

# EQUNOX

PLANO

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 Pilates Rise (Heated) YS * Kristin Gonzalez	5:30-6:20 Precision Run® PR * Lindsey Lidiak	6:00-6:50 Stronger MS * Elena Hernandez	5:30-6:20 Precision Run® PR * Thomas Renner	6:00-6:30 Upper Body Pump MS * Cassie Doorn	7:30-8:15 Body Sculpt MS * Hannah Bankhead	8:00-8:45 Precision Run + Strength PR * Kayla Dye
6:00-6:45 Body Sculpt MS * Lindsey Lidiak	6:30-7:20 Circuit Training MS * Mark Finochiaro	6:15-7:05 Precision Run® PR * Kayla Dye	6:30-7:20 360 Strength MS * Kristin Gonzalez	6:15-7:05 Precision Run® PR * Greg Cohen	8:15-9:00 Pilates Fusion YS * Michelle Zada	8:15-9:00 Beats Ride CS * Lindsey Lidiak
6:15-7:05 Precision Run® PR * Thomas Renner	6:45-7:30 Precision Run® PR * Thomas Renner	7:45-8:30 MetCon3 MS * Mark Finochiaro	6:45-7:30 True Barre YS * Hannah Bankhead	6:30-7:15 Beats Ride CS * Melanie Rosner	8:30-9:15 Stacked MS * Hannah Bankhead	8:30-9:30 Viryasa Yoga (Heated) YS * Kristin Gonzalez
6:45-7:45 Vinyasa Yoga (Heated) YS * Kristin Gonzalez	6:45-7:30 Pilates at the Barre YS * Hannah Bankhead	8:30-9:15 Fully Vested PR * Kayla Dye	8:00-8:45 Body Sculpt Liz Terry	6:30-6:45 Best Abs Ever MS * Cassie Doorn	9:00-9:45 Fully Vested PR * Kayla Dye	9:00-9:30 Upper Body Pump MS * Elena Hernandez
7:45-8:35 Stronger MS * Natalie Eliaison	8:00-8:45 Stacked MS * Cassie Doorn	8:30-9:15 True Barre YS * Liz Terry	8:15-9:00 Pilates at the Barre YS * Kristin Gonzalez	7:45-8:35 360 Strength MS * Natalie Eliaison	9:15-10:00 Beats Ride CS * Courtney Copeland	9:15-10:05 Precision Run® PR * Kayla Dye
8:30-9:20 Precision Run + Strength PR * Kayla Dye	8:15-9:00 Pilates Fusion YS * Hannah Bankhead	9:30-10:20 Limited Series: Stronger Women PR * Katie Sholty	8:30-9:15 Precision Walk: Elevate Hannah Bankhead	8:30-9:20 Precision Run® PR * Cassie Doorn	9:15-10:00 Vinyasa Yoga YS * Billy Gill	9:30-10:00 Best Butt Ever MS * Elena Hernandez
8:30-9:15 True Barre: Off the Barre (Heated) YS * Rachel Gaspar	8:30-9:15 Beats Ride CS * Beth Jaques	10:30-11:30 Slow Flow Yoga (Heated) YS * Thomas Renner	9:15-10:15 Power Vinyasa Loren Bassett	8:30-9:15 Barefoot Sculpt (Heated) YS * Rachel Gaspar	9:30-10:20 360 Strength MS * Kristin Gonzalez	10:00-10:45 Pilates Mat (Heated) YS * Amanda Johnson
9:30-10:15 Rhythmic Sculpt MS * Liz Terry	9:15-10:15 Power Vinyasa Thomas Renner	12:00-12:50 Pilates at the Barre MS * Prince Ukoh	9:30-10:30 Cardio Dance Brandon Biscoe	9:30-10:00 Upper Body Pump MS * Beth Jaques	10:15-11:00 True Barre Kim Stevens	10:15-11:00 Core6 MS * Elena Hernandez
10:30-11:20 Pilates Rise YS * Kristin Gonzalez	10:30-11:15 Barefoot Sculpt Lisa Bevers	12:15-1:00 Pure Strength MS * David Case	10:30-11:15 Pilates Mat (Heated) Michelle Zada	10:00-10:30 Best Butt Ever MS * Beth Jaques	10:30-11:15 Precision Run + Strength PR * Kayla Dye	11:15-12:05 Stronger MS * Aditi Sparks
12:00-12:45 True Barre YS * Lisa Bevers	12:00-12:50 Stronger MS * Katie Sholty	4:30-5:15 Barefoot Sculpt (Heated) YS * Tiana Watson	12:00-12:45 Body Sculpt Kelley Rambin	12:00-12:45 Pilates Mat Brooke Wendle	11:15-12:30 Power Vinyasa YS * Kristin Gonzalez	11:15-12:00 Yin Yoga + Sound Meditation YS * Amanda Johnson
