

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 * Studio Cycling CS Karri Urode-Abe <b>6:30 - 7:15 * Indo Row Challenge S3</b> MS Cross Fusion Tammy Smith 6:30 - 7:30 Yoga 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 10:30 - 11:15 Pilates Bootcamp YS Kimmel Yeager	<b>5:30 - 6:15 * Tread and Shred Kent Driver</b> TR 6:00 - 7:00 * Swim Technique & Conditioning Michael Collins 6:30 - 7:30 Yoga (L1/2) YS Laura Dudley 6:30 - 7:15 * Tread and Shred TR Wes Pedersen 7:15 - 8:00 Rhythm + Barre MS Nicole De Anda 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 Rybacke	6:00 - 6:50 * Studio Cycling CS Karri Urode-Abe 6:00 - 7:00 * Swim Technique & Conditioning Christa Prior 6:30 - 7:30 Cross Fusion MS Doug Katona 6:30 - 7:30 Power Yoga Flow YS Jill Grogg 8:30 - 9:25 360 Total Body Training MS Joan Wenson 9:30 - 10:30 Brazilian Booty Camp™ MS Lisa Andrew 9:30 - 10:25 Centergy YS Joan Wenson 10:30 - 11:25 Cardio Dance Fusion MS Mariko Crane 10:45 - 11:30 Pilates Body YS Katherine Slay 11:30 - 12:00 RX Series® YS Nicole Quibodeaux	6:00 - 7:00 * Swim Technique & Conditioning Michael Collins 6:30 - 7:15 * Indo Row Challenge S3 Beth Chilcott 6:30 - 7:30 Yoga (L1/2) YS Mark Devenpeck 6:30 - 7:15 * Tread and Shred TR Wes Pedersen 7:00 - 7:45 Tabata MS Lisa Kinder 8:45 - 9:15 Long, Lean Legs MS Joel Mackes 9:15 - 10:10 4X4 MS Samantha Marcellino 9:15 - 10:00 Barre Bootcamp YS Jennifer Hall 11:00 - 12:00 True Flow Yoga™ YS Brynn Rybacke	6:00 - 6:50 * Studio Cycling CS Kristina Earnest 6:30 - 7:30 Cross Fusion MS Doug Katona 6:30 - 7:30 Power Yoga Flow YS Jill Grogg 8:30 - 9:25 360 Total Body Training MS Joan Wenson 8:45 - 9:30 * Tread and Shred TR Kent Driver 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 Mariko Crane 10:30 - 11:25 Athletic Stretch & Release YS Norma Shechtman	8:00 - 9:25 * Studio Cycling CS Karri Urode-Abe 8:00 - 9:00 * Hike Club OL Norma Shechtman <b>8:15 - 9:15 * ETC Winter RD Kimmel Y &amp; Lisa K</b> 8:30 - 9:15 * Indo Row Challenge S3 Beth Chilcott 8:30 - 9:25 Step Challenge MS Mariko Crane 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 Rhythm + Barre YS Marley Crouch <b>10:30 - 11:25 * The 500 Calorie Ride CS Lars Platt</b> 10:30 - 11:25 Cardio Dance Fusion MS Mariko Crane 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 Norma Shechtman 12:00 - 1:00 True Flow Yoga™ YS Brynn Rybacke 12:15 - 1:00 Eliminator MS Kimmel Yeager	12:00 - 12:45 * Roadfit Cycling CS Tammy Smith 12:00 - 1:15 Yoga (L2) YS Paul DaSilva	12:00 - 12:45 * Studio Cycling CS Lisa Andrew <b>12:00 - 1:00 Therapeutic Yoga Flow Elissa Strutton</b> YS 12:15 - 1:00 Boot Camp MS Jason Hardy	12:00 - 12:45 * Roadfit Cycling CS Tammy Smith 12:00 - 1:15 Yoga (L2) YS Paul DaSilva	12:00 - 12:45 * Studio Cycling CS Amanda Walter 12:00 - 1:00 Slow Flow Yoga YS Dusty Flowers <b>12:15 - 1:15 Boot Camp MS Jason Hardy</b>	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 - 7:00 * Cycle 45 CS Julz Arney 6:15 - 6:45 RX Series® MS Kimmel Yeager 6:15 - 7:00 * TRX MAX RD Joan Wenson 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 Shockwave MS Julz Arney 5:30 - 6:30 Yoga YS Dani Sackman <b>6:00 - 6:55 * This Ride Rocks! CS Andy Park</b> 6:00 - 7:00 * Swim Technique & Conditioning Michael Collins 6:15 - 7:00 METCON3 MS Lisa Kinder <b>6:15 - 7:15 * ETC Winter RD Kimmel Y &amp; Jason H</b> 6:30 - 7:15 * Indo Row Challenge S3 Beth Chilcott 6:30 - 7:25 Barre Bootcamp YS Christina Sinclair 7:05 - 8:00 Zumba® MS Rucky McKinley 7:30 - 8:30 Therapeutic Yoga Flow YS Nicole Quibodeaux	5:00 - 5:50 * Studio Cycling CS Joan Wenson 5:15 - 6:30 Vinyasa Yin Yoga YS Dani Sackman 5:30 - 6:15 Eliminator MS Kimmel Yeager 5:30 - 6:15 * Tread and Shred TR Norma Shechtman 6:15 - 7:00 * Cycle 45 CS Kimmel Yeager 6:15 - 6:30 Ab Lab MS Andy Park 6:15 - 7:00 TRX Workout RD Jennifer Ratanapratum 6:30 - 7:15 Boxing Boot Camp MS Andy Park 6:30 - 7:45 Power Yoga Flow (L1) YS Jana Lewison 7:15 - 8:15 Cardio Dance Fusion MS Mariko Crane	5:30 - 6:15 * Indo Row Challenge S3 Beth Chilcott 5:30 - 6:15 CrossTraining Revolution MS Joel Mackes 5:30 - 6:25 Pilates Fusion YS Norma Shechtman 6:15 - 7:00 Step Challenge MS Holly Howard <b>6:15 - 7:15 * ETC Winter RD Kimmel Yeager</b> 6:30 - 7:25 * This Ride Rocks! CS Edward Gomez 6:30 - 7:25 Barre Bootcamp YS Christina Sinclair 7:05 - 8:00 Zumba® MS Rucky McKinley 7:30 - 8:30 Therapeutic Yoga Flow YS Nicolette David	6:00 - 7:15 Power Yoga Flow YS Joey O'Mara		

