

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 * Studio Cycling CS Karri Urode-Abe 6:30 - 7:15 * Indo Row Challenge S3 Doug Katona 6:30 - 7:15 Cross Fusion MS Kent Drever 6:30 - 7:30 Yoga YS Nicolette David 8:45 - 9:30 * Tread and Shred TR Kent Drever 9:30 - 10:25 FitBody Workout MS Lisa Andrew 9:30 - 10:25 Barre & Soul YS Christina Sinclair 10:30 - 11:25 Cardio Dance Fusion MS Allison Nasser 10:30 - 11:15 Pilates Bootcamp YS Kimmel Yeager	6:00 - 7:00 * Swim Technique & Conditioning Michael Collins 6:30 - 7:30 Yoga (L1/2) YS Sandi Cohn 6:30 - 7:15 * Tread and Shred TR Wes Pedersen <b>6:30 - 7:25 * ETC Summer RD Kimmel Y &amp; Marisa G</b> 8:30 - 9:15 Long, Lean Legs MS Joel Mackes 9:15 - 10:00 The WORKX MS Mary Beth Kurttila 9:15 - 10:10 Ballet Fit YS Joan Wenson <b>9:30 - 10:15 * Cycle 45 CS Jennifer Christensen</b> 11:00 - 12:00 True Flow Yoga™ YS Brynn Rybacke	6:00 - 6:50 * Studio Cycling CS Karri Urode-Abe 6:30 - 7:30 Power Yoga Flow YS Heidi Hong 6:30 - 7:30 Cross Fusion RD Doug Katona 8:30 - 9:25 360 Total Body Training MS Joan Wenson 8:30 - 9:25 Barre Bootcamp YS Jennifer Hall 9:30 - 10:25 Best Butt Ever MS Lisa Andrew 9:30 - 10:25 Centergy YS Joan Wenson 10:30 - 11:25 Cardio Dance Fusion MS Mariko Crane 10:30 - 11:25 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 <b>6:30 - 7:25 * ETC Summer RD Lisa K &amp; Jason H</b> 8:45 - 9:15 Armed and Dangerous MS Mark Garcia 9:15 - 10:10 4X4 MS Mark Garcia 9:15 - 10:10 Rhythm + Barre YS Nicole De Anda 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 RD Doug Katona 7:00 - 8:00 Power Flow Yoga YS MJ Travers 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 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>8:00 - 8:55 * ETC Summer RD Kimmel Y &amp; Lisa K</b> 8:30 - 9:15 * Indo Row Challenge S3 Beth Chilcott 8:30 - 9:25 Step Challenge MS Holly Howard 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 - 11:25 * The 500 Calorie Ride CS Lars Platt 10:30 - 11:55 Vinyasa Flow Yoga (L2) YS Paul DaSilva 10:35 - 11:30 Cardio Dance Fusion MS Mariko Crane 11:30 - 12:15 Athletic Stretch & Release MS Equinox Trainers	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 <b>12:15 - 1:00 Precision Running® TR Kent Drever</b>	12:00 - 12:45 * Roadfit Cycling CS Tammy Smith 12:00 - 1:00 Yoga (L2) YS Paul DaSilva 4:30 - 5:15 Pilates YS Equinox Trainers	12:00 - 12:45 * Studio Cycling CS Lisa Andrew 12:00 - 1:00 Therapeutic Yoga Flow YS Eliissa Strutton <b>12:15 - 1:00 Full Throttle MS Jason Hardy</b>	12:00 - 12:45 * Roadfit Cycling CS Tammy Smith 12:00 - 1:00 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 - 1:00 * Full Throttle 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 * TRX MAX RD Joan Wenson 6:20 - 7:05 * Cycle 45 CS Kimmel Yeager 6:20 - 7:05 Chisel'd MS Lisa Kinder 6:30 - 7:45 Vinyasa Flow Yoga (L2) YS Paul DaSilva 7:20 - 8:15 Cardio Dance Fusion MS Mariko Crane	5:30 - 6:15 Eliminator MS Kimmel Yeager 5:30 - 6:25 Yoga YS Dani Carroll 6:00 - 7:00 Swim Technique & Conditioning Michael Collins <b>6:15 - 7:15 RX Series® MS Kimmel Yeager</b> 6:15 - 7:00 Athletic Conditioning RD Lisa Kinder 6:20 - 7:05 * This Ride Rocks! CS Holly Howard 6:30 - 7:15 * Indo Row Challenge S3 Beth Chilcott 6:30 - 7:25 Barre Bootcamp YS Christina Sinclair 7:10 - 8:05 Zumba® MS Rucky McKinley	5:00 - 5:50 * Studio Cycling CS Joan Wenson 5:15 - 6:25 Vinyasa Yin Yoga YS Brynn Rybacke 5:30 - 6:15 Cardio Blitz MS Jason Hardy 5:30 - 6:15 * Tread and Shred TR Norma Shechtman 6:15 - 6:30 Ab Lab MS Andy Park 6:15 - 7:00 TRX Workout RD Foundations <b>6:20 - 7:05 * Cycle 45 CS Jason Hardy</b> 6:30 - 7:15 Boxing Boot Camp MS Andy Park 6:30 - 7:45 Power Yoga Flow (L1) YS Jana Lewison	5:30 - 6:15 * Indo Row Challenge S3 Beth Chilcott 5:30 - 6:15 4X4 MS Mark Garcia 5:30 - 6:25 Pilates Fusion YS Norma Shechtman 6:20 - 7:05 Step Challenge MS Holly Howard 6:30 - 7:25 * This Ride Rocks! CS Edward Gomez 6:30 - 7:25 Barre Bootcamp YS Christina Sinclair 7:10 - 8:05 Zumba® MS Rucky McKinley 7:30 - 8:30 Therapeutic Yoga Flow YS Courtney Croitori	6:00 - 7:15 Power Yoga Flow YS Joey O'Mara		

## JULY2015 - 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 CONDITIONING

Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits through the use of not only weights but the use of your own body weight.

#### 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.

#### 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.

#### 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 BLITZ

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

#### 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 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 SUMMER

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 Summer is a 4-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.

#### FULL THROTTLE

Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

#### 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! 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

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 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 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.

#### 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.

#### 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.

#### 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.

#### ROPES & ROWERS

A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. The exhilarating solo and team competition will push you to bring it, beat it and brag about it.

#### 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.

#### 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!

#### THE WORKX

Combine interval based treadmill exhaustion and resistance-training muscle burns, with complete core reconstruction. This class Workx everything and leaves nothing but the sweat and fat behind.

#### 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.