

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Stronger Julie Harrish	6:00-6:50 MS * Rounds: Bags and Mitts Andre Armstead	6:00-6:45 MS * Stacked Julie Harrish	6:00-6:50 MS * Tabata Max Andre Armstead	6:00-6:45 MS * Core6 Becky Riddle	8:00-9:00 MS * Body Sculpt Ashley Horwitz	9:30-10:15 MS * Stacked Chloe Burke
6:45-7:35 TR * Precision Walk: Elevate Adena Muncey	6:00-6:50 TR * Precision Run® Mylana Hearn	6:45-7:35 TR * Precision Walk: Elevate Ashley Horwitz	6:00-6:50 TR * Precision Run® Mylana Hearn	6:45-7:35 TR * Fully Vested David Siik	9:15-10:00 MS * Core6 Ashley Franks	10:00-10:50 TR * Precision Walk: Elevate Jes Chen
7:00-7:45 YS * Pilates Fusion (Heated) David E McClintock	6:45-7:30 BA * Pilates at the Barre DK	7:00-7:45 BA * True Barre: Bala Bangle Becky Riddle	6:45-7:30 BA * Barefoot Sculpt DK	7:00-7:45 BA * True Barre Becky Riddle	9:30-10:15 CS * Beats Ride Chris Felix	10:30-11:20 MS * Stronger Chloe Burke
9:00-9:45 MS * MetCon Monday Callie Griffin	8:30-9:30 YS * Vinyasa Yoga Adena Muncey	9:00-9:30 MS * Best Butt Ever Samantha Engle	7:00-7:45 CS * Beats Ride Ashley Franks	8:30-9:15 CS * Beats Ride Ashley Franks	9:30-10:20 TR * Fully Vested Ashley Horwitz	10:30-11:30 YS * Restorative Yoga Patrick Massey
9:30-10:20 TR * Fully Vested Ashley Horwitz	9:00-9:45 MS * Stacked Samantha Engle	9:30-9:45 MS * Upper Body Pump Samantha Engle	8:30-9:30 YS * Vinyasa Yoga (Heated) Megan Merriam	9:00-9:50 MS * Limited Series: Stronger Women Callie Griffin	9:30-10:30 YS * Vinyasa Yoga (Heated) Val Feachen	11:00-11:45 BA * True Barre Tyler Barbier
	10:30-11:15 BA * True Barre DK	9:30-10:20 TR * Precision Run + Strength Ashley Horwitz	9:00-9:45 MS * Core6 Ashley Franks	9:30-10:20 TR * Precision Run® David Siik	10:00-10:45 BA * True Barre DK	12:00-12:50 BA * Pilates at the Barre Tyler Barbier
11:45-12:35 BA * Pilates Rise Natasha Ponciano	11:45-12:35 MS * Body Sculpt Ashley Horwitz	9:45-10:00 MS * Best Abs Ever Samantha Engle	10:30-11:15 BA * True Barre DK	10:30-11:20 BA * Pilates at the Barre DK	10:15-11:05 MS * Tabata Max Chloe Burke	12:00-1:00 YS * Vinyasa Yoga (Heated) Lindsay Maher
12:00-12:30 MS * Best Butt Ever Callie Griffin	12:00-1:00 YS * Vinyasa Yoga Patrick Massey	10:30-11:20 BA * Pilates Rise Becky Riddle	11:45-12:30 MS * Pure Strength Ashley Horwitz	12:00-12:50 MS * Athletic Conditioning Riti Vats	10:30-11:20 TR * Precision Run® Mylana Hearn	
12:30-12:45 MS * Upper Body Pump Callie Griffin			12:00-1:00 YS * Vinyasa Yoga (Heated) Adena Muncey		11:00-11:50 BA * Pilates Rise Becky Riddle	4:00-4:30 MS * Best Butt Ever Julie Harrish
12:45-1:00 MS * Best Abs Ever Callie Griffin	5:30-6:20 MS * Switch Up: Run + Strength David Siik Ashley Horwitz	11:45-12:35 BA * Pilates at the Barre Becky Riddle	5:30-6:20 MS * Ropes and Rowers Callie Griffin	5:30-6:20 RG * The Rig: Circuit Callie Griffin	11:00-12:00 YS * Yin Yoga + Sound Meditation DK	4:30-4:45 MS * Upper Body Pump Julie Harrish
5:00-5:50 BA * Pilates at the Barre Becky Riddle	5:30-6:20 YS * Pilates Mat (Heated) Becky Riddle	12:00-12:45 MS * MetCon3 Ashley Franks	5:30-6:20 TR * Precision Run® David Siik	5:45-6:45 YS * Vinyasa Yoga Mandi Brown		4:45-5:00 MS * Best Abs Ever Julie Harrish
5:15-6:05 MS * Stronger Samantha Engle	6:00-6:45 BA * True Barre Tyler Barbier	5:00-5:50 BA * Pilates Rise Tyler Barbier	5:30-6:20 YS * Pilates Mat (Heated) Becky Riddle		11:30-12:20 MS * Rounds: Bags and Mitts Callie Griffin	5:15-6:15 YS * Weekend Wind Down Yoga Julie Harrish
5:45-6:30 CS * Beats Ride Chris Felix	6:00-6:45 BA * Beats Ride Tyler Barbier	5:15-6:00 MS * Tabata Max Chloe Burke	6:00-6:45 BA * True Barre Andrea Oregon		12:00-12:45 BA * True Barre: Bala Bangle Becky Riddle	
6:00-6:50 BA * Pilates Rise Becky Riddle	6:00-6:45 CS * Beats Ride DK	5:45-6:30 CS * Beats Ride Serena George	6:30-7:15 MS * Stacked Chloe Burke		12:15-1:15 YS * Vinyasa Yoga Mandi Brown	
6:00-6:50 TR * Precision Run + Strength David Siik	6:30-7:20 MS * Stronger Callie Griffin	6:00-6:50 BA * Pilates at the Barre Tyler Barbier	7:00-8:00 YS * Restorative Yoga Andrea Oregon			
6:15-7:00 MS * MetCon Monday Riti Vats	7:00-8:00 YS * Yin Yoga Meditation DK	6:00-6:50 TR * Fully Vested Callie Griffin				
6:30-7:30 YS * Sculpted Yoga™ (Heated) Patrick Massey		6:15-6:45 MS * Best Butt Ever Samantha Engle				
		6:30-7:30 YS * Vinyasa Yoga (Heated) Patrick Massey				
		6:45-7:00 MS * Upper Body Pump Samantha Engle				
		7:00-7:15 MS * Best Abs Ever Samantha Engle				

EQUINOX

RIVER OAKS
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MON-THU 05:00 AM 10:00 PM
FRI 05:00 AM 09:00 PM
SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER
ashley.horwitz@equinox.com

SIGNATURE CLASSES.
ACCLAIMED INSTRUCTORS.
TRANSFORMED BODIES.

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio
BA Barre Studio
TR Treadmill Area
RG The Rig

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.

Running

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

Yoga

Restorative Yoga A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

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.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

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.

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.

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.

The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.

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.

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.

Boxing

Rounds: Bags and Mitts Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

Strength

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.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.