

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 * Good Morning Ride CS Marquette Falbo	5:45 - 6:30 Elimin8tor MS Megan Bursey	6:00 - 6:45 * Elevation Ride CS Amy Jent	5:45 - 6:30 T.K.O. Circuit MS David Case	6:00 - 6:45 * Cycle Tech CS Kurt Chacon	8:15 - 9:15 * Performance Cycling CS Marquette Falbo	9:30 - 10:30 Barre Pilates MS Courtney Corbeille
6:00 - 6:50 METCON3 MS Regina Coreil	6:00 - 6:50 Sunrise Yoga YS Marquette Falbo	6:00 - 7:00 Adrenaline MS Marquette Falbo	6:00 - 6:50 Sunrise Yoga YS Robin Varnardo	6:00 - 6:45 Stacked! MS Courtney Corbeille	8:30 - 9:25 Zumba® MS Kim Stevens Sturkie	9:45 - 10:30 * Studio Cycling CS Jessica Peterson
7:00 - 8:00 Pilates YS Larry Lane	7:00 - 7:45 Whipped! MS Megan Bursey	8:15 - 9:30 Powerflow Yoga YS DeAnna Haun	8:15 - 9:00 Tabata MS Andrea Reynolds	6:00 - 6:50 * Precision Running TR Marquette Falbo	9:30 - 10:15 Elimin8tor MS Blye Gallagher	10:00 - 11:30 Powerflow Yoga YS Carter Twitty
8:00 - 9:25 Iyengar Yoga YS Larry Lane	8:15 - 9:00 Cardio Blast MS Andrea Reynolds	8:30 - 9:15 * Studio Cycling CS Stevan Koye	8:15 - 9:15 Precision Running TR Megan Bursey	7:00 - 8:00 Pilates Fusion YS Larry Lane	9:30 - 10:50 Power Flow Yoga YS Mike Mauren	10:45 - 11:35 METCON3 MS Robin Varnardo
8:30 - 9:15 * Studio Cycling CS Jessica Peterson	8:15 - 9:15 Precision Running TR Marquette Falbo	8:30 - 9:15 STRONG™ MS Crystal Pollard	8:30 - 9:30 Vinyasa Flow Yoga (L2/3) YS Lesslie York	8:00 - 9:25 Iyengar Yoga YS Larry Lane	10:00 - 10:45 * Rhythm Revolution CS Rachel Roberts	
8:30 - 9:15 Elimin8tor MS Crystal Pollard	8:30 - 9:30 Vinyasa Flow Yoga (L2/3) YS Lesslie York	9:30 - 10:30 Body Sculpt MS Courtney Corbeille	9:00 - 9:30 Dynamic Strength MS Andrea Reynolds	8:30 - 9:15 * Cycle Tech CS Kurt Chacon	10:15 - 11:15 Barre Fit Cardio MS Monica Flores	
9:30 - 10:15 Chisel'd MS Bob Harbeson	9:00 - 9:30 Dynamic Strength MS Andrea Reynolds	9:30 - 10:30 Vinyasa Flow Yoga (L2/3) YS Shelley Beeson	9:30 - 10:15 * Cycle Beats CS Bob Harbeson	8:30 - 9:30 Kettlebell Power MS Crystal Pollard	11:00 - 11:45 Stiff Guy Yoga YS Rachel Roberts	
9:30 - 10:30 Vinyasa Flow Yoga (L2/3) YS Maria Frederiksen	9:30 - 10:15 * Cycle Beats CS Bob Harbeson	10:30 - 11:30 Body Beat MS Vickie Griffith	9:30 - 10:15 Shockwave MS Megan Bursey	9:30 - 10:30 Barre Burn MS Courtney Corbeille	11:15 - 12:00 Shockwave MS Megan Bursey	
10:30 - 11:15 * Cycle 45 CS Bob Harbeson	9:30 - 10:15 Barre Fit Cardio MS Monica Flores		9:45 - 11:00 Flow Play Vinyasa YS Carter Twitty	9:30 - 10:30 Vinyasa Flow Yoga (L2/3) YS Maria Frederiksen		
10:30 - 11:30 Zumba® MS Kim Stevens Sturkie	9:45 - 11:00 Powerflow Yoga YS Carter Twitty		10:20 - 10:35 Core Cuts MS Bob Harbeson	10:30 - 11:30 Zumba® MS Bob Harbeson		
	10:20 - 10:35 Core Cuts MS Bob Harbeson					
12:00 - 12:45 Kettlebell Power MS David Case	12:00 - 12:45 Shockwave MS Rachel Roberts	12:00 - 12:50 T.K.O. Circuit MS Megan Bursey	12:00 - 12:50 METCON3 MS Andrea Reynolds			
5:45 - 6:30 Barre Fit Cardio MS Regina Coreil	5:45 - 6:30 * Cycle Beats CS Megan Bursey	5:45 - 6:30 Chisel'd MS Marquette Falbo	5:45 - 6:30 * Rhythm Revolution CS Cindy Hathcock			5:00 - 6:15 Vinyasa Flow Yoga (L2/3) YS Rika Henry
5:45 - 6:40 Stiff Guy Yoga YS Rachel Roberts	5:45 - 6:45 Mega Dance MS Kim Stevens Sturkie	6:30 - 7:15 Stacked! MS Blye Gallagher	5:45 - 6:30 Shockwave MS David Case			
6:30 - 7:15 * Cycle Tech CS Kurt Chacon	6:30 - 7:45 Powerflow Yoga YS Mike Mauren	6:45 - 7:45 Vinyasa Flow Yoga (L2/3) YS Marianne Cook	6:30 - 7:45 Restorative Flow Yoga (L1/2) YS Mike Mauren			
6:30 - 7:15 Elimin8tor MS Robin Varnardo	6:45 - 7:35 METCON3 MS Jessica Peterson					
6:45 - 7:45 Vinyasa Flow Yoga (L2/3) YS Shelley Beeson						

