS ◆	True Barre <i>Liz Terry</i>	12:00-12:45 MS ◆	Cardio Sculpt <i>Aleah Stander</i>	12:15-1:00 MS ◆	Stacked! <i>Alexa Snelleman</i>	5:15-6:00 MS ◆	STRONG <i>Elena Hernandez</i>	4:45-5:30 TR ◆	Precision Run® <i>Jude McCarthy</i>				
5:15-6:00 MS ◆	Body Sculpt <i>Liz Terry</i>	5:15-6:00 MS ◆	Best Butt Ever <i>Meredith Madden</i>	5:00-6:00 YS ◆	Yoga Sculpt <i>Loren Bassett</i>	5:15-6:00 YS ◆	STRONG <i>Elena Hernandez</i>	5:45-6:30 YS ◆	Athletic Stretch <i>Jude McCarthy</i>				
5:30-6:15 YS ◆	Vinyasa Yoga <i>Marquette Latshaw</i>	5:15-6:05 YS ◆	Trilogy Barre <i>Hannah Bankhead</i>	5:15-6:00 MS ◆	MET CON3 <i>Dustin Miller</i>	5:30-6:15 CS ◆	Barre <i>Taylor Gray</i>						
6:15-7:00 MS ◆	MET CON3 <i>Cameron Resurreccion</i>	5:30-6:15 CS ◆	Cycle Beats <i>Thomas Renner</i>	5:30-6:15 TR ◆	Precision Run® <i>David Case</i>	6:15-7:00 MS ◆	Barre <i>Taylor Gray</i>						
6:15-7:00 TR ◆	Elevate <i>Kayla Dye</i>	6:15-7:00 MS ◆	Stacked! + Best Abs Ever <i>Blye Gallagher</i>	6:15-7:00 YS ◆	Regeneration Yoga <i>Amanda Johnson</i>	6:15-7:00 MS ◆	Cycle Beats <i>Thomas Renner</i>						
6:30-7:15 YS ◆	Pilates Fusion <i>Marquette Latshaw</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Mike Mauren</i>	6:30-7:15 MS ◆	Ropes and Rowers <i>David Case</i>	6:30-7:30 YS ◆	Tabata Max <i>Thomasina Edwards</i>						
							Vinyasa Yoga + Meditation <i>Thomas Renner</i>						

PRESTON HOLLOW

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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

liz.terry@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

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

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS 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.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

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.

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.

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 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.

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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery, and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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. 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.

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.

STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

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.