

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 * Stacked <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>	9:00-9:45 MS * MetCon3 <i>Chris X</i>
6:00-6:45 TR * Precision Run® <i>Maddie Dougherty</i>	6:00-6:45 MS * Athletic Conditioning <i>Jade Harris</i>	6:00-6:45 TR * Precision Run® <i>Jade Harris</i>	6:00-6:45 MS * Tabata Max <i>Alexa Snelleman</i>	6:15-7:05 YS * Pilates Rise (Heated) <i>Dean Husted</i>	8:30-9:15 TR * Precision Run® <i>Bobby Candelas</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Kim Stevens</i>
6:15-7:15 YS * Vinyasa Yoga (Heated) <i>Morgan Bennett</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>	9:30-10:15 CS * Beats Ride <i>Matt Araiza</i>
7:30-7:15 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>Kayla Dye</i>	6:45-7:30 MS * Best Butt Ever <i>Prince Ukoh</i>	9:00-9:45 CS * Beats Ride <i>Jill Sabella</i>	10:00-10:45 MS * Stronger <i>Chris X</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>	10:15-11:00 TR * Precision Walk: Elevate <i>Maddie Dougherty</i>
7:45-8:30 MS * Athletic Conditioning <i>Chris X</i>	8:45-9:30 MS * Tabata Max <i>Alexa Snelleman</i>	7:45-8:30 MS * Stronger <i>Jade Harris</i>	8:45-9:30 MS * Stronger <i>Ramey Price</i>	7:45-8:30 MS * Stacked <i>Ramey Price</i>	10:00-11:00 YS * Vinyasa Yoga (Heated) <i>Bobby Candelas</i>	10:45-11:45 YS * Vinyasa Yoga <i>Rachael Fallon (TX)</i>
8:00-8:45 YS * Pilates Mat <i>Tiana Watson</i>	9:45-10:30 YS * True Barre: Bala Bangle <i>Lauren Gibbs</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>	8:45-9:30 MS * Cardio Sculpt <i>Jill Sabella</i>	10:15-11:00 MS * Tabata Max <i>Ramey Price</i>	11:15-12:00 MS * Body Sculpt <i>Maddie Dougherty</i>
8:45-9:30 MS * Body Sculpt <i>Jill Sabella</i>	10:00-10:45 MS * Body Sculpt <i>David Case</i>	8:45-9:30 MS * Best Butt Ever <i>Jade Harris</i>	9:45-10:35 YS * Pilates Rise <i>Kristin Gonzalez</i>	9:00-9:45 YS * Pilates Mat <i>Dean Husted</i>	10:30-11:30 CS * Beats Ride 60 <i>Howard Ketelson</i>	12:00-12:50 YS * Pilates Rise <i>Rachael Fallon (TX)</i>
9:30-10:30 YS * Vinyasa Yoga <i>Loren Bassett</i>	10:45-11:00 MS * Best Abs Ever <i>David Case</i>	9:30-10:30 YS * Vinyasa Yoga <i>Linda Bomar</i>	10:00-10:45 MS * Athletic Conditioning <i>Maddie Dougherty</i>	9:45-10:30 MS * Tabata Max <i>Chris X</i>	11:15-11:45 MS * Best Butt Ever <i>Prince Ukoh</i>	4:00-5:00 YS * Vinyasa Yoga <i>Lauren James</i>
9:45-10:30 MS * Stronger <i>Ramey Price</i>	11:00-11:45 YS * Pilates Fusion <i>Chelsea Smith</i>	9:45-10:30 MS * Athletic Conditioning <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>	11:15-12:00 YS * Power Vinyasa (Heated) <i>Loren Bassett</i>	5:15-6:00 YS * Sonic Meditation <i>Lauren James</i>
10:45-11:30 MS * Best Butt Ever <i>Maddie Dougherty</i>	12:00-12:45 YS * Barefoot Sculpt <i>Chelsea Smith</i>	10:45-11:30 YS * True Barre: Off the Barre <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>	11:45-12:15 MS * Quick HIIT <i>Prince Ukoh</i>	
10:45-11:45 YS * Gentle Yoga <i>Thomas Renner</i>	12:15-1:00 MS * Stacked <i>Chris X</i>		12:15-1:00 MS * Best Butt Ever <i>Jade Harris</i>	12:15-1:00 YS * True Barre: Cardio <i>Matt Araiza</i>	1:45-2:30 YS * True Barre <i>Kim Stevens</i>	
12:00-12:50 MS * 360 Strength <i>David Case</i>	4:30-5:15 YS * Yin Yoga + Sound Meditation <i>Lauren James</i>	12:00-12:45 MS * Limited Series: Stronger Women <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>	4:00-5:00 YS * Vinyasa Yoga <i>Linda Bomar</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>	4:45-5:30 MS * Stronger <i>David Case</i>	4:30-5:15 MS * Feel Good Friday: Cardio Dance <i>Jill Sabella</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>	5:15-6:00 TR * Precision Walk: Elevate <i>Ramey Price</i>	5:15-6:00 YS * Pilates Fusion <i>Kelley Rambin</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>	5:45-6:35 YS * Pilates at the Barre <i>Kim Stevens</i>	6:30-7:30 YS * Power Vinyasa (Heated) <i>Shawn Burns</i>		
5:00-5:45 YS * True Barre: Bala Bangle <i>Team Equinox</i>	6:00-6:45 MS * Kettlebell Power <i>David Case</i>	5:00-5:45 YS * Pilates Mat (Heated) <i>Dean Husted</i>	6:00-6:30 MS * Upper Body Pump <i>David Case</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>	6:15-7:00 CS * Beats Ride <i>Jill Sabella</i>			
5:45-6:30 MS * Stronger <i>Ramey Price</i>	7:00-8:00 YS * Vinyasa Yoga <i>Thomas Renner</i>	5:45-6:35 MS * 360 Strength <i>Mark Finochiaro</i>	6:30-7:00 MS * Quick HIIT <i>David Case</i>			
6:15-7:15 YS * Power Vinyasa <i>Lauren James</i>		6:00-6:45 TR * Precision Walk: Elevate <i>David Case</i>	7:00-7:45 MS * Cardio Dance <i>Brandon Biscoe</i>			
6:45-7:30 MS * Stacked <i>Jaime Borkan</i>		6:15-7:15 YS * Power Vinyasa (Heated) <i>Emma Parkin</i>	7:15-8:00 YS * Sonic Meditation <i>Lauren James</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>				

EQUINOX

HIGHLAND PARK DALLAS

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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

ramey.price@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 + Sound Meditation Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



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.

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 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

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.

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.