EQUINOX

IRVINE

THANKSGIVING 2014
Schedule Effective:
Nov 24, 2014 - Nov 30, 2014

GROUP FITNESS MANAGER: Kimmel Yeager
kimmel.yeager@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 NOV 24, 2014	TUESDAY NOV 25, 2014	WEDNESDAY NOV 26, 2014	THURSDAY NOV 27, 2014	FRIDAY NOV 28, 2014	SATURDAY NOV 29, 2014	SUNDAY NOV 30, 2014
6:00 - 6:50 * Studio Cycling CS Karri Urode-Abe 6:30 - 7:30 Cross Fusion MS Tammy Smith 6:30 - 7:30 Flow Fusion YS Nicolette David 8:45 - 9:30 * Tread and Shred TR Michael Collins 9:30 - 10:30 FitBody Workout MS Lisa Andrew 9:30 - 10:25 Barre & Soul YS Christina Sinclair 10:30 - 11:25 Zumba® MS Rucky McKinley	6:00 - 7:00 * Swim Technique & Conditioning PD Michael Collins 6:30 - 7:15 * Indo Row Challenge S3 Maya Yoshida 6:30 - 7:30 Yoga (L1/2) YS Laura Dudley 6:30 - 7:15 * Tread and Shred TR Kimmel Yeager 7:15 - 8:00 TRX MAX RD Kimmel Yeager 8:45 - 9:15 Armed and Dangerous MS Julz Arney 9:15 - 10:00 Cardio Cross-Train MS Julz Arney 9:15 - 10:10 Ballet Fit YS Joan Wenson 11:00 - 12:00 True Flow Yoga™ YS Brynn Rybacek	6:00 - 7:00 * Swim Technique & Conditioning PD Christa Prior 6:30 - 7:30 Cross Fusion MS Doug Katona 6:30 - 7:30 Power Yoga Flow YS Nicolette David 8:30 - 9:25 360 Total Body Training MS Joan Wenson 9:30 - 10:00 Cardio Blitz MS Joel Mackes 9:30 - 10:25 Centergy YS Joan Wenson 10:00 - 10:45 Brazilian Booty Camp™ MS Kimmel Yeager 10:45 - 11:45 Cardio Dance Fusion MS Rucky McKinley	8:30 - 9:25 * Cycle Beats CS Julz Arney 9:30 - 10:30 Zumba® MS Rucky McKinley 10:30 - 11:30 Slow Flow Yoga YS Dusty Flowers	8:30 - 9:25 360 Total Body Training MS Joan Wenson 9:30 - 10:25 Brazilian Booty Camp™ MS Tracy Bauer 9:30 - 10:25 Barre & Soul YS Shaylene Benson 10:30 - 11:25 Cardio Dance Fusion MS Rucky McKinley 10:30 - 11:25 Athletic Stretch & Release YS Norma Shechtman	8:30 - 9:15 * Indo Row Challenge S3 Beth Chilcott 8:30 - 9:25 Step Challenge MS Mariko Crane 9:30 - 10:25 * The 500 Calorie Ride CS Lars Platt 9:30 - 9:45 Ab Lab MS Kimmel Yeager 9:30 - 10:15 TRX MAX RD Joan Wenson 9:45 - 10:30 4X4 MS Kimmel Yeager 9:45 - 10:30 Barre Bootcamp YS Marley Crouch 10:30 - 12:00 Vinyasa Flow Yoga (L2) YS Paul DaSilva	8:30 - 9:25 * Studio Cycling CS Beth Chilcott 9:15 - 10:00 METCON3 MS Justin Kleber 9:30 - 10:45 Restorative Yoga YS Newton Campbell 10:00 - 10:15 Ab Lab MS Justin Kleber 10:15 - 11:10 Barre Fit Cardio MS Maria Hamilton
12:00 - 12:45 * Studio Cycling CS Keith Irace 12:00 - 1:00 True Flow Yoga™ YS Brynn Rybacek 12:15 - 1:00 Boot Camp MS Tricia Buck	12:00 - 12:45 * Roadfit Cycling CS Tammy Smith 12:00 - 1:15 Yoga (L2) YS Paul DaSilva	12:00 - 1:15 Therapeutic Yoga Flow YS Elissa Strutton 12:15 - 1:00 METCON3 MS Kimmel Yeager		12:00 - 12:45 * Studio Cycling CS Amanda Walter	12:05 - 1:05 Yoga Fundamentals YS Dusty Flowers	4:00 - 5:00 Power Yoga Flow YS Jana Lewison
5:00 - 5:50 * Studio Cycling CS Joan Wenson 5:15 - 6:25 Power Yoga Flow YS Jana Lewison 5:30 - 6:15 Tabata MS Kimmel Yeager 5:30 - 6:15 * Tread and Shred TR Beth Chilcott 6:15 - 6:45 RX Series MS Kimmel Yeager 6:15 - 7:00 * TRX MAX RD Joan Wenson 6:30 - 7:15 * Indo Row Challenge S3 Beth Chilcott 6:30 - 7:45 Vinyasa Flow Yoga (L2) YS Paul DaSilva 6:45 - 7:15 Chisel'd MS Lisa Kinder 7:15 - 8:15 Cardio Dance Fusion MS Mariko Crane	5:30 - 6:15 * Indo Row Challenge S3 Maya Yoshida 5:30 - 6:15 Shockwave MS Julz Arney 5:30 - 6:30 Yoga YS Nicole Quibodeaux 6:00 - 7:00 * Swim Technique & Conditioning PD Michael Collins 6:15 - 7:00 METCON3 MS Lisa Kinder 6:30 - 7:25 * This Ride Rocks! CS Andy Park 6:30 - 7:25 Barre Bootcamp YS Christina Sinclair 7:05 - 8:00 Zumba® MS Rucky McKinley 7:35 - 8:35 Therapeutic Yoga Flow YS Nicolette David	5:00 - 5:50 * Studio Cycling CS Joan Wenson 5:30 - 6:15 Metabolic Meltdown MS Kimmel Yeager 6:15 - 6:30 Ab Lab MS Kimmel Yeager 6:30 - 7:45 Power Yoga Flow (L1) YS Jana Lewison				

