

**Bold** New Class, Instructor, or Time

◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 MS ◆	<b>STRONG</b> <i>Wii Richards</i>	5:45-6:30 CS ◆	<b>Cycle Beats</b> <i>Miguel Hernandez</i>	6:00-6:45 YS ◆	Barre <i>Mary Margaret Steinle</i>	5:45-6:30 CS ◆	Cycle Beats <i>Whitney Roberts</i>	6:15-7:05 MS ◆	TRX Max Circuit <i>Natasha Whitby</i>	7:45-8:30 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Matt Parel</i>	8:15-9:05 MS ◆	Ropes and Rowers <i>Braelyn Bianchi</i>
6:30-7:15 CS ◆	<b>Cycle Power</b> <i>Jonathan Castillo</i>	6:00-6:45 TR ◆	<b>Precision Run®</b> <i>Eric Cobb</i>	6:15-7:00 MS ◆	Best Butt Ever <i>Natasha Whitby</i>	6:00-6:45 TR ◆	<b>Precision Run®</b> <i>Matt Parel</i>	6:30-7:15 CS ◆	<b>Cycle Power</b> <i>Katie Wells</i>	8:00-8:45 CS ◆	Barre <i>Anna Gammill</i>	8:45-9:45 YS ◆	Vinyasa Yoga + Meditation <i>Julia Veronesi</i>
6:45-7:30 TR ◆	<b>Precision Run®</b> <i>Veronika Cohen</i>	6:30-7:15 MS ◆	Stacked! <i>Jess Clark</i>	6:30-7:15 CS ◆	<b>Cycle Beats</b> <i>Katie Wells</i>	6:30-7:15 MS ◆	Tabata Max <i>Jaime Rauso</i>	6:45-7:30 TR ◆	Precision Run® <i>Jaime Rauso</i>	8:30-9:15 YS ◆	Barre <i>Matt Parel</i>	9:15-10:00 CS ◆	Cycle Beats <i>Miguel Hernandez</i>
7:00-8:00 YS ◆	Athletic Yoga <i>Monique French</i>	7:00-7:45 MS ◆	Cycle Beats <i>Lauren Zambito</i>	6:45-7:30 TR ◆	<b>Precision Run®</b> <i>Veronika Cohen</i>	7:00-7:45 CS ◆	Cycle Beats <i>Miguel Hernandez</i>	7:00-7:45 YS ◆	Barre <i>Melissa Diehl</i>	9:00-9:50 MS ◆	TRX Max Circuit <i>Matt Parel</i>	9:45-10:30 MS ◆	Tabata Max + Best Abs Ever <i>Jess Clark</i>
7:30-8:15 MS ◆	METCON3 <i>Brian Nitz</i>	7:15-8:15 YS ◆	Vinyasa Yoga + Meditation <i>Monique French</i>	7:15-8:15 YS ◆	Athletic Yoga (HEATED) <i>Ela Martin</i>	7:15-8:15 YS ◆	Yoga Strong <i>Ela Martin</i>	7:30-8:15 MS ◆	Best Butt Ever <i>Banks Cooney</i>	9:15-10:00 TR ◆	Precision Run® <i>Jaime Rauso</i>	10:30-11:15 YS ◆	Yoga Sculpt <i>Erica Arce</i>
8:00-8:45 CS ◆	ANTHEM™ <i>Jonathan Castillo</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Jess Clark</i>	7:30-8:20 MS ◆	Ropes and Rowers <i>Eric Cobb</i>	8:00-8:45 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Matt Parel</i>	8:00-8:45 CS ◆	Cycle Beats <i>Melissa Young</i>	9:30-10:20 CS ◆	The Pursuit: Burn <i>Eric Cobb</i>	10:45-11:30 CS ◆	Cycle Beats <i>Miguel Hernandez</i>
8:45-9:45 YS ◆	Yoga Strong <i>Julia Veronesi</i>	9:00-9:45 YS ◆	Barre <i>Veronika Cohen</i>	7:45-8:30 CS ◆	<b>Cycle Beats</b> <i>Lauren Zambito</i>	9:00-10:00 YS ◆	Vinyasa Yoga (HEATED) <i>Ela Martin</i>	8:45-9:45 YS ◆	Yin Yoga Meditation <i>Bea Love</i>	10:30-11:15 YS ◆	Vinyasa Yoga + Meditation <i>Bea Love</i>	11:00-11:45 TR ◆	Precision Run® <i>Jess Clark</i>
9:15-10:00 MS ◆	Off The Barre <i>Banks Cooney</i>	9:30-10:15 MS ◆	Body Sculpt <i>Miguel Romero</i>	8:45-9:30 YS ◆	Pilates Fusion <i>Banks Cooney</i>	9:30-10:15 MS ◆	Best Butt Ever <i>Banks Cooney</i>	10:45-11:30 MS ◆	Off The Barre <i>Banks Cooney</i>	10:00-11:00 YS ◆	Master of One <i>Jaime Rauso</i>	11:15-12:00 MS ◆	Athletic Conditioning <i>Wii Richards</i>
