

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride Michael Gilbert	5:45-6:35 TR * Precision Run + Strength Emily Stubler	6:00-6:45 CS * Beats Ride Michael Gilbert	5:45-6:35 TR * Precision Run® Brett Kamin	7:00-7:45 YS * Pilates at the Barre Rachele Marsh	8:00-8:45 CS * Beats Ride Seda Balci	8:00-8:45 CS * Beats Ride Michael Gilbert
7:00-7:45 YS * True Barre: Bala Bangle Mathew Makings	6:45-7:15 MS * Upper Body Pump Emily Stubler	6:45-7:30 MS * Core6 Sheryl Emery	6:45-7:30 MS * Athletic Conditioning Brett Kamin	8:00-8:45 YS * Barefoot Sculpt Kisha Maher	8:00-8:45 YS * True Barre: Bala Bangle Kisha Maher	8:00-8:45 YS * Pilates Fusion Kisha Maher
8:00-8:45 YS * Pilates Fusion Rachele Marsh	7:15-7:30 MS * Best Abs Ever Emily Stubler	8:00-8:45 YS * Barefoot Sculpt Mathew Makings	8:00-8:45 YS * Pilates at the Barre Lindsey Treadwell	8:45-9:30 TR * Precision Walk: Elevate Rachel Neal	9:00-9:30 MS * Upper Body Pump Seda Balci	9:00-9:45 MS * Athletic Conditioning Kisha Maher
8:30-9:15 CS * Beats Ride Michael Gilbert	8:00-8:45 YS * Barefoot Sculpt Rachel Neal	9:00-10:00 YS * Vinyasa Yoga Brynn Ryback Yniguez	8:15-9:00 MS * Athletic Stretch Kisha Maher	9:00-10:00 YS * Vinyasa Yoga Wende Lichon	9:00-10:00 YS * Vinyasa Yoga Luciana Freire	9:45-10:45 YS * Vinyasa Yoga Aremae Acal
9:00-10:00 YS * Vinyasa Yoga James Afshar	9:00-9:45 CS * Beats Ride Seda Balci	9:30-10:15 MS * Athletic Conditioning Kimball Theoret	9:00-9:45 CS * Beats Ride Michael Gilbert	9:30-10:15 MS * Cardio Dance Shannon Ward	9:30-10:00 MS * Best Butt Ever Seda Balci	11:00-11:45 YS * Barefoot Sculpt Rachel King
9:30-9:45 MS * Upper Body Pump William Bui	9:45-10:30 YS * Pilates at the Barre Wende Lichon	10:15-11:00 MS * Best Stretch Ever Kimball Theoret	10:00-10:45 MS * Core6 Seda Balci	10:30-11:20 YS * Pilates Rise Natalie Makardish	10:00-10:15 MS * Best Abs Ever Seda Balci	12:00-12:45 YS * Headstrong Reset Sierra Retrosi
9:45-10:15 MS * Best Butt Ever William Bui	10:30-11:15 MS * Core6 William Bui	10:30-11:20 YS * Pilates Fusion Rachele Marsh	10:45-11:15 YS * True Barre: Bala Bangle Wende Lichon	10:45-11:35 MS * Stronger William Bui	10:30-11:20 YS * Barefoot Sculpt Hannah Simmons	
10:15-10:30 MS * Best Abs Ever William Bui	11:30-12:15 TR * Precision Walk: Elevate William Bui	12:00-12:50 TR * Precision Run + Strength Kimball Theoret	12:00-12:45 MS * Tabata Max Kimball Theoret	11:45-12:15 TR * Precision Run 30 William Bui	11:30-12:15 YS * Best Stretch Ever Hannah Simmons	
11:00-11:45 MS * Cardio Dance Shannon Ward	12:15-1:15 YS * Vinyasa Yoga Wende Lichon	12:30-1:15 YS * Pilates at the Barre Dave Leong	12:15-1:15 YS * Vinyasa Yoga Wende Lichon	12:15-1:15 YS * Vinyasa Yoga Hannah Simmons		
12:00-12:45 MS * Athletic Conditioning Kimball Theoret	5:00-5:45 MS * Athletic Conditioning Amy Lim	4:45-5:30 YS * True Barre Kelly Hesp	5:30-6:15 CS * Beats Ride Michael Gilbert	5:30-6:15 YS * Pilates Mat Rachel King		
12:15-1:15 YS * Vinyasa Yoga Hannah Simmons	5:30-6:15 YS * True Barre: Bala Bangle Lindsey Treadwell	5:30-6:15 CS * Beats Ride Michael Gilbert	5:30-6:15 YS * Pilates Mat Rachel King			
4:45-5:30 YS * Pilates at the Barre Norma Shechtman	6:30-7:15 YS * Sound Meditation Linh James	6:00-7:00 YS * Vinyasa Yoga James Afshar	6:30-7:15 YS * Best Stretch Ever Hannah Simmons			
6:00-7:00 YS * Vinyasa Yoga Luciana Freire		6:15-7:00 MS * Rounds: Boxing Sheryl Emery				
6:15-7:00 MS * Athletic Conditioning Team Equinox						

# EQUINOX

## NEWPORT BEACH

19540 Jamboree Road

IRVINE CA 92612

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 09:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 05:00 PM

## GROUP FITNESS MANAGER

seda.balci@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

**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 + 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

**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.



## 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 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.

**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.



## 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

**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.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Headstrong Reset** An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. An Equinox exclusive.

**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.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.



## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.



## 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.

**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.