

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:00 - 6:45 * Interval Cycling CS Howard Ketelson	5:45 - 6:30 * Elevation Ride CS Adrian L. Richardson	5:45 - 6:45 * Performance Cycling CS Howard Ketelson	5:45 - 6:30 * Performance Cycling CS Marquette Falbo	6:00 - 6:50 METCON3 MS Robin Varnardo	8:15 - 9:15 Pilates YS Larry Lane	9:30 - 10:45 Yinyasa Yoga YS Karen Geiger
6:00 - 6:45 Tabata MS Megan Bursey	6:00 - 6:50 Stacked! MS David Case	6:00 - 6:45 * Kettlebell Power MS David Case	6:00 - 6:45 Eliminator MS Blye Gallagher	6:00 - 7:00 Get Up & Flow! YS Karen Geiger	8:30 - 9:30 * The Pursuit: Burn CS Blye Gallagher	10:00 - 11:00 * Performance Cycling CS Adrian L. Richardson
6:00 - 7:00 Sunrise Yoga YS Karen Geiger	6:00 - 7:00 Swim Team PD Team Equinox	6:00 - 7:00 Rise and Shine Yoga YS Stevan Koye	6:00 - 7:00 Masters Swim PD Team Equinox	6:00 - 7:00 * Precision Running® TR Howard Ketelson	8:30 - 9:15 Kettlebell Power MS Leah Troxel	10:30 - 11:15 Stacked! MS Alexandra Vasile
8:30 - 9:30 Barre Burn MS Courtney Corbeille	6:00 - 7:00 Barre Burn YS Vlada Gorbaneva	8:30 - 9:30 Pilates Sport YS Denise McKeague	6:00 - 7:00 Barre Burn YS Kim Stevens Sturkie	8:30 - 9:30 Barre Fit Cardio MS Monica Flores	9:30 - 10:30 * METCON3 MS Christina Stylianou	11:00 - 12:15 Power Vinyasa Yoga (L2) YS Janie Montague
8:45 - 9:30 * Interval Cycling CS Will Amason	7:00 - 7:50 * The Pursuit: Build CS Will Amason	8:45 - 9:35 * The Pursuit: Build CS Stevan Koye	7:00 - 7:45 * Rhythm Revolution CS Marquette Falbo	8:45 - 9:30 * Rhythm Revolution CS Stevan Koye	<b>9:30 - 10:45 Vinyasa Flow Yoga Stevan Koye</b>	<b>11:30 - 12:20 H.I.T. Full Body Conditioning Christina Stylianou</b>
9:30 - 10:30 Stacked! MS Will Amason	7:00 - 7:45 Eliminator MS David Case	9:30 - 10:30 Metabolic Meltdown MS Will Amason	7:00 - 7:45 METCON3 MS Will Amason	9:30 - 10:30 Sweat MS Vickie Griffith	10:00 - 11:00 * Performance Cycling CS Howard Ketelson	
9:30 - 10:45 Vinyasa Yoga (L2/3) YS Rika Henry	8:00 - 9:30 Iyengar Yoga YS Larry Lane	9:30 - 10:45 Power Flow Yoga YS Lesslie York	8:00 - 9:30 Iyengar Yoga YS Larry Lane	9:30 - 10:45 Vinyasa Yoga (L2/3) YS Rika Henry	<b>10:45 - 11:45 Sweat Bethany McIlroy</b>	
