

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 MS * Stronger <i>Julie Harrish</i>	6:00-6:50 MS * Rounds: Bags and Mitts <i>Andre Armstead</i>	6:00-6:45 MS * Stacked <i>Julie Harrish</i>	6:00-6:50 MS * Tabata Max <i>Andre Armstead</i>	6:00-6:45 MS * Core6 <i>Becky Riddle</i>	8:00-9:00 MS * Body Sculpt (L3) <i>Ashley Horwitz</i>	9:30-10:15 MS * Stacked <i>Chloe Burke</i>
6:45-7:35 TR * Precision Walk: Elevate <i>Adena Muncey</i>	6:00-6:50 TR * Precision Run® <i>Mylana Hearn</i>	6:45-7:35 TR * Precision Walk: Elevate <i>Ashley Horwitz</i>	6:00-6:50 TR * Precision Run® <i>Mylana Hearn</i>	6:45-7:35 TR * Fully Vested <i>David Siik</i>	9:15-10:00 MS * Core6 <i>Ashley Franks</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Jes Chen</i>
7:00-7:45 YS * Pilates Fusion (Heated) <i>David E McClintock</i>	6:45-7:30 BA * Pilates at the Barre <i>DK</i>	7:00-7:45 BA * True Barre: Bala Bangle <i>Becky Riddle</i>	6:45-7:30 BA * Barefoot Sculpt <i>DK</i>	7:00-7:45 BA * True Barre <i>Becky Riddle</i>	9:30-10:15 CS * Beats Ride <i>Chris Felix</i>	10:30-11:20 MS * Stronger <i>Chloe Burke</i>
9:00-9:45 MS * MetCon Monday <i>Callie Griffin</i>	8:30-9:30 YS * Vinyasa Yoga <i>Adena Muncey</i>	9:00-9:30 MS * Best Butt Ever <i>Ashley Franks</i>	8:30-9:30 YS * Sculpted Yoga™ (Heated) <i>Natasha Ponciano</i>	8:30-9:15 CS * Beats Ride <i>Ashley Franks</i>	9:30-10:20 TR * Fully Vested <i>Ashley Horwitz</i>	10:30-11:30 YS * Restorative Yoga <i>Patrick Massey</i>
9:30-10:20 TR * Fully Vested <i>Ashley Horwitz</i>	9:00-9:45 MS * Stacked <i>Ashley Horwitz</i>	9:30-9:45 MS * Upper Body Pump <i>Ashley Franks</i>	9:00-9:45 MS * Core6 <i>Ashley Franks</i>	9:00-9:50 MS * Limited Series: Stronger Women <i>Callie Griffin</i>	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Val Feachen</i>	11:00-11:45 BA * True Barre <i>Tyler Barbier</i>
11:45-12:35 BA * Pilates Rise <i>Natasha Ponciano</i>	10:30-11:15 BA * True Barre <i>DK</i>	9:30-10:20 TR * Precision Run + Strength <i>Ashley Horwitz</i>	10:30-11:15 BA * True Barre <i>DK</i>	9:30-10:20 TR * Precision Run® <i>David Siik</i>	10:00-10:45 BA * True Barre <i>DK</i>	12:00-12:50 BA * Pilates at the Barre <i>Tyler Barbier</i>
12:00-12:30 MS * Best Butt Ever <i>Callie Griffin</i>	11:45-12:35 MS * Body Sculpt <i>Ashley Horwitz</i>	9:45-10:00 MS * Best Abs Ever <i>Ashley Franks</i>	11:45-12:30 MS * Pure Strength <i>Ashley Horwitz</i>	10:30-11:20 BA * Pilates at the Barre <i>DK</i>	10:15-11:05 MS * Tabata Max <i>Chloe Burke</i>	12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Lindsay Maher</i>
12:30-12:45 MS * Upper Body Pump <i>Callie Griffin</i>	12:00-1:00 YS * Vinyasa Yoga <i>Patrick Massey</i>	10:30-11:20 BA * Pilates Rise <i>Becky Riddle</i>	12:00-1:00 YS * Vinyasa Yoga <i>Adena Muncey</i>	12:00-12:45 MS * Stacked <i>Ashley Franks</i>	10:30-11:20 TR * Precision Run® <i>Mylana Hearn</i>	