## FEBRUARY 2015 - CLASS DESCRIPTIONS

### IRVINE

1980 Main Street  
Irvine CA 92614  
949.975.8400  
equinox.com

#### CLUB HOURS

MON - FRI 5:00am - 10:00pm  
SAT - SUN 7:00am - 7:30pm

#### KIDS's CLUB HOURS

MON - THUR 8:00am - 1:30pm  
MON - THUR 4:30pm - 8:00pm  
FRI 8:00am - 1:30pm  
SAT - SUN 8:00am - 1:00pm

#### 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

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

#### 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!

#### BOXING BOOT CAMP

Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

#### 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 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.

#### 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.

#### 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.

#### 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.

#### FITBODY WORKOUT

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

#### HIKE CLUB

Train for your next hike in a team environment along some of the most beautiful area trails. All levels welcome.

#### 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!

#### LONG, LEAN LEGS

Sculpt your hips, buns and thighs in 30 minutes! An anything goes workout dedicated to lifting, shaping and toning your lower 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.

#### 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 BOOTCAMP

Intense mat sequences and variations of the Pilates exercises using different pieces of equipment. Are you ready to take your Pilates experience to the next level? Give your existing Pilates routine a boost!

#### 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 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.

#### RHYTHM + BARRE

Elevate your barre experience and use rhythm to guide you in this barre, Pilates and barefoot cardio inspired workout. Rhythm + Barre will challenge your cardiovascular endurance, bodyweight strength, agility and flexibility.

#### 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.

#### SPECIAL EVENT

##### 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.