

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 YS * Sculpted Yoga™ <i>Emily Fawcett</i>	6:15-7:00 YS * Barefoot Sculpt <i>Annie Murray</i>	6:00-6:45 YS * <b>True Barre: Cardio</b> <b>Jesse Lujan</b>	6:15-7:00 YS * Barefoot Sculpt <i>Veronika Cohen</i>	6:15-7:00 MS * Limited Series: Stronger Women <i>Veronika Cohen</i>	8:00-8:45 MS * Athletic Conditioning <i>Elese Rose</i>	8:30-9:15 YS * True Barre <i>Jesse Lujan</i>
6:15-7:00 MS * Stronger <i>Mikaela Harper</i>	6:30-7:15 MS * Athletic Conditioning <i>Veronika Cohen</i>	6:15-7:00 MS * Best Butt Ever <i>Annie Murray</i>	6:30-7:15 MS * Tabata Max <i>Jaime Rauso</i>	6:30-7:30 CL * Precision Run Club <i>Isaac Salinas</i>	8:30-9:20 YS * True Barre <i>Anna Gammill</i>	9:30-10:15 YS * Pilates Mat <i>Monique French</i>
7:15-8:00 YS * <b>True Barre</b> <b>Jesse Lujan</b>	7:15-8:05 CS * Beats + Bands Ride <i>Annie Murray</i>	6:30-7:20 CS * Beats Ride <i>Lizzie Leeds</i>	7:15-8:00 YS * Pilates Fusion <i>Audresha Lynn</i>	7:15-8:00 YS * Pilates Fusion (Heated) <i>Melissa Diehl</i>	9:15-10:00 MS * Best Butt Ever <i>Emma Leeker</i>	10:00-10:50 CS * Beats Ride <i>Alex McCall</i>
7:30-8:15 MS * <b>360 Strength</b> <b>Elese Rose</b>	7:15-8:00 YS * Pilates Rise (Heated) <i>Monique French</i>	7:15-8:15 YS * Sculpted Yoga™ <i>Emily Fawcett</i>	7:30-8:15 MS * Stronger <i>Matt Parel</i>	7:30-8:15 MS * <b>360 Strength</b> <b>Emma Leeker</b>	9:15-10:05 TR * Precision Run® <i>Jaime Rauso</i>	10:30-11:15 MS * MetCon3 <i>Mikaela Harper</i>
8:45-9:30 YS * Pilates Fusion <i>Anna Gammill</i>	7:30-8:15 MS * Stacked <i>Audresha Lynn</i>	7:30-8:20 MS * Ropes and Rowers <i>Audresha Lynn</i>	8:30-9:15 YS * True Barre: Bala Bangle <i>Veronika Cohen</i>	8:00-8:45 CS * Beats Ride <i>Annie Murray</i>	10:00-11:00 YS * Power Vinyasa (Heated) <i>Monique French</i>	10:30-11:30 YS * <b>Athletic Stretch (Heated)</b> <b>Lauren Brown</b>
9:15-10:00 MS * Body Sculpt <i>Christine Goodrich</i>	8:30-9:15 YS * Barefoot Sculpt <i>Christine Goodrich</i>	8:45-9:30 YS * Pilates Fusion (Heated) <i>Elese Rose</i>	9:15-10:00 MS * Best Butt Ever <i>Audresha Lynn</i>	8:45-9:30 YS * True Barre <i>Elese Rose</i>	10:15-11:00 CS * Beats + Bands Ride <i>Annie Murray</i>	11:30-12:15 MS * Stronger <i>Mikaela Harper</i>
10:30-11:15 YS * <b>Pilates Fusion</b> <b>Molly Hentz</b>	9:15-10:00 MS * Cardio Sculpt <i>Audresha Lynn</i>	9:15-10:00 MS * Stronger <i>Emma Leeker</i>	9:30-10:15 YS * Off the Barre <i>Cassie Coulas</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>
12:00-12:45 YS * Pilates Mat <i>Anna Gammill</i>	9:30-10:15 YS * Barefoot Sculpt <i>Lauren Brown</i>	10:30-11:15 YS * True Barre <i>Elese Rose</i>	10:45-11:45 YS * Power Vinyasa <i>Morgan Bosworth</i>	11:00-11:45 CS * <b>Beats Ride</b> <b>Lizzie Leeds</b>	11:15-12:05 MS * Stronger <i>Audresha Lynn</i>	2:00-2:45 YS * True Barre: Bala Bangle <i>Jesse Lujan</i>
12:15-1:00 MS * Stronger <i>Audresha Lynn</i>	10:45-11:30 YS * Pilates Mat <i>Elese Rose</i>	11:00-11:45 CS * Beats Ride <i>Melissa Belche</i>	12:00-12:45 MS * Body Sculpt <i>Michael Carson</i>	12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Vanush</i>	11:30-12:30 YS * Weekend Wind Down Yoga <i>Bea Love</i>	3:30-4:45 YS * Yin Yoga (Heated) <i>Vanush</i>
4:00-4:45 YS * True Barre: Bala Bangle <i>Audresha Lynn</i>	12:00-12:45 MS * <b>Kettlebell Power</b> <b>Elese Rose</b>	12:00-12:45 YS * True Barre <i>Whitney Roberts</i>	12:30-1:15 YS * Pilates at the Barre <i>Cassie Coulas</i>	12:15-1:00 MS * Best Butt Ever <i>Mikaela Harper</i>	1:00-1:45 YS * Pilates Mat <i>Anna Gammill</i>	
