

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 * Interval Cycling CS Howard Ketelson	5:45 - 6:30 * Good Morning Ride CS Adrian L. Richardson	5:45 - 6:45 * Interval Cycling CS Howard Ketelson	5:45 - 6:30 * Good Morning Ride CS Marquette Falbo	6:00 - 6:45 * Elevation Ride CS Blye Gallagher	8:15 - 9:15 Pilates YS Larry Lane	9:30 - 10:45 Yinyasa Yoga YS Karen Geiger
6:00 - 6:45 Tabata MS Bethany Clarke	6:00 - 6:45 Stacked! MS David Case	6:00 - 6:45 * Kettlebell Power MS David Case	6:00 - 6:45 Eliminator MS Bob Harbeson	6:00 - 6:50 METCON3 MS Robin Varnardo	8:30 - 9:15 * This Ride Rocks! CS Bob Harbeson	10:00 - 11:00 * Unleash: The Ride 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 Get Up & Flow! YS Karen Geiger	8:30 - 9:15 Kettlebell Power MS Crystal Pollard	10:30 - 11:15 Stacked! MS Alexandra Vasile
<b>7:00 - 8:00 * ETC Winter MS Megan B &amp; Jennifer M</b>	6:00 - 7:00 Barre Burn YS Vlada Gorbaneva	<b>7:00 - 8:00 * ETC Winter MS Christina S &amp; David C</b>	6:00 - 7:00 Barre Burn YS Kim Stevens Sturkie	6:00 - 7:00 * Precision Running TR Howard Ketelson	9:15 - 10:15 * METCON3 MS Will Amason	11:00 - 12:15 Power Vinyasa Yoga (L2) YS Janie Montague
8:30 - 9:30 Barre Burn MS Courtney Corbeille	6:45 - 7:30 Eliminator MS David Case	8:30 - 9:30 Pilates Sport YS Denise McKeague	6:45 - 7:35 METCON3 MS Bob Harbeson	<b>7:00 - 8:00 * ETC Winter MS Christina S &amp; Jennifer M</b>	9:15 - 10:30 Vinyasa Flow Yoga YS DeAnna Haun	
8:45 - 9:30 * This Ride Rocks! CS Will Amason	7:00 - 7:45 * Cycle 45 CS Will Amason	8:45 - 9:30 * Elevation Ride CS Amy Jent	7:00 - 7:45 * Cycle 45 CS Marquette Falbo	8:30 - 9:30 Barre Fit Cardio MS Monica Flores	10:00 - 11:00 * Cycle Tech CS Howard Ketelson	
9:30 - 10:30 Sweat MS Will Amason	8:00 - 9:30 Iyengar Yoga YS Larry Lane	9:30 - 10:20 METCON3 MS Will Amason	8:00 - 9:30 Iyengar Yoga YS Larry Lane	8:45 - 9:30 * Rhythm Revolution CS Stevan Koye	10:15 - 11:00 Zumba@ MS Bob Harbeson	
9:30 - 10:45 Vinyasa Yoga (L2/3) YS Rika Henry	8:45 - 9:30 * Shockwave MS Will Amason	9:30 - 10:45 Power Flow Yoga YS Lesslie York	8:45 - 9:30 * Shockwave MS Vlada Gorbaneva	9:30 - 10:30 Sweat MS Vickie Griffith	10:30 - 11:45 Hatha Flow Yoga YS Carter Twitty	
	8:45 - 9:30 * Precision Running TR David Case		8:45 - 9:30 * Precision Running TR Marquette Falbo	9:30 - 10:30 Vinyasa Yoga (L2/3) YS Rika Henry	11:00 - 11:15 Ab Lab MS Bob Harbeson	
	9:15 - 10:00 Water Workout PD Kimberly Moore		9:15 - 10:00 Water Workout PD Kimberly Moore	10:30 - 11:00 Runner's Reset MS Vickie Griffith	11:15 - 12:15 Sweat MS Bethany Clarke	
	9:30 - 10:30 Red Carpet Ready MS Kim Stevens Sturkie		9:30 - 10:30 Barre Fit Cardio MS Monica Flores			
	9:30 - 10:45 Deep Flow Vinyasa YS Shelley Beeson		9:30 - 10:45 Deep Flow Vinyasa (L1/2) YS Marianne Cook			
12:00 - 1:00 Pilates YS Julie Jacobs	12:00 - 12:45 * This Ride Rocks! CS Stevan Koye	12:00 - 1:00 Barre Burn MS Vickie Griffith	12:00 - 12:45 * This Ride Rocks! CS Will Amason	12:00 - 1:00 Barre Burn MS Julie Jacobs	4:00 - 5:15 Weekend Warrior Yoga YS Ashley Akin	4:00 - 4:45 Eliminator MS Christina Stylianou
						4:00 - 5:15 Hatha Flow Yoga (L1/2) YS Nicole Payseur
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 Bob Harbeson	5:30 - 6:30 Yoga Fundamentals (L1/2) YS Janie Montague	5:45 - 6:00 Ab Lab MS Christina Stylianou		
6:00 - 7:15 Vinyasa Flow Yoga (L2/3) YS DeAnna Haun	5:45 - 6:30 METCON3 MS David Case	6:00 - 7:15 Vinyasa Flow Yoga YS DeAnna Haun	5:45 - 6:30 Eliminator MS Blye Gallagher	5:45 - 7:00 Flow Play Vinyasa YS Carter Twitty		
6:15 - 7:00 Eliminator MS Will Amason	6:30 - 7:15 * This Ride Rocks! CS Will Amason	6:15 - 6:30 Core Conditioning MS Will Amason	6:30 - 7:15 * Rhythm Revolution CS Rachel Roberts	6:00 - 6:50 METCON3 MS Christina Stylianou		
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 Adria Alcazar	6:30 - 7:15 Sweat MS Bethany Clarke			
7:00 - 7:50 * METCON3 MS Will Amason	6:35 - 7:50 Vinyasa Flow Yoga (L2/3) YS Gina Dunn	6:30 - 7:15 Stacked! MS Will Amason	6:35 - 7:50 Core Flow Yoga MS Ashley Akin			
7:25 - 8:40 Therapeutic Body YS Nicole Payseur	7:15 - 8:00 Dance Fitness Fusion MS Vlada Gorbaneva	7:15 - 8:15 Barre Fit Cardio MS Robin Varnardo	7:15 - 8:00 Body Beat MS Vickie Griffith			
7:45 - 8:30 * Precision Running MS Christina Stylianou	8:00 - 8:30 Fit Physique MS Vlada Gorbaneva	7:15 - 8:25 Yin Yoga YS Mike Mauren	8:00 - 8:30 Definitions MS Vickie Griffith			

