

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 YS * Pilates Rise (Heated) <i>Kristin Crowder</i>	5:30-6:20 PR * Precision Run® <i>Lindsey Lidiak</i>	6:00-6:50 MS * Stronger <i>Elena Hernandez</i>	5:30-6:20 PR * Precision Run® <i>Thomas Renner</i>	6:00-6:30 MS * Upper Body Pump <i>Cassie Doom</i>	7:30-8:15 MS * Body Sculpt <i>Hannah Bankhead</i>	8:00-8:45 PR * Precision Run + Strength <i>Kayla Dye</i>
6:00-6:45 MS * Body Sculpt <i>Lindsey Lidiak</i>	6:30-7:20 PG * Circuit Training (Outdoor) <i>Mark Finochiaro</i>	6:15-7:05 PR * Precision Run® <i>Kayla Dye</i>	6:30-7:15 PG * Pure Strength (Outdoor) <i>Kristin Crowder</i>	6:15-7:05 PR * Precision Run® <i>Greg Cohen</i>	8:15-9:00 YS * Pilates Fusion <i>Kelley Rambin</i>	8:30-9:30 YS * Vinyasa Yoga (Heated) <i>Kristin Crowder</i>
6:15-7:05 PR * Precision Run® <i>Thomas Renner</i>	6:45-7:30 YS * True Barre <b>Rachel Gaspar</b>	6:30-7:15 CS * Beats Ride <i>Peter Roca</i>	6:45-7:30 YS * True Barre <i>Hannah Bankhead</i>	6:30-7:15 CS * Beats Ride <i>Melanie Rosner</i>	8:30-9:15 MS * Stacked <i>Hannah Bankhead</i>	9:00-9:30 MS * Upper Body Pump <i>Elena Hernandez</i>
6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Kristin Crowder</i>	8:00-8:45 MS * Stacked <i>Cassie Doom</i>	7:45-8:30 MS * MetCon3 <i>Mark Finochiaro</i>	8:00-8:45 MS * Body Sculpt <i>Liz Terry</i>	6:30-6:45 MS * Best Abs Ever <i>Cassie Doom</i>	9:00-9:45 PR * Fully Vested <i>Kayla Dye</i>	9:15-10:05 PR * Precision Run® <i>Kayla Dye</i>
7:45-8:35 MS * Stronger <i>Natalie Eliason</i>	8:15-9:00 YS * Pilates Fusion <b>Ashley Farzad</b>	8:30-9:15 PR * Fully Vested <i>Kayla Dye</i>	8:15-9:00 YS * Pilates at the Barre <i>Kristin Crowder</i>	7:45-8:30 MS * <b>Leg Day</b> <b>Mark Finochiaro</b>	9:15-10:00 CS * Beats Ride <i>Courtney Copeland</i>	9:30-10:00 MS * Best Butt Ever <i>Elena Hernandez</i>
8:30-9:20 PR * Precision Run + Strength <i>Kayla Dye</i>	8:30-9:15 CS * Beats Ride <i>Beth Jaques</i>	8:30-9:15 YS * True Barre <i>Liz Terry</i>	8:30-9:15 PR * Precision Run + Strength <i>Hannah Bankhead</i>	8:30-9:20 PR * Precision Run® <i>Cassie Doom</i>	9:15-10:00 YS * Power Vinyasa <i>Billy Gill</i>	10:00-10:45 YS * Pilates Mat (Heated) <i>Amanda Johnson</i>
8:30-9:15 YS * True Barre: Off the Barre (Heated) <i>Rachel Gaspar</i>	9:15-10:15 YS * Power Vinyasa <i>Thomas Renner</i>	9:30-10:20 MS * Stronger Women <i>Katie Sholty</i>	9:15-10:15 YS * Vinyasa Yoga <i>Loren Bassett</i>	8:30-9:15 YS * Barefoot Sculpt (Heated) <i>Rachel Gaspar</i>	9:30-10:20 PG * Circuit Training (Outdoor) <i>Kristin Crowder</i>	10:15-11:00 MS * Core6 <i>Elena Hernandez</i>
9:30-10:15 MS * Rhythmic Sculpt <i>Liz Terry</i>	9:30-10:15 MS * <b>Leg Day</b> <b>Beth Jaques</b>	10:30-11:30 YS * Slow Flow Yoga (Heated) <i>Amanda Johnson</i>	9:30-10:30 MS * Cardio Dance <i>Heidi Garza</i>	9:30-10:00 MS * Upper Body Pump <i>Beth Jaques</i>	10:15-11:00 YS * True Barre <i>Kim Stevens</i>	10:30-11:15 CS * Beats Ride <i>Beth Jaques</i>
10:30-11:20 YS * Pilates Rise <i>Kristin Crowder</i>	10:30-11:15 YS * Barefoot Sculpt <i>Lisa Bevers</i>	12:00-12:50 YS * Pilates at the Barre <i>Amanda Johnson</i>	10:30-11:15 YS * Pilates Mat <i>Kelley Rambin</i>	10:00-10:30 MS * Best Butt Ever <i>Beth Jaques</i>	10:30-11:15 PR * Precision Run + Strength <i>Kayla Dye</i>	11:15-12:05 MS * Stronger <i>Aditi Sparks</i>
12:00-12:45 YS * True Barre <i>Lisa Bevers</i>	12:00-12:50 MS * Stronger <i>Katie Sholty</i>	12:15-1:00 PG * Pure Strength (Outdoor) <i>David Case</i>	12:00-12:45 MS * Body Sculpt <i>Natalie Eliason</i>	10:30-11:30 YS * Vinyasa Yoga <i>Linda Bomar</i>	11:00-11:45 MS * <b>Rhythmic Sculpt</b> <b>Courtney Copeland</b>	11:15-12:00 YS * Yin Yoga + Sound Meditation <i>Amanda Johnson</i>
