

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS ◆ <b>Athletic Conditioning</b> <i>Morgan Bennett</i>	5:30-6:15 PR ◆ Precision Run® <i>Cameron Resurreccion</i>	5:30-6:15 CS ◆ Cycle Beats <i>Melanie Rosner</i>	5:30-6:15 PR ◆ Precision Run® <i>Debi Lofstrand</i>	5:30-6:15 CS ◆ Cycle Beats <i>Melanie Rosner</i>	7:30-8:15 MS ◆ Body Sculpt <i>Aleah Stander</i>	8:00-8:45 CS ◆ Cycle Beats <i>Emerie Jones</i>
6:30-7:15 CS ◆ Cycle Beats <i>Kailyn Lee</i>	6:00-6:45 CS ◆ Cycle Power <i>Griffin Ballard</i>	6:00-6:45 MS ◆ <b>STRONG</b> <i>Jude McCarthy</i>	6:00-6:45 CS ◆ Cycle Power <i>Jude McCarthy</i>	5:30-6:30 YS ◆ Regeneration Yoga (HEATED) <i>Lacey Buteyn</i>	7:45-8:30 PR ◆ Precision Run® <i>Ashleigh Smith</i>	8:30-9:30 YS ◆ Vinyasa Yoga (HEATED) <i>Kristin Gonzalez</i>
6:30-7:15 PR ◆ Precision Run® <i>Cameron Resurreccion</i>	6:30-7:15 MS ◆ <b>METCON3</b> <i>Cameron Resurreccion</i>	6:45-7:30 CS ◆ Cycle Beats <i>Melanie Rosner</i>	6:30-7:15 MS ◆ Ropes and Rowers <i>Debi Lofstrand</i>	6:00-6:45 MS ◆ Tabata Max + Best Butt Ever <i>Cassie Doom</i>	8:00-8:45 CS ◆ Cycle Power <i>Jude McCarthy</i>	9:00-9:45 MS ◆ <b>Best Butt Ever</b> <i>Morgan Bennett</i>
7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Kristin Gonzalez</i>	7:00-7:45 PR ◆ Precision Run® <i>Kailyn Lee</i>	7:00-7:45 PR ◆ Precision Run® <i>Kayla Dye</i>	7:00-7:45 PR ◆ Precision Run® <i>Lizzie Furlong</i>	6:30-7:15 PR ◆ Precision Run® <i>Jude McCarthy</i>	8:30-9:15 MS ◆ <b>METCON3</b> <i>Audresha Pemberton</i>	9:15-10:00 CS ◆ Cycle Beats <i>Cari Bodus</i>
7:45-8:30 MS ◆ Best Butt Ever <i>Meredith Madden</i>	7:00-7:45 YS ◆ Trilogy Barre <i>Hannah Bankhead</i>	7:45-8:30 MS ◆ <b>METCON3</b> <i>Lizzie Furlong</i>	7:00-7:45 YS ◆ True Barre <i>Hannah Bankhead</i>	6:45-7:30 CS ◆ Cycle Beats <i>Melanie Rosner</i>	8:30-9:30 YS ◆ Yoga Sculpt <i>Cassie Doom</i>	9:30-10:15 PR ◆ Pilates Fusion <i>Amanda Johnson</i>
8:00-8:45 PR ◆ Precision Run® <i>Morgan Bennett</i>	7:00-7:45 YS ◆ Tabata Max + Best Abs Ever <i>Kayla Dye</i>	8:30-9:15 CS ◆ Cycle Beats <i>Kayla Dye</i>	8:00-8:45 MS ◆ <b>Cardio Sculpt + Best Abs Ever</b> <i>Audresha Pemberton</i>	7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) <i>Lacey Buteyn</i>	9:15-10:00 PR ◆ Fully Vested <i>Kayla Dye</i>	10:00-10:45 YS ◆ Pilates Fusion <i>Amanda Johnson</i>
8:45-9:45 YS ◆ Athletic Yoga <i>Kristin Gonzalez</i>	8:30-9:15 CS ◆ Cycle Power <i>Griffin Ballard</i>	8:45-9:45 YS ◆ Athletic Yoga <i>Kristin Gonzalez</i>	8:30-9:15 CS ◆ Cycle Power <i>Griffin Ballard</i>	8:00-8:45 PR ◆ Precision Run® <i>Jude McCarthy</i>	9:30-10:15 MS ◆ Athletic Conditioning <i>Lizzie Furlong</i>	10:45-11:30 CS ◆ Cycle Beats <i>Shannon Ratcliff</i>
9:00-9:45 CS ◆ Cycle Beats <i>Jude McCarthy</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Dustin Miller</i>	9:15-10:00 MS ◆ Body Sculpt <i>Lizzie Furlong</i>	9:00-10:00 YS ◆ Vinyasa Yoga <i>Rachael Fallon (TX)</i>	8:45-9:45 YS ◆ Yoga Sculpt <i>Cassie Doom</i>	10:15-11:00 YS ◆ True Barre <i>Hannah Bankhead</i>	11:00-11:45 PR ◆ Precision Run® <i>Kayla Dye</i>