## FEBRUARY 2014 - CLASS DESCRIPTIONS

### HIGHLAND PARK, TX

4023 Oak Lawn Ave  
Dallas TX 75219  
214.443.9009  
equinox.com

#### CLUB HOURS

Mon - Thu 5:00 am - 11:00 pm  
Fri 5:00 am - 10:00 pm  
Sat & Sun 7:00 am - 8:00 pm

#### 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

#### AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

#### 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.

#### BODY BEAT

Combine different dance styles with a wide array of innovative toning exercises for a comprehensive workout. Get ready to burn calories, rev your metabolism and sculpt away those pesky problem areas all to the BEAT of the best playlist ever!

#### 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.

#### CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

#### CYCLE TECH

Indoor cycling class with a technical edge. Instructors will coach you through heart rate training, cycling techniques and mind body concepts that will take your workout to the next level. The drills and exercises are essentially the same as those used by competitive cyclists.

#### 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 VINYASA

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.

#### DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

#### 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.

#### ELIMINATOR

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.

#### ETC WINTER

Lace up and bare arms for our latest boot camp-esque group training. ETC, aka Equinox Training Camp, is a revolutionary workout that brings old-school military training up to speed with modern science. ETC is a 6-week committed lifestyle makeover and registration for this program is required.

#### FIT PHYSIQUE

Cutting-edge exercises are drawn from traditional strength training, dancer's conditioning and Pilates inspired movements with the goal of long lean toned body. No bulky muscles. Extra stretching geared for perfect posture and you'll leave feeling like a work of art!

#### FLOW PLAY VINYASA

An energizing Vinyasa class using music and sound healing as a catalyst for better movement, mental clarity and a more efficient practice.

#### 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!

#### GOOD MORNING RIDE

Start your day with feel-good music and a ride that will wake you and get you going for the rest of the day.

#### HATHA FLOW YOGA

A classical but vigorous approach style of yoga with the focus upon optimizing each asana using the Universal Principles of Alignment and connecting to your own heart.

#### INTERNAL 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.

#### 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.

#### 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 VINYASA 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. Sign-up is required at the front desk. 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!

#### RUNNER'S RESET

Reset, Restore and Recover pre or post run. Myofascial routines, athletic stretching, breath and mindset combine for the ultimate pre/post or day off routine. Stretch your run with the tools and techniques used by elite athletes and lifelong runners.

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the Indo-Row 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! Sign-up is required at the front desk.

#### 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.

#### 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.

#### THERAPEUTIC BODY

Come as you are and leave with a yoga high that you can't get over the counter. A restorative practice to release tight shoulders, calm cranky backs and soothe sagging spirits. Warning: this class can be highly addictive and side affects include spontaneous laughter, bliss, ferocity, and mischief.

#### THIS RIDE ROCKS!

Hit the hills, power the sprints, chase down the competition and learn first hand the definition of the word "endurance." This ride has it all, and this ride rocks! Dig deep and find your passion for the pedal stroke in this high-end calorie-burning ride. Are you ready to rock?

#### UNLEASH: THE RIDE

A full throttle ride that will be a guaranteed breathless adventure. Using the MPower consoles to reach new goals, surpass current thresholds and unleash your inner athlete. Fearless fitness, full throttle power and fun! Unleash: Let's Ride!!!

#### 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