

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * MetCon Monday <i>Courtney Copeland</i>	5:45-6:30 TR * Precision Run® <i>Melanie Rosner</i>	5:45-6:30 MS * Stronger <i>Maddie Dougherty</i>	5:45-6:30 TR * Precision Run® <i>Kayla Dye</i>	6:00-6:45 TR * Precision Run® <i>Maddie Dougherty</i>	8:15-9:00 MS * Kettlebell Power <i>Crystal Pollard</i>	8:00-9:00 CL * Precision Run Club (Outdoor) <i>Maddie Dougherty</i>
6:00-6:45 TR * Precision Walk: Elevate <i>Maddie Dougherty</i>	6:00-6:45 MS * <b>Athletic Conditioning</b> <i>Prince Ukoh</i>	6:00-6:45 CS * Precision Walk: Elevate <i>Thomas Renner</i>	6:00-6:45 MS * Tabata Max <i>Alexa Snelleman</i>	6:15-7:05 YS * <b>Pilates Rise (Heated)</b> <i>Kristin Crowder</i>	8:30-9:15 TR * Precision Run® <i>Bobby Candelas</i>	9:00-9:45 MS * MetCon3 <i>Chris X</i>
6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Lauren Jacobs</i>	6:15-7:00 CS * Beats Ride <i>Howard Ketelson</i>	6:15-7:15 YS * Sculpted Yoga™ (Heated) <i>Amanda Johnson</i>	6:15-7:00 CS * Beats Ride <i>Howard Ketelson</i>	6:30-7:15 CS * Beats Ride <i>Delaney Gendron</i>	8:45-9:30 YS * Pilates Mat <i>Bri Moriarty</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Kim Stevens</i>
6:30-7:15 CS * Beats Ride <i>Melanie Rosner</i>	7:00-7:45 TR * Precision Run® <i>Melanie Rosner</i>	6:30-7:15 CS * Beats Ride <i>Melanie Rosner</i>	7:00-7:45 TR * Precision Run® <i>Ramey Price</i>	6:45-7:30 MS * Best Butt Ever <i>Prince Ukoh</i>	9:00-9:45 CS * Beats Ride <i>Jill Sabella</i>	9:30-10:15 CS * Beats Ride <i>Matt Araiza</i>
6:45-7:30 MS * Stronger <i>Chris X</i>	7:00-7:45 YS * True Barre: Bala Bangle <i>Matt Araiza</i>	6:45-7:30 MS * Body Sculpt <i>Maddie Dougherty</i>	7:00-7:45 YS * True Barre: Off the Barre <i>Emma Parkin</i>	7:30-8:15 YS * True Barre: Off the Barre <i>Isabel Reyes</i>	9:15-10:00 MS * Athletic Conditioning <i>Ramey Price</i>	10:00-10:45 MS * Stronger <i>Chris X</i>
8:00-8:45 MS * Athletic Conditioning <i>Chris X</i>	8:45-9:30 MS * Tabata Max <i>Alexa Snelleman</i>	8:00-8:45 MS * Stronger <i>Ramey Price</i>	8:45-9:30 MS * Stronger <i>Ramey Price</i>	8:00-8:45 MS * Stacked <i>Ramey Price</i>	10:00-11:00 YS * Vinyasa Yoga (Heated) <i>Bobby Candelas</i>	10:15-11:00 TR * Precision Walk: Elevate <i>Maddie Dougherty</i>
8:00-8:45 YS * Pilates Mat <i>Tiana Watson</i>	9:00-9:45 YS * True Barre <i>Audresha Lynn</i>	8:00-8:50 YS * Pilates at the Barre <i>Amanda Johnson</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Maddie Dougherty</i>	9:00-9:45 MS * Body Sculpt <i>Jill Sabella</i>	10:15-11:00 MS * Tabata Max <i>Ramey Price</i>	10:45-11:45 YS * Vinyasa Yoga <i>Rachael Fallon (TX)</i>
9:00-9:45 MS * Body Sculpt <i>Jill Sabella</i>	10:00-10:45 MS * Body Sculpt <i>David Case</i>	9:00-9:45 MS * Best Butt Ever <i>Audresha Lynn</i>	9:00-9:45 YS * Pilates Rise <i>Audresha Lynn</i>	9:00-9:45 YS * Pilates Mat <i>Dean Husted</i>	10:30-11:30 CS * Beats Ride 60 <i>Howard Ketelson</i>	
9:45-10:30 YS * <b>Power Vinyasa (Heated)</b> <i>Loren Bassett</i>	10:45-11:00 MS * Best Abs Ever <i>David Case</i>	9:45-10:45 YS * Vinyasa Yoga <i>Linda Bomar</i>	10:00-10:45 MS * Athletic Conditioning <i>Maddie Dougherty</i>	10:00-10:45 MS * MetCon3 <i>Prince Ukoh</i>		11:15-12:00 MS * Body Sculpt <i>Maddie Dougherty</i>
10:00-10:45 MS * Stronger <i>Audresha Lynn</i>	11:00-11:45 YS * Pilates Fusion <i>Chelsea Smith</i>	10:00-10:45 MS * MetCon3 <i>Prince Ukoh</i>	11:00-11:45 YS * True Barre <i>Matt Araiza</i>	10:00-11:00 YS * Vinyasa Yoga <i>Loren Bassett</i>		12:00-12:50 YS * Pilates Rise <i>Rachael Fallon (TX)</i>
11:00-11:45 MS * Best Butt Ever <i>Maddie Dougherty</i>	12:00-12:45 YS * Barefoot Sculpt <i>Chelsea Smith</i>	11:00-11:45 YS * Barefoot Sculpt <i>Rachel Gaspar</i>	12:00-1:00 YS * Gentle Yoga <i>Thomas Renner</i>	12:00-12:45 MS * Athletic Conditioning <i>David Case</i>		4:00-5:00 YS * Vinyasa Yoga <i>Katie Sholty</i>
11:00-12:00 YS * Slow Flow Yoga <i>Thomas Renner</i>	12:15-1:00 MS * <b>Cardio Sculpt</b> <i>Audresha Lynn</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Lauren Gibbs</i>	12:15-1:00 MS * Best Butt Ever <i>Audresha Lynn</i>	12:15-1:00 YS * True Barre: Cardio <i>Matt Araiza</i>		5:15-6:00 YS * Sonic Meditation <i>Katie Sholty</i>