	8:45 - 9:30 * Precision Running® TR David Case		8:45 - 9:30 * Shockwave MS Vlada Gorbaneva			
	9:15 - 10:00 Water Workout PD Kimberly Moore		8:45 - 9:30 * Precision Running® TR Marquette Falbo			
	9:30 - 10:30 Red Carpet Ready MS Kim Stevens Sturkie		9:15 - 10:00 Water Workout PD Kimberly Moore			
	9:30 - 10:45 Deep Flow Vinyasa YS Shelley Beeson		9:30 - 10:30 Barre Fit Cardio MS Monica Flores			
			9:30 - 10:45 Deep Flow Vinyasa (L1/2) Kaleigh Walker			
12:00 - 1:00 Pilates YS Julie Jacobs	12:00 - 12:45 * Performance Cycling CS Stevan Koye	12:00 - 1:00 Barre Burn MS Vickie Griffith	12:00 - 12:45 * Rhythm Revolution CS Rachel Roberts	12:00 - 1:00 Barre Burn MS Julie Jacobs		
5:30 - 6:15 Barre Burn MS Vlada Gorbaneva	5:30 - 6:30 Yoga Fundamentals (L1/2) YS Janie Montague	5:30 - 6:15 * Shockwave MS Will Amason	5:30 - 6:30 Yoga Fundamentals (L1/2) YS Janie Montague			
5:30 - 6:30 Power Flow Yoga YS Shelley Beeson	5:45 - 6:30 METCON3 MS David Case	5:30 - 6:30 Power Flow Yoga YS Shelley Beeson	5:45 - 6:30 Eliminator MS Blye Gallagher			
6:15 - 7:05 H.I.T. Full Body Conditioning Will Amason	6:30 - 7:30 * The Pursuit: Build CS Will Amason	6:15 - 6:30 Core Conditioning MS Will Amason	6:00 - 7:00 * The Pursuit: Burn CS Megan Bursey			
6:30 - 7:15 * Elevation Ride CS Blye Gallagher	6:30 - 7:15 Barre Fit Cardio MS Monica Flores	6:30 - 7:15 * Rhythm Revolution CS Stevan Koye	6:30 - 7:15 Sweat MS Bethany McIlroy			
6:30 - 7:45 Hot Vinyasa Yoga YS DeAnna Haun	6:35 - 7:50 Vinyasa Flow Yoga (L2/3) YS Nicole Payseur	6:30 - 7:15 Stacked! MS Will Amason	6:35 - 7:50 Core Flow Yoga YS Ashley Akin			
7:05 - 7:55 * METCON3 MS Kim Stevens Sturkie	7:15 - 8:15 Dance Fitness Fusion MS Vlada Gorbaneva	6:30 - 7:45 Hot Vinyasa Yoga YS DeAnna Haun	7:15 - 8:15 Best Butt Ever MS Vlada Gorbaneva			
7:45 - 8:45 Stretch Therapy YS Nicole Payseur		7:15 - 8:15 Barre Fit Cardio MS Robin Varnardo				
		7:45 - 8:45 Yin Yoga YS Mike Mauren				

