EQUINOX

PRESTON HOLLOW

OCTOBER 2014
Schedule Effective:
Oct 1, 2014 - Oct 31, 2014

GROUP FITNESS MANAGER: Rachel Roberts
rachel.roberts@equinox.com

Our newest Group Fitness programs are designed to help you pick up your pace and get you moving. Check out our newest treadmill training workout Precision Running launching at select locations.

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

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

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

PRESTON HOLLOW

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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

OCTOBER 2014 - CLASS DESCRIPTIONS

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

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.

CROSSTRAINING REVOLUTION
A total fitness approach to enhance competence in all components of fitness: cardiovascular endurance, strength, flexibility, coordination, and balance for improved overall wellness and fat loss.

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.

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.

I.T.V. INTERVAL TRAINING
Interval training has never been this much fun! Join us for a mixture of muscle conditioning and high energy cardio exercises that will shape and define. Class format will vary, so expect the unexpected!

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.

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 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.

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. 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.

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.

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.

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?

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.