9:15-10:00 MS ◆ Cardio Sculpt <i>Izzy Eastment</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cassie Doom</i>	9:30-10:15 PR ◆ Precision Run® <i>Amanda Johnson</i>	9:15-10:00 MS ◆ Athletic Conditioning <i>Cassie Doom</i>	9:15-10:00 MS ◆ Cardio Sculpt + Best Abs Ever <i>Kayla Dye</i>	10:30-11:00 YS ◆ Cardio Dance <i>Audresha Pemberton</i>	11:15-12:00 MS ◆ <b>METCON3</b> <i>Cameron Resurreccion</i>
10:00-10:45 PR ◆ Precision Run® <i>Jude McCarthy</i>	10:00-10:45 PR ◆ Precision Run® <i>Lizzie Furlong</i>	10:00-10:45 TR ◆ Elevate <i>David Case</i>	10:00-10:45 PR ◆ Precision Run® <i>Audresha Pemberton</i>	9:30-10:15 CS ◆ Cycle Beats <i>Jude McCarthy</i>	10:45-11:30 PR ◆ Precision Run: Circuit <i>Lizzie Furlong</i>	11:15-12:15 YS ◆ Vinyasa Yoga + Meditation <i>Amanda Johnson</i>
10:30-11:30 YS ◆ Yoga Sculpt <i>Cassie Doom</i>	10:30-11:15 YS ◆ True Barre <i>Hannah Bankhead</i>	10:30-11:15 YS ◆ Pilates Fusion <i>Amanda Johnson</i>	10:30-11:15 YS ◆ Trilogy Barre <i>Hannah Bankhead</i>	10:15-11:00 TR ◆ Elevate <i>Kayla Dye</i>	11:00-11:45 CS ◆ <b>Cycle Beats</b> <i>Cari Bodus</i>	3:00-4:00 YS ◆ Vinyasa Yoga <i>Katie Sholty</i>
12:00-12:45 CS ◆ Cycle Beats <i>Emily Smith</i>	11:30-12:15 CS ◆ Cycle Power <i>Jude McCarthy</i>	11:30-12:15 PR ◆ Precision Run® <i>Debi Lofstrand</i>	11:30-12:15 CS ◆ Cycle Power <i>Jude McCarthy</i>	10:30-11:15 YS ◆ Barre <i>Leah Mitchell</i>	11:45-12:45 YS ◆ Vinyasa Yoga <i>Kristin Gonzalez</i>	3:30-4:15 PR ◆ Precision Run® <i>Bobby Candelas</i>
12:15-1:00 MS ◆ Ropes and Rowers <i>Debi Lofstrand</i>	12:00-12:45 MS ◆ Body Sculpt <i>Liz Terry</i>	12:00-12:45 PR ◆ Trilogy Barre <i>Amanda Johnson</i>	10:00-10:45 PR ◆ Precision Run® <i>Audresha Pemberton</i>	12:00-1:00 YS ◆ Athletic Yoga <i>Bobby Candelas</i>	3:30-4:15 PR ◆ Precision Run® <i>Bobby Candelas</i>	4:30-5:15 CS ◆ Cycle Power <i>Jude McCarthy</i>
4:45-5:30 MS ◆ Ropes and Rowers <i>Lizzie Furlong</i>	4:30-5:15 PR ◆ Precision Run® <i>Kayla Dye</i>	12:15-1:00 MS ◆ PURE STRENGTH <i>David Case</i>	11:30-12:15 CS ◆ Cycle Power <i>Jude McCarthy</i>	12:15-1:00 MS ◆ <b>METCON3</b> <i>Lizzie Furlong</i>	4:30-5:25 YS ◆ Vinyasa Yoga <i>Bobby Candelas</i>	4:15-5:15 YS ◆ Regeneration Yoga <i>Katie Sholty</i>
5:00-5:45 PR ◆ Precision Run® <i>Ashleigh Smith</i>	5:00-5:45 MS ◆ <b>STRONG</b> <i>Melissa Villamizar</i>	4:45-5:45 YS ◆ Athletic Yoga <i>Lacey Buteyn</i>	12:00-12:45 MS ◆ Body Sculpt <i>Audresha Pemberton</i>	12:15-1:00 MS ◆ <b>METCON3</b> <i>Lizzie Furlong</i>		4:30-5:15 CS ◆ Cycle Power <i>Jude McCarthy</i>
5:45-6:30 YS ◆ Pilates Fusion <i>Amanda Johnson</i>	5:15-6:00 YS ◆ <b>Barre</b> <i>Vlada G. Parott</i>	5:00-5:45 PR ◆ Precision Run® <i>Cameron Resurreccion</i>	4:30-5:15 PR ◆ Fully Vested <i>Kayla Dye</i>	4:00-5:00 YS ◆ Power Yoga + Meditation <i>Kristin Gonzalez</i>		
