

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 * Performance Cycling CS Marquette Falbo	5:45 - 6:30 Eliminator MS Megan Bursey	6:00 - 6:45 * Elevation Ride CS Blye Gallagher	5:45 - 6:30 Tabata MS David Case	6:00 - 6:45 * Interval Cycling CS Jessica Peterson	8:15 - 9:15 * Performance Cycling CS Marquette Falbo	9:00 - 9:45 Pilates Body YS Courtney Corbeille
6:00 - 6:50 METCON3 MS Jessica Peterson	6:00 - 6:50 Sunrise Yoga YS Marquette Falbo	6:00 - 6:50 Adrenaline MS Marquette Falbo	6:00 - 6:50 Sunrise Yoga YS Robin Varnardo	6:00 - 6:50 H.I.T. Full Body MS Conditioning Courtney Corbeille	8:30 - 9:25 Zumba® MS Kim Stevens Sturkie	9:45 - 10:30 * Rhythm Revolution CS Jessica Peterson
6:00 - 6:50 Barre YS Regina Coreil	8:15 - 9:15 Precision Running® TR Marquette Falbo	7:00 - 7:45 Barre MS Courtney Corbeille	8:15 - 9:15 Precision Running® TR Megan Bursey	6:00 - 6:50 * Precision Running® TR Marquette Falbo	9:30 - 10:15 Eliminator MS Blye Gallagher	9:45 - 10:30 Chisel'd MS Natalie Clarke
7:00 - 8:00 Pilates YS Larry Lane	8:30 - 9:15 METCON3 MS Christina Stylianou	8:15 - 9:30 Powerflow Yoga YS DeAnna Haun	8:30 - 9:15 Best Butt Ever MS Andrea Reynolds	7:00 - 8:00 Pilates Fusion YS Larry Lane	9:30 - 10:50 Power Flow Yoga YS Mike Mauren	10:00 - 11:30 Powerflow Yoga YS Carter Twitty
8:00 - 9:25 Iyengar Yoga YS Larry Lane	8:30 - 9:30 Vinyasa Flow Yoga (L2/3) YS Lesslie York	8:30 - 9:15 * Rhythm Revolution CS Megan Bursey	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	10:30 - 11:15 METCON3 MS Robin Varnardo
8:30 - 9:15 * Performance Cycling CS Stevan Koye	9:15 - 9:30 Ab Lab MS Christina Stylianou	8:30 - 9:25 STRONG™ MS Crystal Pollard	9:15 - 9:30 Ab Lab MS Andrea Reynolds	8:30 - 9:15 * Performance Cycling CS Jessica Peterson	10:15 - 11:15 Barre Fit Cardio MS Monica Flores	
8:30 - 9:20 Shockwave MS Crystal Pollard	9:30 - 10:15 * Rhythm Revolution CS Bob Harbeson	9:30 - 10:30 Red Carpet Ready MS Courtney Corbeille	9:30 - 10:15 * Rhythm Revolution CS Bob Harbeson	8:30 - 9:30 Kettlebell Power MS Crystal Pollard	11:00 - 11:45 Stiff Guy Yoga YS Rachel Roberts	
9:30 - 10:15 Chisel'd MS Bob Harbeson	9:30 - 10:15 Barre Fit Cardio MS Monica Flores	9:30 - 10:30 Vinyasa Flow Yoga (L2/3) YS Shelley Beeson	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	
9:30 - 10:30 Vinyasa Flow Yoga (L2/3) YS Marianne Cook	9:45 - 11:00 Powerflow Yoga YS Carter Twitty	9:30 - 10:30 * Precision Running® TR Crystal Pollard	9:45 - 11:00 Flow Play® Vinyasa YS Carter Twitty	9:30 - 10:30 Vinyasa Flow Yoga (L2/3) YS Marianne Cook		
9:30 - 10:30 * Precision Running® TR Crystal Pollard	10:20 - 10:35 Core Cuts MS Bob Harbeson	10:30 - 11:30 Body Beat MS Vickie Griffith	10:20 - 10:35 Core Cuts MS Bob Harbeson	10:30 - 11:30 Zumba® MS Bob Harbeson		
10:30 - 11:15 * Performance Cycling CS Bob Harbeson						
10:30 - 11:30 Zumba® MS Kim Stevens Sturkie						
12:00 - 12:50 Kettlebell Power MS David Case	12:00 - 12:50 Shockwave MS Rachel Roberts	12:00 - 12:50 T.K.O. Circuit MS Megan Bursey	12:00 - 12:50 METCON3 MS Will Amason			
5:45 - 6:30 Barre Fit Cardio MS Anna Ingebrigtsen	5:45 - 6:30 * Rhythm Revolution CS Megan Bursey	5:45 - 6:30 Chisel'd MS Marquette Falbo	5:45 - 6:30 * Rhythm Revolution CS Rachel Roberts			5:00 - 6:15 Vinyasa Flow Yoga (L2/3) YS Amanda Austin
5:45 - 6:40 Stiff Guy Yoga YS Rachel Roberts	5:45 - 6:30 Mega Dance MS Kim Stevens Sturkie	5:45 - 6:40 Om Athlete YS Amanda Austin	5:45 - 6:30 Barre Fit Cardio MS Anna Ingebrigtsen			
6:15 - 7:00 * Interval Cycling CS Megan Bursey	6:30 - 7:15 METCON3 MS Jessica Peterson	6:30 - 7:15 Barre MS Anna Ingebrigtsen	6:15 - 7:00 * Precision Running® TR David Case			
6:30 - 7:15 Eliminator MS Robin Varnardo	6:30 - 7:45 Powerflow Yoga YS Mike Mauren	6:30 - 7:20 * Precision Running® TR Marquette Falbo	6:30 - 7:45 Restorative Flow Yoga (L1/2) YS Mike Mauren			
		6:45 - 7:45 Vinyasa Flow Yoga (L2/3) YS Marianne Cook				

## JULY 2015 - CLASS DESCRIPTIONS

### PRESTON HOLLOW

8611 Hillcrest Rd  
Dallas TX 75225  
214.265.5512  
equinox.com

#### CLUB HOURS

MON - THU 5:00AM - 10:00PM  
FRI 5:00AM - 9:00PM  
SAT & SUN 7:00AM - 8:00PM

#### 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

#### AB LAB

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

#### 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

Raise the Barre

#### 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.

#### 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!

#### 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.

#### 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.

#### 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.

#### 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.

#### 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

#### 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.

#### OM ATHLETE

Inspired by her experience as a competitive athlete & work with athletes, from recreational runners to Olympic swimmers, Rebecca created a yoga class to meet the rigorous mind/body demands of real athletes. Plan to stretch overused muscles, refine your core, prevent injury, & improve mental focus.

#### 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 BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

#### 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. 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.

#### 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!

#### 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!

#### 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.

#### 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.