

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Michael Gilbert</i>	5:45-6:35 TR * Precision Run + Strength <i>Emily Stubler</i>	6:00-6:45 CS * Beats Ride <i>Michael Gilbert</i>	5:45-6:35 TR * Precision Run® <i>Brett Kamin</i>	8:00-8:45 YS * Barefoot Sculpt <i>Kisha Maher</i>	8:00-8:45 CS * Beats Ride <i>Seda Balci</i>	8:00-8:45 CS * Beats Ride <i>Michael Gilbert</i>
6:45-7:30 MS * Athletic Conditioning <i>Mariya Spektor</i>	6:45-7:15 MS * Upper Body Pump <i>Emily Stubler</i>	6:45-7:30 MS * Core6 <i>Kisha Maher</i>	6:45-7:30 MS * Athletic Conditioning <i>Brett Kamin</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Rachel Neal</i>	8:00-8:45 YS * True Barre: Bala Bangle <i>Kisha Maher</i>	8:00-8:45 YS * Pilates Fusion <i>Kisha Maher</i>
8:00-8:45 YS * Pilates Fusion <i>Rachele Marsh</i>	7:15-7:30 MS * Best Abs Ever <i>Emily Stubler</i>	8:00-8:45 YS * Barefoot Sculpt <i>Laura Hanlon</i>	8:00-8:45 YS * True Barre <i>Lindsey Treadwell</i>	9:00-10:00 YS * Vinyasa Yoga <i>Wende Lichon</i>	9:00-9:30 MS * Upper Body Pump <i>Seda Balci</i>	9:00-9:45 MS * Athletic Conditioning <i>Kisha Maher</i>
9:00-10:00 YS * Vinyasa Yoga <i>James Afshar</i>	8:00-8:45 YS * Barefoot Sculpt <i>Mathew Makings</i>	9:00-10:00 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i>	9:00-9:45 CS * Beats Ride <i>Michael Gilbert</i>	9:30-10:15 MS * Cardio Dance <i>Shannon Ward</i>	9:00-10:00 YS * Vinyasa Yoga <i>Luciana Freire</i>	9:45-10:45 YS * Vinyasa Yoga <i>Aremae Acal</i>
9:30-10:15 MS * Leg Day <i>William Bui</i>	9:00-9:45 CS * Beats Ride <i>Seda Balci</i>	9:30-10:15 MS * Athletic Conditioning <i>Kimball Theoret</i>	9:45-10:30 YS * Athletic Stretch <i>Rachele Marsh</i>	10:30-11:20 YS * Pilates Rise <i>Natalie Makardish</i>	9:30-9:45 MS * Best Abs Ever <i>Seda Balci</i>	11:00-11:45 MS * Rounds: Boxing <i>Team Equinox</i>
11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	9:45-10:30 YS * Pilates at the Barre <i>Wende Lichon</i>	10:15-11:00 MS * Best Stretch Ever <i>Kimball Theoret</i>	10:45-11:30 YS * True Barre: Bala Bangle <i>Wende Lichon</i>	10:45-11:35 MS * Stronger <i>William Bui</i>	9:45-10:15 MS * Best Butt Ever <i>Seda Balci</i>	12:00-12:45 YS * Headstrong Reset Meditation <i>Sierra Retrosi</i>
12:15-1:15 YS * Vinyasa Yoga <i>Hannah Simmons</i>	10:45-11:30 MS * Athletic Conditioning <i>Mariya Spektor</i>	10:30-11:20 YS * Pilates Fusion <i>Rachele Marsh</i>	12:00-12:45 MS * Tabata Max <i>Kimball Theoret</i>	12:00-1:00 CS * Endurance Ride 60 <i>William Bui</i>	10:30-11:20 YS * Barefoot Sculpt <i>Hannah Simmons</i>	
4:45-5:30 YS * Pilates at the Barre <i>Norma Shechtman</i>	12:00-12:45 MS * Cardio Boxing <i>Seda Balci</i>	12:15-1:00 YS * Pilates Mat <i>Dave Leong</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>	12:15-1:15 YS * Vinyasa Yoga <i>Hannah Simmons</i>	11:30-12:15 YS * Best Stretch Ever <i>Hannah Simmons</i>	
5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>	4:45-5:30 YS * True Barre <i>Kelly Hesp</i>	4:15-5:15 YS * Vinyasa Yoga <i>Team Equinox</i>	5:30-6:15 YS * Sonic Meditation <i>Grace Gangitano</i>		
6:00-7:00 YS * Vinyasa Yoga <i>Luciana Freire</i>	4:15-5:15 YS * Vinyasa Yoga <i>Team Equinox</i>	5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>	5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>			
6:15-7:00 MS * Cardio Sculpt <i>Laura Hanlon</i>	5:30-6:15 MS * Leg Day <i>Sheryl Emery</i>	6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>	5:30-6:15 YS * Pilates Mat <i>Laura Hanlon</i>			
	5:30-6:15 YS * True Barre: Bala Bangle <i>Lindsey Treadwell</i>	6:15-7:00 MS * Stronger <i>Emily Stubler</i>	6:30-7:15 YS * Best Stretch Ever <i>Hannah Simmons</i>			
	6:30-7:15 YS * Sound Meditation <i>Linh James</i>					

# 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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

## **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®** 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, 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.

**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**

**Cardio Boxing** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**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 Meditation** 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.

**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 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.

**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.