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

S3	Studio 3
CS	Cycling Studio
MS	Main Studio
PD	Pool Deck
YS	Yoga Studio
TR	Treadmill Area
RD	Roof Deck

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

EQUINOX

IRVINE
1980 Main Street
Irvine CA 92614
949.975.8400
equinox.com

THANKSGIVING 2014 - CLASS DESCRIPTIONS

360 TOTAL BODY TRAINING
Train in 3 dimensions with the 360 balance trainer! Improve your strength, endurance, range of motion, power and core stability in this challenging workout that takes balance training to a new level.

4X4
Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

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

ARMED AND DANGEROUS
Take no prisoners. In 30 minutes, shape and define your arms, shoulders, and upper body with effective, time-efficient methods using a variety of equipment. Workout ends with hard core abdominal training.

ATHLETIC STRETCH & RELEASE
The perfect class for balancing out stressed, tight muscles, using a variety of equipment and blankets.

BALLET FIT
Get your inner ballerina on and step up to the barre. Classical ballet techniques at the barre will dramatically improve your posture, flexibility and strength for a beautiful ballet fit body. No dance experience required. Work from within to develop your own artistic fluidity and grace.

BARRE & SOUL
Ballet conditioning and Pilates merge with yoga to lengthen and tone muscles and center the mind. This barre class picks up where others leave off by adding strengthening and centering elements of yoga like arm balancing and back bending for a strong, balanced body and a peaceful state of mind

BARRE BOOTCAMP
Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

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.

BOOT CAMP
You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

BRAZILIAN BOOTY CAMP™
Hottest strength and conditioning workout north of the equator incorporating cardio core and using special movements to shape your Brazilian Booty.

CARDIO BLITZ
Anything goes in this fat burning, heart pumping class. Cardiovascular training at its best.

CARDIO CROSS-TRAIN
Your heart pumps as the stressors change--low-impact, step, hi-impact, plyometrics, sports conditioning, and funk. Burn the calories, work the heart, and move with a groove. You get it ALL!

CARDIO DANCE FUSION
A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

CENTERGY
Change the way you think about your body and Center Your Energy with Centergy. A fusion of Yoga, Pilates, Dance and traditional exercise done to amazing music. A true experience.

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.

CROSS FUSION
A broad and inclusive workout to challenge your entire fitness level. Each workout is designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.

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.

FITBODY WORKOUT
A cardiovascular workout with steps, dumbells, body bars, stability and medicine balls to great music makes this class timeless, as well as fun and effective for all fitness levels.

FLOW FUSION
A moving meditation blending Vinyasa flow, hatha strength and Pilates core and deep inspiration from modern dance. Relax and regenerate the nervous system with Mark Devenpeck and guest songwriter/guitar player, Simon Sadri, for an unforgettable journey of breath, flow and awareness.

INDO ROW CHALLENGE
Celebrated by athletes & celebrities alike for "the perfect calorie burn," A one-of-a-kind indoor rowing workout to truly change the way you think about group exercise. Team work & total body challenges focus the mind & push your fitness level in an exhilarating race that leaves you breathless!

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.

POWER YOGA FLOW
With a dance-like flow that carries you from one posture to the next, be challenged in grace and strength as you move through unique standing balancing series, arm balances, and core strengthening to press you past your literal and perceived plateaus.

RESTORATIVE YOGA
Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of yoga props helps to support and ease the body into poses held over extended time. As body relaxes, the mind grows still.

ROADFIT CYCLING
Indoor training for the outdoor cyclist. Sport-specific 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.

RX SERIES
Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M"s – massage, mobilization and maximizing performance – and revitalize your body. Self-myofascial massage, range-of-motion stretches and breath strategy combine for high performance.

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.

SLOW FLOW YOGA
Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

STEP CHALLENGE
This step class is all about choreography and fun. If you love step, you'll love this heart pounding, blood pumping, high intensity workout. This one-hour class will keep you stepping through the combinations for 45-50 minutes with a cool down and stretch to make your day.

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.

SWIM TECHNIQUE & CONDITIONING
Get challenged by top level coaches to improve your swimming technique & conditioning, whether you are a novice swimmer, triathlete, or competitor. All swimmers will find this far more productive than training alone!

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 500 CALORIE RIDE
A dynamic cycling class that will use the Schwinn MPower console to track burning 500 calories in 50 minutes. Take on the challenge of strong hill-climbing, cardio intervals and active recovery to add up a big calorie burning total!

THERAPEUTIC YOGA FLOW
Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

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?

TREAD AND SHRED
A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

TRUE FLOW YOGA™
Traditional yogic disciplines into unique & vigorous flow sequences, synchronizing breath with movement. Classes are characterized by anatomical precision, philosophical eloquence & spiritual curiosity. Guided into ease, students easily challenge their boundaries.

TRX MAX
Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

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

YOGA
A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each Instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.

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.

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.