12:15-12:45 MS * Best Butt Ever <i>Mark Finochiaro</i>	12:15-1:00 YS * Pilates Fusion (Heated) <i>Jessica Richter</i>	4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Tiana Watson</i>	12:15-1:00 YS * Barefoot Sculpt (Heated) <i>Loren Bassett</i>	12:00-12:45 YS * <b>Pilates Mat</b> <b>Amanda Johnson</b>	11:15-12:30 YS * Power Vinyasa <i>Kristin Crowder</i>	12:30-1:20 YS * Pilates at the Barre <i>Amanda Johnson</i>
12:45-1:15 MS * Upper Body Pump <i>Mark Finochiaro</i>	4:30-5:00 PR * Precision Run 30 <i>Greg Cohen</i>	4:30-5:15 YS * Barefoot Sculpt (Heated) <i>Tiana Watson</i>	4:30-5:00 PR * Precision Run 30 <i>Natalie Eliason</i>	12:15-1:00 MS * Stacked <i>Beth Jaques</i>	1:00-1:45 YS * <b>True Barre: Bala</b> <b>Bangle</b> <b>Isabel Reyes</b>	1:30-2:30 MS * <b>Cardio Dance</b> <b>Heidi Garza</b>
4:30-5:15 YS * True Barre <i>Kelley Rambin</i>	5:00-5:45 MS * Stronger <i>Natalie Eliason</i>	4:45-5:00 MS * Upper Body Pump <b>Greg Cohen</b>	4:30-5:00 PR * Precision Run 30 <i>Natalie Eliason</i>	4:00-5:00 YS * Power Vinyasa (Heated) <i>Kristin Crowder</i>	11:15-12:30 YS * Power Vinyasa <i>Kristin Crowder</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Katie Sholty</i>
4:45-5:30 MS * Stacked <i>Courtney Copeland</i>	5:15-6:00 YS * Barefoot Sculpt (Heated) <i>Loren Bassett</i>	5:00-5:45 MS * Leg Day <b>Greg Cohen</b>	5:00-5:45 MS * Body Sculpt <i>Kelley Rambin</i>	5:15-1:00 MS * Stacked <i>Beth Jaques</i>	1:00-1:45 YS * <b>True Barre: Bala</b> <b>Bangle</b> <b>Isabel Reyes</b>	
5:30-6:15 PR * Precision Walk: Elevate <i>Kristin Crowder</i>	5:45-6:30 CS * Beats Ride <i>Katie Sholty</i>	5:30-6:20 PR * Precision Run + Strength <i>Kailyn Lee</i>	5:15-6:15 YS * Power Vinyasa (Heated) <i>Katie Sholty</i>	5:15-6:00 PR * Fully Vested <i>Lindsey Lidiak</i>	5:30-6:15 YS * Sonic Meditation <i>Kristin Crowder</i>	
5:30-6:15 YS * Pilates Fusion <i>Amanda Johnson</i>	5:45-6:30 PR * Fully Vested <i>Greg Cohen</i>	5:30-6:20 PR * Precision Run + Strength <i>Kailyn Lee</i>	5:45-6:30 CS * Beats Ride <i>Grace Sells</i>	5:15-6:00 PR * Fully Vested <i>Lindsey Lidiak</i>		
6:00-6:45 MS * Best Butt Ever <i>Courtney Copeland</i>	6:00-6:45 MS * Body Sculpt <i>Lindsey Lidiak</i>	5:30-6:15 YS * Pilates Rise (Heated) <i>Kristin Crowder</i>	5:45-6:30 PR * Precision Walk: Elevate <i>Lindsey Lidiak</i>	6:00-6:50 MS * Stronger <i>Greg Cohen</i>		
6:15-7:00 CS * Anthem Ride <i>Grace Sells</i>	6:45-7:45 YS * Vinyasa Yoga (Heated) <i>Katie Sholty</i>	6:00-6:45 MS * Rounds: Boxing <i>Greg Cohen</i>	6:00-6:50 MS * Stronger <i>Greg Cohen</i>	6:45-7:45 YS * Yin Yoga Meditation <i>Katie Sholty</i>		
6:45-7:45 PG * Slow Flow Yoga (Outdoor) <i>Amanda Johnson</i>	7:00-8:00 MS * <b>Cardio Dance</b> <b>Destiny Hicks</b>	6:15-7:00 CS * Beats Ride <i>Jessica Becchetti</i>	6:45-7:45 YS * Yin Yoga Meditation <i>Katie Sholty</i>			

# 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-SUN** 07:00 AM 07:00 PM

## Kids

**MON-FRI** 08:00 AM 01:00 PM

**SAT** 10:00 AM 01:00 PM

## GROUP FITNESS MANAGER

kelly.rambin@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**PG** The Playground

**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, dumbbells, 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: 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: 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.

## Boxing

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## 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.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-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

**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.

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.

**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.

**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. 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.