

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 RS * Indoor Rowing <i>Beth Chilcott</i>	6:00-6:45 CS * Beats Ride <i>Amy Lim</i>	6:00-6:45 RS * Indoor Rowing <i>Beth Chilcott</i>	6:00-6:45 CS * Beats Ride <i>Sean McVety</i>	7:00-8:00 YS * Vinyasa Yoga <i>Sierra Retrosi</i>	8:00-8:45 RS * Indoor Rowing <i>Beth Chilcott</i>	8:15-9:00 CS * Precision Ride <i>Beth Chilcott</i>
6:30-7:15 RD * Athletic Conditioning (Outdoor) Brett Kamin	6:15-7:15 PD * Swim: Skills + Drills <i>Doug Tabbert</i>	7:00-8:00 YS * Power Vinyasa <i>Sierra Retrosi</i>	6:15-7:15 PD * Swim: Pro <i>Lexie Kelly</i>	9:30-10:15 MS * Athletic Conditioning <i>William Bui</i>	8:00-8:45 YS * Pilates Fusion <i>Joan Wenson</i>	9:15-10:00 YS * True Barre: Bala Bangle <i>Wende Lichon</i>
8:30-9:20 YS * True Barre <i>Joan Wenson</i>	8:45-9:30 YS * Barefoot Sculpt Rachel Neal	8:30-9:15 MS * Cardio Sculpt <i>Joan Wenson</i>	8:45-9:30 YS * Pilates Fusion Mathew Makings	9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	9:00-9:50 MS * Leg Day William Bui	10:00-10:45 MS * Tabata Max <i>Kimball Theoret</i>
9:30-10:15 MS * Body Sculpt <i>Rachel Neal</i>	9:30-10:20 CS * Precision Ride <i>Tammy Smith</i>	9:30-10:15 MS * Best Butt Ever <i>Rachel Neal</i>	9:30-10:20 CS * Precision Ride <i>Tammy Smith</i>	10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	9:00-10:00 YS * True Barre: Off the Barre <i>Joan Wenson</i>	10:00-10:45 PD * Swim: Skills + Drills <i>Mike Alexandrov</i>
9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	9:30-10:15 MS * Athletic Conditioning <i>Tracey Brenneise</i>	10:15-11:00 YS * True Barre: Bala Bangle <i>Wende Lichon</i>	10:30-10:15 MS * Stacked <i>Kimball Theoret</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	9:15-10:00 CS * Beats Ride <i>Matthew Ritter</i>	10:15-11:15 YS * Vinyasa Yoga <i>Wende Lichon</i>
10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	10:30-11:00 MS * Cardio Sculpt <i>Shannon Ward</i>	11:15-12:15 YS * Best Stretch Ever <i>Joan Wenson</i>	10:30-11:00 MS * Cardio Sculpt <i>Shannon Ward</i>	11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	10:00-10:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	11:00-11:30 RS * Indoor Rowing Kimball Theoret
11:00-11:45 MS * Cardio Dance <i>Natalie Makardish</i>	10:30-11:30 YS * Yoga Tune Up® <i>Doris Thews</i>	12:15-1:00 MS * Ropes and Rowers <i>Kimball Theoret</i>	10:30-11:30 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i>	12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</i>	10:30-11:30 YS * Vinyasa Yoga <i>Paul DaSilva</i>	11:30-12:15 YS * Pilates Fusion <i>Wende Lichon</i>
11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	11:15-12:00 MS * Cardio Dance <i>Shannon Ward</i>	12:30-1:15 YS * Barefoot Sculpt <i>Rachel Neal</i>	11:15-12:00 MS * Cardio Dance <i>Shannon Ward</i>	12:15-1:00 MS * Leg Day Rob Atkin	11:00-11:45 MS * Cardio Dance <i>Emily McKinney</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Kimya Asad</i>
12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</i>	12:00-12:50 YS * True Barre: Off the Barre <i>Kari McKillip</i>	5:00-5:45 YS * Pilates Fusion <i>Norma Shechtman</i>	12:00-12:50 YS * True Barre: Off the Barre <i>Mathew Makings</i>	4:30-5:15 YS * Pilates Fusion <i>Gina Ianni</i>	11:00-11:50 TR * Precision Run® <i>Kimball Theoret</i>	5:15-6:00 YS * Sonic Meditation <i>Nina Raab</i>
12:15-1:00 MS * MetCon Monday <i>William Bui</i>	12:15-1:00 MS * Athletic Conditioning <i>Rachel Neal</i>	5:30-6:20 MS * Circuit Training <i>Andy Park</i>	12:15-1:00 MS * Athletic Conditioning <i>Lisa Kinder</i>	5:30-6:30 YS * Vinyasa Yoga <i>James Afshar</i>	12:00-1:15 YS * Restorative Yoga <i>James Afshar</i>	
5:00-5:45 YS * Pilates Fusion <i>Wende Lichon</i>	4:45-5:45 YS * Power Vinyasa <i>James Afshar</i>	5:30-6:20 TR * Precision Run® <i>Kimball Theoret</i>	5:00-5:45 YS * Pilates at the Barre <i>Norma Shechtman</i>			
5:30-6:15 MS * Athletic Conditioning <i>Anthony Fernandez</i>	5:30-6:15 MS * Athletic Conditioning <i>Jason Hardy</i>	6:00-6:50 RD * TRX Max <i>Joan Wenson</i>	5:30-6:20 CS * Precision Ride <i>Kimball Theoret</i>			
5:30-6:20 TR * Precision Run® <i>Kimball Theoret</i>	5:45-6:30 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	6:00-7:00 YS * Vinyasa Yoga <i>Paul DaSilva</i>	5:30-6:15 MS * Athletic Conditioning <i>Lisa Kinder</i>			
6:00-6:50 RD * TRX Max <i>Joan Wenson</i>	6:00-6:45 YS * True Barre: Bala Bangle <i>Kelly Hesp</i>	6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i>	5:45-6:30 PD * Swim: Pro <i>Mike Alexandrov</i>			
6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>	6:30-7:15 MS * Best Butt Ever <i>Jason Hardy</i>	6:30-7:00 MS * Best Abs Ever <i>Andy Park</i>	6:00-6:45 YS * True Barre: Bala Bangle <i>Nina Raab</i>			
6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i>	7:00-8:00 YS * Athletic Stretch <i>Norma Shechtman</i>	7:15-8:00 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i>	7:00-8:00 YS * Yin Yoga + Sound Meditation <i>Nina Raab</i>			
6:30-7:20 MS * Stronger <i>Kimball Theoret</i>	7:15-7:45 MS * Upper Body Pump <i>Jason Hardy</i>	7:15-8:00 YS * Headstrong Reset Meditation <i>Sierra Retrosi</i>				
7:30-8:15 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i>						

EQUINOX

SPORTS CLUB ORANGE COUNTY

1980 Main Street

IRVINE CA 92614

EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

rachel.neal@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

RS Rowing Studio

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

RD Roof Deck

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.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

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.

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.

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.

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.

Yoga Tune Up® Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.

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.

Circuit Training Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

Indoor Rowing A team-based workout held in a stand-alone rowing studio. This low impact yet high intensity workout gets you big results. Increase your endurance while you gain total body strength and build power.

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.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

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 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.

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

Swim

Swim: Pro Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

Swim: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are required.

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.

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 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.