

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 MS ◆ METCON3 <i>Morgan Ford</i>	6:15-7:00 TR ◆ Elevate <i>Samantha Engle</i>	6:15-7:00 TR ◆ Precision Run® <i>Myana Heam</i>	6:30-7:15 MS ◆ Tabata Max <i>Andre Armstead</i>	6:15-7:00 MS ◆ STRONG <i>Samantha Engle</i>	6:30-7:15 CS ◆ Cycle Beats <i>Q Arrington</i>	6:15-7:00 TR ◆ Precision Run® <i>Samantha Engle</i>	6:30-7:20 MS ◆ Ropes and Rowers <i>Andre Armstead</i>	6:15-7:00 TR ◆ Tread and Shred <i>Samantha Engle</i>	6:30-7:15 MS ◆ Stacked! Anthony May	8:15-9:00 MS ◆ Body Sculpt <i>Ashley Horwitz</i>	9:30-10:15 MS ◆ Cardio Sculpt <i>Anthony May</i>	6:30-7:15 CS ◆ Cycle Beats <i>Anthony May</i>	9:45-10:30 CS ◆ Cycle Power <i>Christy Broussard</i>
6:30-7:15 CS ◆ Cycle Beats <i>Anthony May</i>	6:45-7:30 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	6:45-7:30 CS ◆ Cycle Beats <i>Jorge Cardozo</i>	6:45-7:45 YS ◆ Ashtanga Yoga <i>Angie Fanelli</i>	6:45-7:30 TR ◆ Elevate <i>Ashley Horwitz</i>	7:00-8:00 YS ◆ Vinyasa Yoga + Meditation <i>Sean Bohn</i>	6:45-7:30 CS ◆ Cycle Beats <i>Jorge Cardozo</i>	6:45-7:45 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	6:45-7:30 BA ◆ Trilogy Barre <i>Juliana Beladere</i>	6:45-7:45 YS ◆ Power Yoga + Meditation Adena Muncey	9:00-9:45 BA ◆ Pilates Remix <i>Juliana Beladere</i>	10:00-10:45 TR ◆ Precision Run® <i>Joseph Manuel</i>	6:45-7:30 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Ethan Spell</i>
7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	7:00-7:45 BA ◆ Barre <i>Juliana Beladere</i>	7:00-7:45 BA ◆ Barre <i>Juliana Beladere</i>	7:00-7:45 YS ◆ Ashtanga Yoga <i>Angie Fanelli</i>	8:30-9:15 CS ◆ Cycle Beats Q Arrington	7:00-7:45 BA ◆ Pilates Remix <i>Juliana Beladere</i>	6:45-7:45 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	8:30-9:15 CS ◆ Cycle Beats <i>Ashley Horwitz</i>	6:45-7:45 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	8:30-9:15 CS ◆ Cycle Beats <i>Ashley Horwitz</i>	9:15-10:00 MS ◆ METCON3 <i>Jenna Deer</i>	10:30-11:15 BA ◆ Barre <i>Tyler Barbier</i>	7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	10:30-11:00 YS ◆ Vinyasa Yoga <i>Ethan Spell</i>
9:15-10:00 MS ◆ METCON3 <i>Samantha Engle</i>	9:00-10:00 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	9:00-10:00 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>	9:00-10:20 MS ◆ TRX Max <i>Ashley Horwitz</i>	9:15-10:00 MS ◆ Best Butt Ever + Best Abs Ever <i>Anthony May</i>	9:00-10:00 YS ◆ Yoga Strong Kristi Albemaz	9:30-10:15 YS ◆ Body Sculpt <i>Kelley Davidson</i>	9:15-10:00 MS ◆ Tabata Max <i>Samantha Engle</i>	9:15-10:00 MS ◆ Tabata Max <i>Samantha Engle</i>	10:30-11:15 BA ◆ Pilates Remix <i>DK</i>	9:30-10:15 CS ◆ Cycle Beats <i>Ashley Horwitz</i>	10:45-11:30 MS ◆ Athletic Conditioning Anthony May	9:30-10:15 TR ◆ Elevate <i>Ashley Horwitz</i>	10:00-11:00 YS ◆ Vinyasa Yoga <i>Ethan Spell</i>
