

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 MS* Stronger <i>Veronika Cohen</i>	6:15-7:00 YS* Barefoot Sculpt <i>Annie Murray</i>	6:00-6:45 YS* Pilates Fusion (Heated) <i>Carolina Sanper</i>	6:15-7:00 YS* Barefoot Sculpt <i>Veronika Cohen</i>	6:15-7:05 MS* Stronger <i>Veronika Cohen</i>	8:30-9:20 YS* True Barre <i>Anna Gammill</i>	9:30-10:15 YS* Pilates Fusion <i>Annie Murray</i>
7:15-8:05 YS* Pilates at the Barre <i>Carolina Sanper</i>	6:30-7:15 MS* Athletic Conditioning <i>Veronika Cohen</i>	6:15-7:00 MS* MetCon3 <i>Trip O'Connell</i>	6:30-7:15 MS* Tabata Max <i>Jaime Rauso</i>	7:15-8:00 YS* Pilates Fusion <i>Carolina Sanper</i>	9:15-10:00 MS* Best Butt Ever <i>Elese Rose</i>	10:00-10:50 CS* Beats Ride <i>Alex McCall</i>
7:30-8:15 MS* MetCon Monday <i>Lauren Hart</i>	7:15-8:00 YS* Pilates Rise (Heated) <i>Monique French</i>	7:15-8:15 YS* Power Vinyasa (Outdoor) <i>Elese Rose</i>	7:15-8:00 YS* Pilates Fusion (Heated) <i>Annie Murray</i>	7:30-8:15 MS* Best Butt Ever <i>Emma Leeker</i>	9:15-10:05 TR* Precision Run® <i>Jaime Rauso</i>	10:00-10:45 MS* Leg Day <i>Tina Silva</i>
8:45-9:30 YS* Pilates Fusion <i>Anna Gammill</i>	7:30-8:15 MS* Rounds: Kickboxing <i>Angela Foster</i>	7:30-8:15 MS* Leg Day <i>Emma Leeker</i>	7:30-8:20 MS* Stronger <i>Matt Parel</i>	8:45-9:30 YS* True Barre <i>Elese Rose</i>	10:00-11:00 YS* Power Vinyasa (Heated) <i>Monique French</i>	10:30-11:30 YS* Athletic Stretch (Heated) <i>Lauren Brown</i>
9:15-10:00 MS* Leg Day <i>Emma Leeker</i>	8:30-9:15 YS* Barefoot Sculpt <i>Whitney Roberts</i>	8:45-9:30 YS* Pilates Fusion (Heated) <i>Elese Rose</i>	8:30-9:15 YS* True Barre: Bala Bangle <i>Veronika Cohen</i>	9:15-10:00 MS* MetCon3 <i>Trip O'Connell</i>	10:15-11:00 CS* Beats + Bands Ride <i>Annie Murray</i>	11:30-12:15 MS* MetCon3 <i>Tina Silva</i>
10:30-11:15 YS* Barefoot Sculpt <i>Grace Montie</i>	9:15-10:00 MS* Cardio Sculpt <i>Lauren Hart</i>	9:15-10:05 MS* Stronger <i>Emma Leeker</i>	9:15-10:00 MS* Best Butt Ever <i>Tina Silva</i>	10:30-11:15 YS* Pilates Mat <i>Elese Rose</i>	10:15-11:00 MS* Tabata Max <i>Jaime Rauso</i>	12:30-1:30 YS* Power Vinyasa (Heated) <i>Julia Veronesi</i>
11:30-12:20 CS* Beats Ride <i>Team Equinox</i>	9:30-10:15 YS* True Barre <i>Elese Rose</i>	10:30-11:20 YS* Pilates at the Barre <i>Monique French</i>	9:30-10:15 YS* Pilates Mat <i>Cassie Coulas</i>	11:30-12:20 CS* Beats Ride <i>Whitney Roberts</i>	11:15-12:05 MS* Stronger <i>Elese Rose</i>	2:00-2:45 YS* True Barre: Bala Bangle <i>Anna Gammill</i>
12:15-1:05 MS* Stronger <i>Emma Leeker</i>	10:00-10:50 TR* Precision Run® <i>Matt Parel</i>	11:30-12:20 CS* Anthem Ride <i>Jonathan Castillo</i>	10:45-11:30 YS* True Barre <i>Grace Montie</i>	12:00-1:00 YS* Vinyasa Yoga (Heated) <i>Vanush</i>	11:30-12:30 YS* Sculpted Yoga™ <i>Bea Love</i>	3:30-4:45 YS* Yin Yoga (Heated) <i>Vanush</i>
2:45-3:30 YS* Sculpted Yoga™ <i>Monique French</i>	10:45-11:30 YS* Pilates Mat <i>Cassie Coulas</i>	12:00-12:45 YS* True Barre: Bala Bangle <i>Whitney Roberts</i>	12:00-12:45 MS* Body Sculpt <i>Michael Carson</i>	12:15-1:00 MS* Stronger <i>Trip O'Connell</i>	12:30-1:15 MS* Rounds: Boxing <i>Isaac Salinas</i>	