12:45-1:00 MS * Best Abs Ever <i>Callie Griffin</i>	5:30-6:20 MS * Switch Up: Run + Strength <i>David Siik Ashley Horwitz</i>	11:45-12:35 BA * Pilates at the Barre <i>Becky Riddle</i>	5:30-6:20 MS * Ropes and Rowers <i>Callie Griffin</i>	5:30-6:20 RG * The Rig: Circuit <i>Callie Griffin</i>	11:00-11:50 BA * Pilates Rise <i>Becky Riddle</i>	4:00-4:30 MS * Best Butt Ever <i>Julie Harrish</i>
5:00-5:50 BA * Pilates at the Barre <i>Becky Riddle</i>	5:30-6:20 YS * Pilates Mat (Heated) <i>Becky Riddle</i>	12:00-12:50 MS * Stronger <i>Ashley Franks</i>	5:30-6:20 TR * Precision Run® <i>David Siik</i>	5:45-6:45 YS * Vinyasa Yoga <i>Amanda Brown</i>	11:00-12:00 YS * Yin Yoga Meditation <i>DK</i>	4:30-4:45 MS * Upper Body Pump <i>Julie Harrish</i>
5:15-6:05 MS * Stronger <i>Ashley Franks</i>	6:00-6:45 BA * True Barre <i>Tyler Barbier</i>	5:00-5:50 BA * Pilates Rise <i>Tyler Barbier</i>	5:30-6:20 YS * Pilates Mat (Heated) <i>Becky Riddle</i>		11:30-12:20 MS * Rounds: Bags and Mitts <i>Callie Griffin</i>	4:45-5:00 MS * Best Abs Ever <i>Julie Harrish</i>
5:45-6:30 CS * Beats Ride <i>Chris Felix</i>	6:00-6:45 BA * True Barre <i>Tyler Barbier</i>	5:15-6:00 MS * Tabata Max <i>Chloe Burke</i>	6:00-6:45 YS * True Barre <i>Andrea Oregon</i>		12:00-12:45 BA * True Barre: Bala Bangle <i>Becky Riddle</i>	5:15-6:15 YS * Weekend Wind Down Yoga <i>Julie Harrish</i>
6:00-6:50 BA * Pilates Rise <i>Becky Riddle</i>	6:00-6:45 CS * Beats Ride <i>DK</i>	5:45-6:30 CS * Beats Ride <i>Serena George</i>	6:00-6:45 BA * True Barre <i>Andrea Oregon</i>		12:15-1:15 YS * Vinyasa Yoga <i>Amanda Brown</i>	
6:00-6:50 BA * Pilates Rise <i>Becky Riddle</i>	6:30-7:20 MS * Stronger <i>Callie Griffin</i>	6:00-6:50 BA * Pilates at the Barre <i>Tyler Barbier</i>	6:00-6:45 CS * Beats Ride <i>Ashley Franks</i>			
6:00-6:50 TR * Precision Run + Strength <i>David Siik</i>	7:00-8:00 YS * Yin Yoga Meditation <i>DK</i>	6:00-6:50 BA * Fully Vested <i>Callie Griffin</i>	6:30-7:15 MS * Stacked <i>Chloe Burke</i>			
6:15-7:00 MS * MetCon Monday <i>Riti Vats</i>		6:15-6:45 MS * Best Butt Ever <i>Ashley Franks</i>	7:00-8:00 YS * Restorative Yoga <i>Andrea Oregon</i>			
6:30-7:30 YS * Sculpted Yoga™ (Heated) <i>Patrick Massey</i>		6:30-7:30 YS * Vinyasa Yoga (Heated) <i>Patrick Massey</i>				
		6:45-7:00 MS * Upper Body Pump <i>Ashley Franks</i>				
		7:00-7:15 MS * Best Abs Ever <i>Ashley Franks</i>				

# EQUINOX

## RIVER OAKS

4444 Westheimer Road

HOUSTON TX 77027

EQUINOX.COM

@EQUINOX

**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 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**

**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.

**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.