10:30-11:15 BA ◆ Barre <i>Riley McShanog</i>	10:15-11:00 BA ◆ True Barre <i>DK</i>	10:15-11:00 BA ◆ True Barre <i>DK</i>	10:15-11:00 BA ◆ True Barre <i>DK</i>	9:30-10:15 TR ◆ Precision Run® <i>Ashley Horwitz</i>	9:30-10:15 MS ◆ Body Sculpt <i>Kelley Davidson</i>	10:15-11:00 BA ◆ True Barre <i>DK</i>	10:30-11:15 BA ◆ Pilates Remix <i>DK</i>	11:45-12:30 TR ◆ Elevate <i>DK</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Natasha Ponciano</i>	9:45-10:45 YS ◆ Vinyasa Yoga <i>Natasha Ponciano</i>	11:30-12:15 BA ◆ Trilogy Barre <i>DK</i>	10:30-11:15 TR ◆ Precision Run® <i>Myana Heam</i>	11:30-12:30 YS ◆ Vinyasa Yoga (HEATED) <i>Kristi Albemaz</i>
11:30-12:30 YS ◆ Vinyasa Yoga <i>Pam Urcid</i>	11:30-12:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Ashley Horwitz</i>	11:30-12:15 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Ashley Horwitz</i>	11:45-12:30 TR ◆ Tread and Shred <i>Samantha Engle</i>	11:30-12:30 TR ◆ Vinyasa Yoga <i>Brett Alt</i>	11:30-12:30 MS ◆ PURE STRENGTH <i>Ashley Horwitz</i>	11:45-12:30 BA ◆ Trilogy Barre <i>Samantha Engle</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Danielle Guerrette</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Danielle Guerrette</i>	12:15-1:00 MS ◆ Circuit Training <i>Anthony May</i>	10:00-10:45 BA ◆ True Barre <i>DK</i>	11:30-12:15 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	10:30-11:15 TR ◆ Precision Run® <i>Myana Heam</i>	3:00-4:00 YS ◆ Vinyasa Yoga (HEATED) <i>Brett Alt</i>
11:45-12:30 TR ◆ Tread and Shred <i>Samantha Engle</i>	11:45-12:30 BA ◆ Pilates Remix <i>DK</i>	11:45-12:30 BA ◆ Pilates Remix <i>DK</i>	12:00-12:45 BA ◆ Best Butt Ever + Best Abs Ever <i>Anthony May</i>	11:45-12:30 TR ◆ Precision Run® <i>Ashley Horwitz</i>	11:45-12:30 BA ◆ Trilogy Barre <i>Samantha Engle</i>	12:00-12:45 BA ◆ True Barre <i>DK</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Danielle Guerrette</i>	12:15-1:00 MS ◆ Circuit Training <i>Anthony May</i>	12:45-1:30 BA ◆ True Barre <i>DK</i>	10:45-11:30 CS ◆ ANTHEM™ <i>Chad Neal</i>	4:00-4:45 MS ◆ Best Butt Ever <i>Callie Griffin</i>	10:45-11:30 CS ◆ ANTHEM™ <i>Chad Neal</i>	4:30-5:30 YS ◆ Regeneration Yoga <i>Sean Bohn</i>
12:00-12:45 BA ◆ Barre <i>Riley McShanog</i>	12:00-12:45 YS ◆ Best Butt Ever + Best Abs Ever <i>Anthony May</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Sean Bohn</i>	12:15-1:00 MS ◆ Stacked! <i>Anthony May</i>	12:00-12:45 BA ◆ True Barre <i>DK</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Danielle Guerrette</i>	12:15-1:00 MS ◆ Stacked! <i>Anthony May</i>	12:00-12:45 YS ◆ Vinyasa Yoga <i>Danielle Guerrette</i>	5:00-5:45 TR ◆ Precision Run® <i>Sean Bohn</i>	12:45-1:30 BA ◆ True Barre <i>DK</i>	11:15-12:15 YS ◆ Yin Yoga Meditation <i>DK</i>	4:00-4:45 MS ◆ Best Butt Ever <i>Callie Griffin</i>	11:15-12:15 YS ◆ Yin Yoga Meditation <i>DK</i>	5:45-6:30 TR ◆ Elevate <i>Sean Bohn</i>
