

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>
6:15-7:15 YS* Vinyasa Yoga (Heated) <i>Megan Walsh</i>	6:00-6:45 MS* Athletic Conditioning <i>Prince Ukoh</i>	6:15-7:15 YS* Sculpted Yoga™ (Heated) <i>Amanda Johnson</i>	6:00-6:45 MS* Tabata Max <i>Alexa Snelleman</i>	6:15-7:05 YS* Pilates Rise (Heated) <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>
6:30-7:15 CS* Beats Ride <i>Melanie Rosner</i>	6:15-7:00 CS* Beats Ride <i>Howard Ketelson</i>	6:30-7:15 CS* Beats Ride <i>Melanie Rosner</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>
6:45-7:30 MS* Stronger <i>Chris X</i>	7:00-7:45 TR* Precision Run® <i>Melanie Rosner</i>	6:45-7:30 MS* Body Sculpt <i>Maddie Dougherty</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>
8:00-8:45 MS* Athletic Conditioning <i>Chris X</i>	7:00-7:45 YS* True Barre: Bala Bangle <i>Matt Araiza</i>	8:00-8:45 MS* Stronger <i>Ramey Price</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 YS* Pilates Mat <i>Tiana Watson</i>	8:15-9:00 TR* Precision Walk: Elevate <i>Audresha Lynn</i>	8:00-8:50 YS* Pilates at the Barre <i>Amanda Johnson</i>	8:15-9:00 TR* Precision Walk: Elevate <i>Maddie Dougherty</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>
9:00-9:45 MS* Body Sculpt <i>Jill Sabella</i>	8:45-9:30 MS* Tabata Max <i>Alexa Snelleman</i>	9:00-9:45 MS* Best Butt Ever <i>Audresha Lynn</i>	8:45-9:30 MS* Stronger <i>Ramey Price</i>	9:00-9:45 MS* Body Sculpt <i>Jill Sabella</i>	10:15-11:00 MS* Leg Day <i>Ramey Price</i>	10:45-11:45 YS* Vinyasa Yoga <i>Rachael Fallon (TX)</i>
9:45-10:30 YS* Power Vinyasa (Heated) <i>Loren Bassett</i>	9:30-10:30 YS* Vinyasa Yoga <i>Loren Bassett</i>	9:45-10:45 MS* Vinyasa Yoga <i>Linda Bomar</i>	9:30-10:15 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>	11:15-12:00 MS* Body Sculpt <i>Maddie Dougherty</i>
10:00-10:45 MS* Stronger <i>Audresha Lynn</i>	10:00-10:45 MS* Body Sculpt <i>David Case</i>	10:00-10:45 MS* Athletic Conditioning <i>Prince Ukoh</i>	10:00-10:45 MS* Leg Day <i>Maddie Dougherty</i>	10:00-10:45 MS* MetCon3 <i>Prince Ukoh</i>	11:15-12:00 MS* Cardio Sculpt <i>Fallon Reedy</i>	12:00-12:50 YS* Pilates Rise <i>Rachael Fallon (TX)</i>
11:00-11:30 MS* Upper Body Pump <i>Maddie Dougherty</i>	10:45-11:00 MS* Best Abs Ever <i>David Case</i>	11:00-11:45 YS* Barefoot Sculpt <i>Rachel Gaspar</i>	11:00-11:45 YS* True Barre <i>Matt Araiza</i>	10:00-11:00 YS* Vinyasa Yoga <i>Loren Bassett</i>	11:15-12:00 YS* Power Vinyasa (Heated) <i>Loren Bassett</i>	4:00-5:00 YS* Vinyasa Yoga <i>Amanda Johnson</i>
11:00-12:00 YS* Slow Flow Yoga <i>Thomas Renner</i>	11:00-11:45 YS* Pilates Fusion <i>Chelsea Smith</i>	12:00-12:45 MS* Body Sculpt <i>Maddie Dougherty</i>	12:00-11:45 YS* True Barre <i>Matt Araiza</i>	12:00-12:45 MS* Athletic Conditioning <i>David Case</i>	12:15-1:00 YS* Pilates Fusion <i>Audresha Lynn</i>	5:15-6:00 YS* Sonic Meditation <i>Amanda Johnson</i>