12:00-12:50 MS * 360 Strength <i>David Case</i>	4:30-5:15 YS * Athletic Stretch <i>Kelley Rambin</i>	12:00-12:45 MS * Stronger Women <i>Maddie Dougherty</i>	12:15-1:00 MS * Best Butt Ever <i>Audresha Lynn</i>	1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>		
12:15-1:00 YS * True Barre <i>Matt Araiza</i>	4:45-5:30 MS * Stacked <i>David Case</i>	12:15-1:00 YS * True Barre: Bala Bangle <i>Lauren Gibbs</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Shawn Burns</i>	12:00-12:45 MS * Athletic Conditioning <i>David Case</i>	4:00-5:00 YS * Vinyasa Yoga <i>Linda Bomar</i>	
4:30-5:20 MS * Ropes and Rowers <i>Ramey Price</i>	5:30-6:15 TR * Precision Run® <i>Melanie Rosner</i>	4:30-5:15 MS * Athletic Conditioning <i>Ramey Price</i>	4:45-5:30 MS * Stronger <i>David Case</i>	12:15-1:00 YS * True Barre: Cardio <i>Matt Araiza</i>		
5:00-5:45 TR * Precision Walk: Elevate <i>Maddie Dougherty</i>	5:45-6:30 YS * Pilates Fusion <i>Kelley Rambin</i>	5:00-5:45 TR * Precision Run® <i>Maddie Dougherty</i>	5:15-6:00 TR * Precision Walk: Elevate <i>Ramey Price</i>	1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>	4:30-5:15 MS * Feel Good Friday: Cardio Dance <i>Jill Sabella</i>	
5:00-5:45 YS * True Barre: Bala Bangle <i>Audresha Lynn</i>	6:00-6:50 MS * 360 Strength <i>David Case</i>	5:00-5:45 YS * Pilates Mat (Heated) <i>Dean Husted</i>	5:45-6:35 YS * Pilates at the Barre <i>Kim Stevens</i>	12:15-1:00 YS * True Barre: Cardio <i>Matt Araiza</i>	5:15-6:00 YS * Pilates Fusion <i>Brooke Wendle</i>	
5:30-6:15 CS * Beats Ride <i>Matt Araiza</i>	6:15-7:00 CS * Precision Ride <i>Grace Sells</i>	5:30-6:15 CS * Beats Ride <i>Melanie Rosner</i>	6:00-6:45 MS * Core6 <i>David Case</i>	1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Shawn Burns</i>	
5:45-6:30 MS * Stronger <i>Ramey Price</i>	7:00-8:00 YS * Vinyasa Yoga <i>Thomas Renner</i>	5:45-6:30 MS * Stacked <i>Ramey Price</i>	6:15-7:00 CS * Beats Ride <i>Jill Sabella</i>	12:15-1:00 YS * True Barre: Cardio <i>Matt Araiza</i>		
6:15-7:15 YS * Power Vinyasa <i>Linda Bomar</i>		6:00-6:45 TR * Precision Walk: Elevate <i>David Case</i>	7:00-7:45 MS * Precision Walk: Elevate <i>Brandon Bischoe</i>	1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>		
6:45-7:30 MS * MetCon Monday <i>Jaime Borkan</i>		6:15-7:15 YS * Power Vinyasa (Heated) <i>Emma Parkin</i>	7:15-8:00 YS * Yin Yoga Meditation <i>Billy Gill</i>	1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>		
7:45-8:30 YS * Pilates Fusion <i>Taylor Young</i>		7:45-8:30 YS * True Barre: Bala Bangle <i>Taylor Young</i>		1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>		

# EQUINOX

## HIGHLAND PARK DALLAS

4023 Oak Lawn Avenue

DALLAS TX 75219

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 11:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

**Kids**

**MON-SAT** 08:00 AM 01:00 PM

**GROUP FITNESS MANAGER**

audresha.pemberton@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

**STUDIO KEY**

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**CL** Club Lobby

**CLASS LEVEL GUIDE**

**(All levels welcome unless otherwise noted.)**

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced



## Cycling

**Beats Ride** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



## Running

**Precision Run Club** Join the Equinox running community with outdoor run adventures that incorporates running to famous landmarks (approximately 3 miles) + outdoor conditioning. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

**Precision Run®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.



## Yoga

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



## HIIT

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**MetCon Monday** Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.



## Barre

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**True Barre: Bala Bangle** This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.



## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.



## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Feel Good Friday: Cardio Dance** Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.



## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.



## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.



## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Stronger Women** Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all. An Equinox exclusive.