5:00-5:45 MS ◆ Athletic Conditioning <i>Samantha Engle</i>	5:15-6:00 BA ◆ Pilates Mat <i>Alexis Sweeney</i>	5:15-6:00 BA ◆ Pilates Mat <i>Alexis Sweeney</i>	5:30-6:15 MS ◆ Tabata Max + Best Abs Ever <i>Ashley Horwitz</i>	5:00-5:45 MS ◆ METCON3 <i>Bree Forrester</i>	5:15-6:00 BA ◆ Barre <i>Riley McShanog</i>	5:15-6:00 BA ◆ Barre <i>Riley McShanog</i>	5:15-6:00 BA ◆ Barre <i>Riley McShanog</i>	5:15-6:00 BA ◆ Barre <i>Riley McShanog</i>	5:15-6:00 BA ◆ Barre <i>Tyler Barbier</i>	11:30-12:15 BA ◆ Trilogy Barre <i>Alexis Sweeney</i>	4:30-5:30 YS ◆ Regeneration Yoga <i>Sean Bohn</i>	5:15-6:00 BA ◆ Barre <i>Tyler Barbier</i>	5:45-6:30 TR ◆ Elevate <i>Sean Bohn</i>
5:15-6:00 BA ◆ True Barre <i>Alexis Sweeney</i>	5:30-6:15 MS ◆ Tabata Max + Best Abs Ever <i>Ashley Horwitz</i>	5:30-6:15 MS ◆ Tabata Max + Best Abs Ever <i>Ashley Horwitz</i>	5:45-6:30 CS ◆ Cycle Beats <i>DK</i>	5:15-6:00 BA ◆ Barre <i>Riley McShanog</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Candice Quino</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Candice Quino</i>	5:30-6:30 CS ◆ Cycle Beats <i>DK</i>	5:30-6:20 MS ◆ TRX Max <i>Anthony May</i>	5:30-6:20 MS ◆ TRX Max <i>Anthony May</i>	11:30-12:20 MS ◆ Ropes and Rowers <i>Callie Griffin</i>	4:00-5:00 YS ◆ Vinyasa Yoga (HEATED) Val Feachen	5:30-6:20 MS ◆ TRX Max <i>Anthony May</i>	5:45-6:30 TR ◆ Elevate <i>Sean Bohn</i>
5:30-6:30 YS ◆ Vinyasa Yoga <i>Sean Bohn</i>	5:45-6:30 CS ◆ Cycle Beats <i>DK</i>	5:45-6:30 CS ◆ Cycle Beats <i>DK</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Brett Alt</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Candice Quino</i>	6:00-6:45 CS ◆ Cycle Beats <i>Anthony May</i>	6:00-6:45 CS ◆ Cycle Beats <i>Anthony May</i>	6:00-6:45 CS ◆ Cycle Beats <i>DK</i>	6:00-6:45 YS ◆ Regeneration Yoga <i>Sean Bohn</i>	6:00-6:45 YS ◆ Regeneration Yoga <i>Sean Bohn</i>			6:00-6:45 CS ◆ Cycle Beats <i>DK</i>	
6:00-6:45 CS ◆ ANTHEM™ <i>Chad Neal</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Brett Alt</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Brett Alt</i>	6:15-7:00 TR ◆ Precision Run® <i>Callie Griffin</i>	6:00-6:45 CS ◆ Cycle Beats <i>Anthony May</i>	6:15-7:05 MS ◆ Whipped! <i>Samantha Engle</i>	6:00-6:45 CS ◆ Cycle Beats <i>Anthony May</i>	6:00-7:00 YS ◆ Vinyasa Yoga (HEATED) <i>Pam Urcid</i>	6:00-6:45 YS ◆ Regeneration Yoga <i>Sean Bohn</i>	6:00-6:45 YS ◆ Regeneration Yoga <i>Sean Bohn</i>			6:00-6:45 CS ◆ Cycle Beats <i>DK</i>	
6:15-7:00 MS ◆ PURE STRENGTH <i>Maria Escalante</i>	6:15-7:00 TR ◆ Precision Run® <i>Callie Griffin</i>	6:15-7:00 TR ◆ Precision Run® <i>Callie Griffin</i>	6:30-7:15 MS ◆ Body Sculpt <i>Anthony May</i>	6:15-7:05 MS ◆ Whipped! <i>Samantha Engle</i>	6:15-7:00 TR ◆ Precision Run® <i>Sean Bohn</i>	6:15-7:00 TR ◆ Precision Run® <i>Sean Bohn</i>	6:15-7:00 TR ◆ Precision Run® <i>Sean Bohn</i>	6:15-7:00 TR ◆ Precision Run® <i>Sean Bohn</i>	6:15-7:00 TR ◆ Precision Run® <i>Sean Bohn</i>			6:15-7:00 TR ◆ Precision Run® <i>Callie Griffin</i>	
6:30-7:15 BA ◆ Pilates Mat Alexis Sweeney	6:30-7:15 MS ◆ Body Sculpt <i>Anthony May</i>	6:30-7:15 MS ◆ Body Sculpt <i>Anthony May</i>	6:45-7:30 BA ◆ Trilogy Barre <i>DK</i>	6:30-7:15 BA ◆ Pilates Remix Becky Riddle	6:30-7:15 BA ◆ Pilates Mat <i>Alexis Sweeney</i>	6:30-7:15 BA ◆ Pilates Mat <i>Alexis Sweeney</i>	6:30-7:15 BA ◆ Pilates Mat <i>Alexis Sweeney</i>	6:30-7:15 BA ◆ Pilates Mat <i>Alexis Sweeney</i>	6:30-7:15 BA ◆ Pilates Mat <i>Alexis Sweeney</i>			6:30-7:15 BA ◆ Pilates Mat Alexis Sweeney	