5:00-5:45 MS * Body Sculpt <i>John Northstar</i>	12:30-1:15 YS * <b>Pilates at the Barre</b> <b>Cassie Coulas</b>	12:15-1:00 MS * <b>Athletic Conditioning</b> <b>Audresha Lynn</b>	4:00-5:00 YS * Power Vinyasa (Heated) <i>Molly Hentz</i>	2:45-3:30 YS * True Barre <i>Whitney Roberts</i>	2:15-3:15 YS * Vinyasa 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>	2:45-3:30 YS * Barefoot Sculpt (Heated) <i>Emma Leeker</i>	5:00-5:45 MS * Stronger <i>Veronika Cohen</i>	4:00-4:45 YS * Barefoot Sculpt (Heated) <i>Emma Leeker</i>		
5:15-6:05 CS * Beats Ride <i>Whitney Roberts</i>	5:00-5:45 MS * <b>360 Strength</b> <b>Michael Carson</b>	4:00-4:45 YS * <b>Barefoot Sculpt</b> <b>Molly Hentz</b>	5:30-6:20 CS * Beats Ride <i>Alex McCall</i>	5:30-6:45 YS * Vinyasa Yoga <i>Morgan Bosworth</i>		
6:00-6:45 MS * MetCon Monday <i>Emma Leeker</i>	5:30-6:20 CS * Beats Ride <i>Whitney Roberts</i>	5:00-5:45 MS * <b>MetCon3</b> <b>Veronika Cohen</b>	5:30-6:20 YS * True Barre <i>Elese Rose</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>	5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Vanush</i>	6:15-7:00 MS * <b>Stacked</b> <b>John Northstar</b>			
6:15-7:00 YS * Pilates Fusion (Heated) <i>Mikaela Harper</i>	6:15-7:00 MS * Body Sculpt <i>John Northstar</i>	6:00-6:45 MS * Best Butt Ever <i>Michael Carson</i>	6:45-7:45 YS * Power Vinyasa <i>Ryan Adams</i>			
6:30-7:20 CS * Beats Ride <i>Christine Goodrich</i>	6:45-7:30 YS * Pilates Fusion <i>Mikaela Harper</i>	6:00-6:50 TR * Precision Run® <i>Jaime Rauso</i>	8:00-8:45 YS * Meditation <i>Keli Dierings</i>			
7:15-8:30 YS * Vinyasa Yoga (Heated) <i>Penelope Glifort</i>	8:00-8:45 YS * Restorative Yoga <i>Keli Dierings</i>	6:15-7:00 YS * Pilates Fusion <i>Monique French</i>				
		6:30-7:20 CS * <b>Beats Ride</b> <b>Alex McCall</b>				
		7:15-8:15 YS * Yin Yoga (Heated) <i>Bea Love</i>				

# EQUINOX

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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  
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SIGNATURE CLASSES.  
ACCLAIMED INSTRUCTORS.  
TRANSFORMED BODIES.

STUDIO KEY  
CS Cycling Studio  
MS Main Studio  
YS Yoga Studio  
TR Treadmill Area  
CL Club Lobby

CLASS LEVEL GUIDE  
(All levels welcome unless otherwise noted.)

All All Levels Welcome  
L1 Beginner  
L2 Intermediate  
L3 Advanced



### Cycling

**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 Club** Join the Equinox running community with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. An Equinox exclusive.

**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.

**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** 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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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.



### Barre

**Off the Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.



### 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.

**Meditation** Turn your senses inward to transform your state in real time. Own the stillness of the moment as you cycle through focused breath work and guided observation of body and mind.



### 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

**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 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.

**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.