## JULY 4TH 2015 - CLASS DESCRIPTIONS

### HIGHLAND PARK, TX

4023 Oak Lawn Ave  
Dallas TX 75219  
214.443.9009  
equinox.com

#### CLASS SCHEDULE LEGEND

**BOLD** New Class, Instructor or Time  
\* Sign-up required (available 30 min prior to start of class)

#### CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome

L1 Beginner  
L1/2 Beginner/Intermediate  
L2 Intermediate  
L2/3 Intermediate/Advanced  
L3 Advanced/Practiced

#### STUDIO KEY

CS Cycling Studio  
MS Main Studio  
PD Pool Deck  
YS Yoga Studio  
TR Treadmill Area

#### BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

#### BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

#### BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

#### CORE CONDITIONING

Your core is defined as everything BUT your arms and legs. In this non aerobic conditioning class, focus is placed primarily on the abdominals, lower back, shoulder and hip girdle. Enhance abdominal definition, core strength, core stability and flexibility.

#### CORE FLOW YOGA

Dynamic yoga with strong core work. Use Pilates-inspired awareness of the body as a whole to find release from stress patterns and strength where you need it most. Super helpful to create physical stability and increase physical and mental mindfulness. Finish with a deep relaxation.

#### DANCE FITNESS FUSION

A blend of Latin, Disco, Jazz, Bollywood & Hip-hop styles. A 60 minute, non-stop cardio fitness class that is fun for all ages and all levels. Designed for people who love to dance and sweat...a LOT!

#### DEEP FLOW VINAYASA

Intense pose sequences, compassionately taught, to awaken each of the senses and connect you to the wisdom of your physical and emotional body. This class is inspired by Forrest Yoga to encourage you to go deeper in your yoga practice and bring joy to your body, mind and Spirit.

#### ELEVATION RIDE

Elevate your fitness with this challenging, terrain based ride. Compete for your best time or distance and raise your watts during breathless intervals balanced with fat burning, sustainable work, and recovery. Race to the top, sprint to the finish, and discover that you are stronger than you think.

#### ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

#### GET UP & FLOW!

An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

#### H.I.T. FULL BODY CONDITIONING

Hugo Diez's "High Intensity Training" full body sequence will help tone and define arms, shoulders, legs, chest abdominals & lower back.

#### HOT VINAYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

#### INTERVAL CYCLING

TRAIN HARD! Intervals drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

#### IYENGAR YOGA

Named after B.K.S. Iyengar, emphasizes attention to detail and precise alignment of postures. Poses are held longer and students are encouraged to use yoga props such as belts and blocks. Good for students concerned with injuries. Stresses understanding the body and how it works.

#### KETTLEBELL POWER

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

#### MASTERS SWIM

Taught by a certified swim coach this class is synonymous with training sessions that high caliber swimmers experience. Emphasis is on drills, technique, stamina, strength and form. Pool CLOSED during class.

#### METABOLIC MELTDOWN

An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

#### METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

#### PERFORMANCE CYCLING

Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form/balance exercises.

#### PILATES

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

#### PILATES SPORT

Using magic circles, resistance bands and weights, Pilates Sport is the perfect tool to bring better performance, injury prevention and most of all balance and stability into your game.

#### POWER FLOW YOGA

Stephanie's signature yoga class choreographed to soulful music blending Ashtanga, Vinyasa, Power and Restorative yoga. A transformational experience designed for all levels.

#### POWER VINAYASA YOGA

A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

#### PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

#### RED CARPET READY

One of the most powerful things you can wear is confidence in a great physique. Designed by fitness champion Dawn Parker, RCR includes cardio, plyometrics, alignment and targeted toning where it counts. So commit to your best Red Carpet body ever. Watch heads turn as you make your entrance.

#### RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

#### RISE AND SHINE YOGA

Wake your body gently with sun salutations and nourishing vinyasa. Flow from posture to posture using the breath to guide you. Leave you feeling refreshed and ready for your day. It's better than a double latte to start your morning!

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using ViPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

#### STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

#### STRETCH THERAPY

Major muscle groups are stretched actively with use of a rope for added benefits. May include A.I. (active isolated) and other techniques. Increases flexibility. All levels.

#### SUNRISE YOGA

Start your morning off with sun salutations and begin your day with a balanced body and mind.

#### SWEAT

A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

#### SWIM TEAM

An intermediate/advanced class synonymous with high caliber training sessions. Participants must be able to swim 100 yards freestyle for the hour. Times-BEG: 2:15/INT:1:55/ADV: 1:30. Pool is reserved for class participants only. Class size limited. Sign-up at front desk 30-minutes prior to class.

#### TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

#### THE PURSUIT: BUILD

Take on 3 intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

#### THE PURSUIT: BURN

Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

#### VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

#### VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

#### WATER WORKOUT

A combination of cardiovascular and muscle conditioning drills using water resistance. Pool is reserved for class participants only

#### YIN YOGA

A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

#### VINYASA YOGA

Vinyasa flow combined with yin yoga to stretch and rehabilitate the connective tissues that form our joints and breath and restorative postures to reset our mind.

#### YOGA FUNDAMENTALS

For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.