10:30-11:15 YS ◆	Regeneration Yoga <i>Bea Love</i>	10:00-10:45 CS ◆	Cycle Beats <i>Miguel Hernandez</i>	10:30-11:15 YS ◆	Barre <i>Elese Rose</i>	10:00-10:45 CS ◆	<b>Cycle Beats</b> <i>Miguel Hernandez</i>	11:00-11:45 CS ◆	<b>Cycle Power</b> <i>Katie Wells</i>	10:15-11:00 MS ◆	ANTHEM™ <i>Eric Cobb</i>	12:15-1:00 CS ◆	<b>Cycle Beats</b> <i>Emily Eckstein</i>
10:45-11:30 MS ◆	METCON3 <i>Gustavo Padron</i>	10:45-11:30 YS ◆	Pilates Mat <i>Melissa Panerese</i>	11:00-11:45 CS ◆	Tabata Max <i>Stephanie Claunch</i>	10:45-11:30 YS ◆	Athletic Yoga <i>Gustavo Padron</i>	12:00-12:45 TR ◆	Vinyasa Yoga (HEATED) <i>Vanush</i>	11:00-11:45 CS ◆	<b>Precision Run®</b> <i>Jess Clark</i>	12:30-1:30 YS ◆	Vinyasa Yoga (HEATED) <i>Lauren Brown</i>
12:00-1:00 YS ◆	Athletic Yoga <i>Kaley Klasson</i>	12:15-1:00 YS ◆	Athletic Yoga <i>Gustavo Padron</i>	12:00-12:45 YS ◆	Pilates Fusion <i>Elese Rose</i>	12:00-12:45 TR ◆	Precision Run® <i>Jess Clark</i>	12:15-1:00 YS ◆	Best Butt Ever <i>Vanush</i>	11:15-12:00 TR ◆	<b>Precision Run®</b> <i>Jess Clark</i>	1:00-1:45 MS ◆	STRONG <i>Wii Richards</i>
12:15-1:00 MS ◆	Master of One <i>Eric Cobb</i>	12:30-1:20 MS ◆	Ropes and Rowers <i>Matt Parel</i>	12:15-1:00 MS ◆	Stacked! <i>Pete Petitti</i>	12:15-1:00 YS ◆	Barre <i>Anna Gammill</i>	12:15-1:00 MS ◆	Best Butt Ever <i>Vanush</i>	11:30-12:15 MS ◆	METCON3 <i>Katie Wells</i>	1:15-2:00 MS ◆	Cycle Beats <i>Miguel Hernandez</i>
12:30-1:15 CS ◆	<b>Cycle Beats</b> <i>Miguel Hernandez</i>	1:00-1:45 CS ◆	Cycle Beats <i>Miguel Hernandez</i>	12:30-1:15 CS ◆	<b>Cycle Power</b> <i>Whitney Roberts</i>	12:30-1:00 MS ◆	Best Abs Ever <i>Gustavo Padron</i>	12:30-1:15 CS ◆	Cycle Beats <i>Miguel Hernandez</i>	11:45-12:45 YS ◆	Yin Yoga Meditation <i>Bea Love</i>	1:45-2:00 MS ◆	STRONG <i>Wii Richards</i>
1:15-2:00 MS ◆	Best Butt Ever <i>Natasha Whitby</i>	1:45-2:30 YS ◆	Barre <i>Banks Cooney</i>	12:30-1:15 CS ◆	<b>Cycle Power</b> <i>Whitney Roberts</i>	1:00-1:45 CS ◆	Cycle Beats <i>Miguel Hernandez</i>	1:15-2:00 MS ◆	Stacked! <i>Stephanie Claunch</i>	12:45-1:30 MS ◆	THE CUT <i>Katie Wells</i>	2:15-4:00 CS ◆	Cycle Beats <i>Miguel Hernandez</i>
2:15-3:15 YS ◆	Vinyasa Yoga + Meditation <i>Vanush Hambarzumyan</i>	2:00-2:45 MS ◆	STRONG <i>Miguel Romero</i>	1:15-2:00 MS ◆	METCON3 <i>Miguel Romero</i>	1:45-2:30 YS ◆	Pilates Mat <i>Anna Gammill</i>	2:15-3:00 YS ◆	Barre <i>Veronika Cohen</i>	1:15-2:00 YS ◆	Pilates Mat <i>Anna Gammill</i>	3:15-4:15 YS ◆	<b>Yin Yoga (HEATED)</b> <i>Vanush Hambarzumyan</i>
4:00-4:45 YS ◆	Barre <i>Elese Rose</i>	5:00-5:50 MS ◆	Whipped! <i>Jess Clark</i>	2:15-3:15 YS ◆	Vinyasa Yoga + Meditation <i>Julia Veronesi</i>	2:00-2:45 MS ◆	Tabata Max <i>Natasha Whitby</i>	4:00-4:45 YS ◆	Barre <i>Banks Cooney</i>	4:00-4:45 YS ◆	Barre <i>Banks Cooney</i>		
4:45-5:30 MS ◆	Body Sculpt <i>Miguel Romero</i>	5:15-6:00 YS ◆	Barre <i>Melissa Diehl</i>	4:45-5:30 MS ◆	Tabata Max <i>Veronika Cohen</i>	4:15-5:00 CS ◆	Cycle Power <i>Whitney Roberts</i>	4:30-5:15 TR ◆	<b>Precision Run®</b> <i>Jess Clark</i>	4:30-5:15 TR ◆	<b>Precision Run®</b> <i>Jess Clark</i>		