## FEBRUARY 2015 - CLASS DESCRIPTIONS

### PRESTON HOLLOW

8611 Hillcrest Rd  
Dallas TX 75225  
214.265.5512  
equinox.com

#### CLUB HOURS

Mon - Thu 5:00 am - 10: 00 pm  
Fri 5:00 am - 9:00 pm  
Sat & Sun 7:00 am - 8:00 pm

#### KIDS's CLUB HOURS

Mon - Thu 8:00 am - 2:00 pm;  
Mon - Thu 4:00pm - 8:00 pm  
Fri - Sun: 8:00 am - 2:00 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  
YS Yoga Studio  
TR Treadmill Area

#### ADRENALINE

Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

#### 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.

#### BARRE PILATES

Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

#### 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!

#### BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

#### CARDIO BLAST

Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

#### CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

#### CORE CUTS

Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

#### 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 BEATS

Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience. Cycling 'out-of-the-saddle' is an option for advanced cyclists.

#### 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.

#### DYNAMIC STRENGTH

Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

#### 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.

#### 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.

#### 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.

#### 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

#### MEGA DANCE

Have fun and get your cardio done with choreographed power routines. Hip hop, jazz, ballet & international dance steps mix for an energetic & easy to follow workout. 45 min of non-stop dancing followed by 15 min of core & yoga type exercised & stretches.

#### METCONS

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 FUSION

Series of exercises performed on a mat to complement different elements of pilates core and posture work focusing on powerhouse strengthening exercises and increasing flexibility.

#### 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.

#### POWERFLOW YOGA

A dynamic, physically and spiritually energizing form of yoga that sculpts every muscle in the body. Linking one movement into the next for a fabulous flow, and then holding the poses.

#### 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.

#### RESTORATIVE FLOW YOGA

Restore the body and renew the spirit. Postures are held longer and blend with mindful transitions, breath and deep awareness.

#### 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.

#### 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.

#### STIFF GUY YOGA

This class rocks yoga with a light attitude and cool tunes yet offers a workout worthy of a fitness-loving guy! Special attention is paid to areas where most guys are tight: hamstrings, hips and shoulders. Gals are welcome too!

#### STRONG™

Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

#### STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

#### SUNRISE YOGA

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

#### T.K.O. CIRCUIT

A dynamic and high intensity boxing circuit comprised of cardio, punching and kicking drills with a focus on form and technique.

#### 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.

#### VINYASA FLOW YOGA

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

#### WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

#### ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.