6:00-6:45 MS ◆ Tabata Max + Best Abs Ever <i>Michelle Zada</i>	5:30-6:15 CS ◆ The Pursuit: Build <i>Ashleigh Smith</i>	5:00-5:45 PR ◆ Precision Run® <i>Cameron Resurreccion</i>	5:00-5:45 MS ◆ Body Sculpt <i>Morgan Bennett</i>	5:00-5:45 PR ◆ Precision Run® <i>Bobby Candelas</i>		
6:30-7:15 CS ◆ Cycle Power <i>Grace Sells</i>	5:45-6:30 PR ◆ Precision Run® <i>Kayla Dye</i>	6:00-6:45 MS ◆ <b>METCON3</b> <i>Cameron Resurreccion</i>	5:15-6:00 YS ◆ True Barre <i>Leah Mitchell</i>	5:15-6:15 YS ◆ Yin Yoga <i>Kristin Gonzalez</i>		
7:00-8:00 YS ◆ Vinyasa Yoga <i>Amanda Johnson</i>	6:00-6:45 MS ◆ Cardio Dance <i>Audresha Pemberton</i>	6:00-6:45 YS ◆ <b>Barre</b> <i>Taylor Young</i>	5:30-6:15 CS ◆ Cycle Power <i>Griffin Ballard</i>			
	6:45-7:45 YS ◆ Vinyasa Yoga (HEATED) <i>Katie Sholty</i>	6:15-7:00 PR ◆ Fully Vested <i>Kayla Dye</i>	5:45-6:30 PR ◆ Precision Run® <i>Kayla Dye</i>			
		6:30-7:15 CS ◆ Cycle Beats <i>Shannon Ratcliff</i>	6:00-6:45 MS ◆ Best Butt Ever <i>Morgan Bennett</i>			
		7:00-8:00 YS ◆ Gentle Yoga + Meditation <i>Jessica Richter</i>	6:45-7:45 YS ◆ Yin Yoga Meditation <i>Katie Sholty</i>			

## PLANO

6109 WEST PARK  
BOULEVARD  
PLANO TX 75093  
EQUINOX.COM  
@EQUINOX

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

**FRI:** 5:00AM - 9:00PM

**SAT - SUN:** 7:00AM - 6:00PM

## KID'S CLUB HOURS

**MON - SUN:** 8:00AM - 2:00PM

## GENERAL MANAGER

MIKOL PASION

mikol.pasion@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
TR	Treadmill Area
MS	Main Studio
PR	PR Lab
YS	Yoga 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.

## 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.

**FULLY VESTED** Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive.

**PRECISION RUN: CIRCUIT** A track and field-based treadmill workout, created by running expert, David Siik. Combine intervals and drills using customized bands to increase your strength and speed. 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.

**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.

**REGENERATION YOGA (HEATED)** 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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**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.

**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.

**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 + 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.

**TABATA MAX + BEST BUTT 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 Butt Ever fires up your glutes to build strength and definition.

## 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.

## DANCE

**CARDIO DANCE** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## 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.

**CARDIO SCULPT + BEST ABS EVER** A combination of rhythmic sculpting and core conditioning. Build abdominal strength and endurance as you shape and define 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 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.

**METCON3** 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.