5:15-6:00 CS ◆	Cycle Power <i>Whitney Roberts</i>	5:30-6:15 CS ◆	Cycle Power <i>Whitney Roberts</i>	5:15-6:00 CS ◆	Cycle Beats <i>Christine Goodrich</i>	5:00-5:45 MS ◆	STRONG <i>Braelyn Bianchi</i>	4:45-5:30 MS ◆	Athletic Conditioning <i>Gus Manke</i>	4:45-5:30 MS ◆	Athletic Conditioning <i>Gus Manke</i>		
5:30-6:30 YS ◆	Vinyasa Yoga (HEATED) <i>Julia Veronesi</i>	6:00-6:45 TR ◆	Precision Run® <i>Jess Clark</i>	5:30-6:30 YS ◆	Vinyasa Yoga (HEATED) <i>Gustavo Padron</i>	5:15-6:00 YS ◆	Athletic Yoga <i>Lauren Brown</i>	5:00-5:45 CS ◆	Cycle Beats <i>Miguel Hernandez</i>	5:00-5:45 CS ◆	Cycle Beats <i>Miguel Hernandez</i>		
6:00-6:45 TR ◆	Precision Run® <i>Jaime Rauso</i>	6:15-7:00 MS ◆	THE CUT <i>Katie Wells</i>	6:15-7:00 MS ◆	Best Butt Ever <i>Jess Clark</i>	5:30-6:15 CS ◆	<b>Cycle Beats</b> <i>Emily Eckstein</i>	5:30-6:45 YS ◆	Athletic Yoga (HEATED) <i>Ela Martin</i>	5:30-6:45 YS ◆	Athletic Yoga (HEATED) <i>Ela Martin</i>		
6:15-7:00 MS ◆	METCON3 <i>Natasha Whitby</i>	6:30-7:15 YS ◆	Pilates Fusion <i>Banks Cooney</i>	6:15-7:00 MS ◆	Best Butt Ever <i>Jess Clark</i>	6:00-6:45 TR ◆	<b>Precision Run®</b> <i>Gus Manke</i>	6:00-6:45 TR ◆					
6:30-7:15 CS ◆	ANTHEM™ <i>Eric Cobb</i>	6:45-7:35 CS ◆	<b>The Pursuit: Build</b> <i>Jonathan Castillo</i>	6:30-7:15 CS ◆	Cycle Beats <i>Lauren Zambito</i>	6:15-7:05 MS ◆	<b>Precision Run®</b> <i>Gus Manke</i>	6:15-7:05 MS ◆					
7:00-7:45 TR ◆	Precision Run® <i>Jaime Rauso</i>			7:00-7:45 TR ◆	Precision Run® <i>Jaime Rauso</i>	6:30-7:15 YS ◆	<b>Ropes and Rowers</b> <i>Braelyn Bianchi</i>	6:30-7:15 YS ◆					
7:00-8:15 YS ◆	<b>Vinyasa Yoga (HEATED)</b> <i>Penelope Gilfort</i>			7:00-8:00 YS ◆	Athletic Yoga (HEATED) <i>Monique French</i>		Barre <i>Veronika Cohen</i>						

## AUSTIN

1007 SOUTH CONGRESS AVENUE, SUITE 100  
AUSTIN TX 78704  
EQUINOX.COM  
@EQUINOX

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

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

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

### GENERAL MANAGER

FRANK CARMONA

frank.carmona@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

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

**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. Bring headphones.

### 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 (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 (HEATED)** Releasing tension through prolonged poses, this heated, 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.

**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.

**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 CIRCUIT** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge 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.

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### 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

**BODY SCULPT** An endurance-based workout using high reps and light-to-medium weights. Build strength 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.