

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS ◆	Cycle Beats <i>Team Equinox</i>	6:15-7:00 CS ◆	Cycle Beats <i>Michael Gilbert</i>	6:15-7:00 CS ◆	Cycle Beats <i>Michael Gilbert</i>	6:15-7:00 CS ◆	Cycle Beats <i>Lucas Blankenhorn</i>	6:15-7:00 CS ◆	Cycle Beats <i>Tracey Brenneise</i>	8:00-8:45 CS ◆	Cycle Beats <i>Matthew Ritter</i>	8:00-8:45 CS ◆	Cycle Beats <i>Michael Gilbert</i>
6:30-7:30 YS ◆	Power Yoga + Meditation <i>Nina Raab</i>	6:30-7:30 MS ◆	Tabata Max + Best Abs Ever <i>Dominique Waninger</i>	6:30-7:30 YS ◆	Power Yoga + Meditation <i>Paul DaSilva</i>	6:30-7:15 MS ◆	MET CON3 <i>Team Equinox</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>James Afshar</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Paul DaSilva</i>	9:00-10:15 YS ◆	Yin Yoga Meditation <i>Dani Carroll</i>
8:00-8:45 YS ◆	Barre <i>Hannah Simmons</i>	9:30-10:15 YS ◆	Pilates Fusion <i>Maria Hamilton</i>	8:00-8:45 YS ◆	Barre <i>Lucas Blankenhorn</i>	9:30-10:15 YS ◆	Pilates Fusion <i>Maria Hamilton</i>	9:30-10:15 YS ◆	Off The Barre <i>Wende Lichon</i>	10:00-10:45 MS ◆	Tabata Max <i>Amber Edwards</i>	10:00-10:45 MS ◆	Stacked! <i>Kimball Theoret</i>
9:30-10:30 YS ◆	Vinyasa Yoga <i>Dani Carroll</i>	9:45-10:30 TR ◆	Precision Run@ <i>Donovan Stewart</i>	9:30-10:30 YS ◆	Yoga Strong <i>Dani Carroll</i>	9:45-10:15 TR ◆	Precision Run@ <i>Kimball Theoret</i>	10:00-10:45 MS ◆	MET CON3 <i>Team Equinox</i>	10:30-11:15 YS ◆	Barre <i>Lucas Blankenhorn</i>	10:00-10:45 MS ◆	Stacked! <i>Kimball Theoret</i>
10:00-10:45 MS ◆	STRONG <i>Team Equinox</i>	10:00-10:45 MS ◆	Body Sculpt <i>Seda Balci</i>	10:00-10:45 MS ◆	STRONG <i>Team Equinox</i>	10:00-10:45 MS ◆	Best Butt Ever <i>Dani Carroll</i>	12:00-1:00 YS ◆	Yoga Strong <i>Team Equinox</i>			3:00-4:00 YS ◆	Yin Yang Yoga <i>Team Equinox</i>
12:00-1:00 YS ◆	Restorative Yoga <i>Dani Carroll</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Wende Lichon</i>	12:00-1:00 YS ◆	Vinyasa Yoga + Meditation <i>Luciana Freire</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Wende Lichon</i>	12:15-1:00 TR ◆	Precision Run@ <i>Wes Pedersen</i>				
12:30-1:15 MS ◆	MET CON3 <i>Rachel Neal</i>	12:15-1:00 MS ◆	Best Butt Ever <i>Donovan Stewart</i>	12:15-1:00 CS ◆	Cycle Power <i>Wes Pedersen</i>	12:15-1:00 MS ◆	Body Sculpt <i>Team Equinox</i>	5:30-6:15 YS ◆	Pilates Mat <i>Nina Raab</i>				
5:30-6:15 CS ◆	Cycle Power <i>Kimball Theoret</i>	5:30-6:15 YS ◆	Barre <i>Dominique Waninger</i>	12:30-1:15 MS ◆	Tabata Max <i>Rachel Neal</i>	5:30-6:15 MS ◆	Tabata Max <i>Rucky McKinley</i>	6:00-6:45 MS ◆	Body Sculpt <i>Rucky McKinley</i>				
6:00-7:00 YS ◆	Vinyasa Yoga <i>Luciana Freire</i>	6:00-6:45 MS ◆	Body Sculpt <i>Rucky McKinley</i>	5:30-6:15 CS ◆	Cycle Beats <i>Michael Gilbert</i>	6:00-7:00 YS ◆	Vinyasa Yoga + Meditation <i>James Afshar</i>	6:15-7:00 CS ◆	Cycle Beats <i>Matthew Ritter</i>				
6:15-7:00 MS ◆	Tabata Max <i>Dominique Waninger</i>	6:15-7:00 CS ◆	Cycle Power <i>Emily Stubler</i>	6:00-7:00 YS ◆	Vinyasa Yoga + Meditation <i>James Afshar</i>	6:15-7:00 MS ◆	MET CON3 <i>Nina Raab</i>						

EQUINOX

NEWPORT BEACH

19540 JAMBOREE ROAD
IRVINE CA 92612
EQUINOX.COM
@EQUINOX

MON - THU: 6:00AM - 8:00PM

FRI: 6:00AM - 7:00PM

SAT - SUN: 7:00AM - 5:00PM

GROUP FITNESS MANAGER

dani.carroll@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
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

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

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.

RESTORATIVE YOGA A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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 YANG YOGA Celebrate the Equinox with a balanced practice that begins with 30 minutes of Vinyasa Yoga, representing sun energy, followed by 30 minutes of Yin Yoga representing, moon energy. Enjoy this specialty Equinox exclusive to celebrate Equinox's 30th anniversary.

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

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.

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.

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.

SCULPT

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