4:00-4:45 YS* Pilates Fusion <i>Carolina Sanper</i>	12:00-12:45 MS* MetCon3 <i>Lauren Hart</i>	2:45-3:30 YS* Barefoot Sculpt (Heated) <i>Emma Leeker</i>	12:30-1:20 YS* Pilates at the Barre <i>Cassie Coulas</i>	2:45-3:30 YS* True Barre <i>Whitney Roberts</i>	1:00-1:45 YS* Pilates Mat <i>Anna Gammill</i>	
5:00-5:45 MS* Body Sculpt <i>John Northstar</i>	12:30-1:20 YS* Pilates at the Barre <i>Cassie Coulas</i>	4:00-4:45 YS* Pilates Mat <i>Elese Rose</i>	4:00-5:00 YS* Vinyasa Yoga <i>Morgan Bosworth</i>	4:00-4:45 YS* Barefoot Sculpt (Heated) <i>Emma Leeker</i>	2:15-3:15 YS* Restorative Yoga <i>Vanush</i>	
5:00-6:00 YS* Power Vinyasa (Heated) <i>Julia Veronesi</i>	4:00-5:00 YS* Power Vinyasa (Heated) <i>Julia Veronesi</i>	5:00-5:45 MS* Cardio Sculpt <i>Veronika Cohen</i>	5:00-5:45 MS* Beats Ride <i>Alex McCall</i>	5:30-6:45 YS* Yin Yoga <i>Keli Dierings</i>		
5:45-6:35 CS* Beats Ride <i>Whitney Roberts</i>	5:00-5:45 MS* Best Butt Ever <i>Michael Carson</i>	5:00-6:00 YS* Vinyasa Yoga (Heated) <i>Vanush</i>	5:30-6:20 CS* Beats Ride <i>Alex McCall</i>			
6:00-6:45 MS* Best Butt Ever <i>Charlotte Kallerman</i>	5:30-6:20 CS* Beats Ride <i>Whitney Roberts</i>	5:45-6:35 CS* Beats Ride <i>Alex McCall</i>	5:30-6:15 YS* True Barre <i>Veronika Cohen</i>			
6:00-6:50 TR* Precision Run® <i>Jaime Rauso</i>	5:30-6:15 YS* True Barre: Bala Bangle <i>Elese Rose</i>	6:00-6:45 MS* Rounds: Kickboxing <i>Angela Foster</i>	6:15-7:00 MS* Core6 <i>John Northstar</i>			
6:15-7:00 YS* Barefoot Sculpt (Heated) <i>Cassie Coulas</i>	6:15-7:05 MS* Stronger <i>John Northstar</i>	6:00-6:50 TR* Precision Run® <i>Jaime Rauso</i>	6:30-7:30 YS* Power Vinyasa (Heated) <i>Elese Rose</i>			
7:15-8:15 YS* Slow Flow Yoga <i>Penelope Glifort</i>	6:30-7:30 YS* Vinyasa Yoga <i>Lauren Brown</i>	6:15-7:00 YS* Pilates Fusion (Heated) <i>Monique French</i>	8:00-8:45 YS* Sonic Meditation <i>Keli Dierings</i>			
	8:00-8:45 YS* Restorative Yoga <i>Keli Dierings</i>	7:15-8:15 YS* Yin Yoga (Heated) <i>Bea Love</i>				

# EQUINOX

## AUSTIN

1007 South Congress Avenue, Suite 100

AUSTIN TX 78704

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 06:00 PM

## GROUP FITNESS MANAGER

elese.rose@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

**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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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

**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.

## 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.

**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.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## 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, 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.

**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.

**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.

## 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: 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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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

**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.

**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.