12:15-12:45 Best Butt Ever MS * Mark Finochiaro	12:15-1:00 Pilates Fusion (Heated) YS * Jessica Richter	4:45-5:30 Core6 MS * Prince Ukoh	12:15-1:00 Barefoot Sculpt (Heated) YS * Jessica Richter	12:15-1:00 Stacked MS * Michelle Zada	12:45-1:30 Pilates Fusion YS * Brooke Wendle	12:30-1:20 Pilates at the Barre YS * Amanda Johnson
12:45-1:15 Upper Body Pump MS * Mark Finochiaro		4:30-5:00 Precision Run 30 PR * Michelle Zada	4:30-5:00 Precision Run + Strength PR * Kaitlyn Lee	4:00-5:00 Power Vinyasa MS * Kelley Rambin	2:00-2:50 Pilates at the Barre YS * Brooke Wendle	1:30-2:30 Cardio Dance MS * Brandon Biscoe
4:30-5:15 True Barre YS * Kelley Rambin	5:00-5:45 Stronger MS * Natalie Eliaison	5:30-6:20 Pilates Rise (Heated) MS * Loren Bassett	5:00-5:45 Body Sculpt MS * Kristin Gonzalez	5:15-6:00 Power Vinyasa (Heated) YS * Katie Sholty	3:15-4:00 Sonic Meditation YS * Natalie Eliaison	3:00-4:00 Weekend Wind Down Yoga YS * Lauren Jacobs
4:45-5:30 Stacked MS * Michelle Zada	5:15-6:00 Barefoot Sculpt (Heated) YS * Loren Bassett	5:30-6:15 360 Strength MS * Prince Ukoh	5:15-6:15 Beats Ride MS * Grace Sells	5:15-6:00 Fully Vested PR * Kristin Gonzalez		
5:30-6:15 Precision Walk: Elevate PR * Kristin Gonzalez	6:00-6:50 Beats Ride MS * Prince Ukoh	6:00-6:50 Beats Ride MS * Grace Sells	5:45-6:30 Precision Walk: Elevate PR * Lindsey Lidiak	5:15-6:00 Power Vinyasa (Heated) PR * Kristin Gonzalez		
5:30-6:15 Pilates Fusion YS * Amanda Johnson	5:45-6:30 Fully Vested MS * Greg Cohen	6:15-7:00 Vinyasa Yoga (Heated) MS * Kristin Gonzalez	5:45-6:30 Stronger MS * Greg Cohen	5:15-6:00 Fully Vested PR * Kristin Gonzalez		
6:00-6:45 Body Sculpt MS * Michelle Zada	6:00-6:45 Best Butt Ever MS * Lindsey Lidiak	6:45-7:45 Vinyasa Yoga (Heated) YS * Katie Sholty	6:00-6:50 Yin Yoga Meditation MS * Kristin Gonzalez	6:00-6:50 Sonic Meditation MS * Kristin Gonzalez		
6:15-7:00 Anthem Ride CS * Grace Sells	6:45-7:45 Vinyasa Yoga (Heated) YS * Katie Sholty		6:45-7:45 Yin Yoga Meditation YS * Kristin Gonzalez	6:45-7:45 Yin Yoga Meditation YS * Kristin Gonzalez		
6:45-7:45 Slow Flow Yoga (Heated) YS * Amanda Johnson	7:00-8:00 Cardio Dance MS * Brandon Biscoe					

VISIT [EQUINOX.COM](http://EQUINOX.COM) OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## PLANO

6109 West Park Boulevard

PLANO TX 75093

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT 07:00 AM 05:30 PM

SUN 08:00 AM 08:00 PM

## GROUP FITNESS MANAGER

kelley.rambin@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

PR PR Lab

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## ❖ Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

**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 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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

**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.

**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.

**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

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**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.

**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.

## ❖ 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: 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

**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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## ❖ 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.

**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.