6:45-7:30 TR ◆ Elevate <i>Sean Bohn</i>	6:45-7:30 BA ◆ Trilogy Barre <i>DK</i>	6:45-7:30 BA ◆ Trilogy Barre <i>DK</i>	7:15-8:15 YS ◆ Regeneration Yoga Ethan Spell	6:45-7:30 TR ◆ Precision Run® <i>Bree Forrester</i>	6:45-7:30 TR ◆ Precision Run® <i>Bree Forrester</i>	6:45-7:30 TR ◆ Precision Run® <i>Bree Forrester</i>	6:45-7:30 TR ◆ Precision Run® <i>Bree Forrester</i>	6:45-7:30 TR ◆ Precision Run® <i>Bree Forrester</i>	6:45-7:30 TR ◆ Precision Run® <i>Bree Forrester</i>			6:45-7:30 TR ◆ Elevate <i>Sean Bohn</i>	
7:00-8:00 YS ◆ Yoga Strong Natasha Ponciano	7:15-8:15 YS ◆ Regeneration Yoga Ethan Spell	7:15-8:15 YS ◆ Regeneration Yoga Ethan Spell		7:00-8:00 YS ◆ Vinyasa Yoga <i>Angie Fanelli</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Angie Fanelli</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Angie Fanelli</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Angie Fanelli</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Angie Fanelli</i>	7:00-8:00 YS ◆ Vinyasa Yoga <i>Angie Fanelli</i>			7:00-8:00 YS ◆ Yoga Strong Natasha Ponciano	

RIVER OAKS

4444 WESTHEIMER ROAD
HOUSTON TX 77027
EQUINOX.COM
@EQUINOX

MON - THU: 5:00AM - 10:00PM

FRI: 5:00AM - 9:00PM

SAT - SUN: 7:00AM - 8:00PM

KID'S CLUB HOURS

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

GROUP FITNESS MANAGER

ashleyhorwitz@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
BA	Barre Studio
MS	Main Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

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 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.

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

ASHTANGA YOGA Developed by K. Pattabhi Jois, this challenging class integrates breath with a specific sequence of poses designed to focus and build strength.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. 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 (HEATED) 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 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.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

CIRCUIT TRAINING Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

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.

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.

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.

TRX MAX A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility and unconventionally challenging your core.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

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 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.

PILATES REMIX A music-driven, rhythmic Pilates class combining classical and contemporary sequences. Use props and choreography to strengthen, sculpt muscle, and increase flexibility. An Equinox exclusive.

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

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.