11:30-11:45 MS* Best Abs Ever <i>Maddie Dougherty</i>	12:00-12:45 YS* Barefoot Sculpt <i>Chelsea Smith</i>	12:15-1:00 YS* True Barre: Bala Bangle <i>Lauren Gibbs</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>Linda Bomar</i>	
12:00-12:45 MS* Leg Day <i>David Case</i>	12:15-1:00 MS* Cardio Sculpt <i>Audresha Lynn</i>	4:30-5:15 MS* Athletic Conditioning <i>Ramey Price</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>		
12:15-1:00 YS* True Barre <i>Matt Araiza</i>	4:30-5:15 YS* Athletic Stretch <i>Kelley Rambin</i>	5:00-5:45 TR* Precision Run® <i>Maddie Dougherty</i>	4:30-5:30 YS* Sculpted Yoga™ <i>Shawn Burns</i>	1:15-2:00 YS* Pilates Fusion <i>Chelsea Smith</i>	5:15-6:00 YS* Pilates Fusion <i>Rachael Fallon (TX)</i>	
4:30-5:20 MS* Ropes and Rowers <i>Ramey Price</i>	4:45-5:30 MS* Stacked <i>David Case</i>	5:00-5:45 YS* Precision Run® <i>Maddie Dougherty</i>	4:45-5:30 MS* Stronger <i>David Case</i>	5:15-6:00 YS* Pilates Fusion <i>Chelsea Smith</i>	6:30-7:30 YS* Power Vinyasa (Heated) <i>Shawn Burns</i>	
5:00-5:45 TR* Precision Walk: Elevate <i>Maddie Dougherty</i>	5:30-6:15 TR* Precision Run® <i>Melanie Rosner</i>	5:00-5:45 YS* Pilates Mat (Heated) <i>Dean Husted</i>	5:30-6:15 TR* Precision Walk: Elevate <i>Ramey Price</i>	5:15-6:00 YS* Pilates Fusion <i>Rachael Fallon (TX)</i>		
5:00-5:45 YS* True Barre: Bala Bangle <i>Audresha Lynn</i>	5:45-6:30 CS* Precision Ride <i>Grace Sells</i>	5:30-6:15 CS* Beats Ride <i>Melanie Rosner</i>	5:45-6:30 CS* Beats Ride <i>Jill Sabella</i>	6:00-7:30 YS* Pilates at the Barre <i>Kim Stevens</i>		
5:30-6:15 CS* Beats Ride <i>Matt Araiza</i>	5:45-6:30 YS* Pilates Fusion <i>Kelley Rambin</i>	5:45-6:30 MS* Leg Day <i>Ramey Price</i>	5:45-6:35 YS* Pilates at the Barre <i>Kim Stevens</i>	6:00-6:45 MS* Core6 <i>David Case</i>		
5:45-6:30 MS* Stronger <i>Ramey Price</i>	6:00-6:50 MS* 360 Strength <i>David Case</i>	6:00-6:45 TR* Precision Walk: Elevate <i>David Case</i>	6:00-6:45 MS* Core6 <i>David Case</i>	7:00-7:45 MS* Cardio Dance <i>Fallon Reedy</i>		
6:15-7:15 YS* Power Vinyasa <i>Linda Bomar</i>	6:00-6:50 MS* 360 Strength <i>David Case</i>	6:15-7:15 YS* Power Vinyasa (Heated) <i>Emma Parkin</i>	7:00-7:45 MS* Cardio Dance <i>Fallon Reedy</i>	7:15-8:00 YS* Yin Yoga Meditation <i>Billy Gill</i>		
6:45-7:30 MS* MetCon Monday <i>Jaime Borkan</i>	7:00-8:00 YS* Vinyasa Yoga <i>Thomas Renner</i>	7:45-8:30 YS* True Barre: Bala Bangle <i>Taylor Young</i>	7:15-8:00 YS* Yin Yoga Meditation <i>Billy Gill</i>			
7:45-8:30 YS* Pilates Fusion <i>Taylor Young</i>						

EQUINOX

HIGHLAND PARK DALLAS

4023 Oak Lawn Avenue

DALLAS TX 75219

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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 and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. 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.



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.

Leg Day Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. 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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.