

EQUINOX

HIGHLAND PARK DALLAS

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

Bold New/Updated Class, Instructor, or Time

***** Advance sign-up required

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

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

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

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® 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.

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 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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. An Equinox exclusive.

Ropes and Rows 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.

Limited Series: Stronger Women Introducing 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.

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.