

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|---|---|--|--|
| 6:00-6:45 RS * Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:50 TR * Precision Run + Strength <i>Sheryl Emery</i> | 6:00-6:45 RS * Indoor Rowing <i>Beth Chilcott</i> | 6:00-6:45 CS * Beats Ride <i>Sean McVety</i> | 6:00-6:30 MS * Lower Body Blast <i>Amy Lim</i> | 8:00-8:45 RS * Indoor Rowing <i>Beth Chilcott</i> | 8:15-9:00 CS * Precision Ride <i>Beth Chilcott</i> |
| 6:15-7:00 MS * Athletic Conditioning <i>Brett Kamin</i> | 6:15-7:15 PD * Swim: Skills + Drills <i>Doug Tabbert</i> | 6:15-7:00 MS * MetCon3 <i>Amber Edwards</i> | 6:15-7:15 PD * Swim: Pro <i>Lexie Kelly</i> | 6:30-7:00 MS * Quick HIIT <i>Amy Lim</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> |
| 8:30-9:15 YS * True Barre: Bala Bangle <i>Joan Wenson</i> | 8:30-9:15 YS * Pilates at the Barre <i>Mathew Makings</i> | 7:00-8:00 YS * Power Vinyasa <i>Sierra Retrosi</i> | 8:30-9:15 YS * Pilates Fusion <i>Mathew Makings</i> | 7:00-8:00 YS * Vinyasa Yoga <i>Sierra Retrosi</i> | 9:00-9:50 MS * Stronger <i>William Bui</i> | 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> | 8:30-9:15 MS * Cardio Sculpt <i>Joan Wenson</i> | 9:30-10:20 CS * Precision Ride <i>Tammy Smith</i> | 9:30-10:15 MS * Athletic Conditioning <i>William Bui</i> | 9:00-10:00 YS * True Barre: Off the Barre <i>Joan Wenson</i> | 10:15-11:15 YS * Vinyasa Yoga <i>Wende Lichon</i> |
| 9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i> | 9:30-10:20 MS * Core6 <i>Tracey Brenneise</i> | 9:30-10:15 MS * Best Butt Ever <i>Rachel Neal</i> | 9:30-10:15 MS * Stacked <i>Kimball Theoret</i> | 9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i> | 9:15-10:00 CS * Beats Ride <i>Matthew Ritter</i> | 11:00-11:50 MS * Core6 <i>Sam Lee Herring</i> |
| 10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i> | 10:30-11:00 MS * Cardio Sculpt <i>Shannon Ward</i> | 10:15-11:00 YS * True Barre: Bala Bangle <i>Wende Lichon</i> | 10:30-11:00 MS * Cardio Sculpt <i>Shannon Ward</i> | 10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i> | 10:00-10:45 MS * Athletic Conditioning <i>Kimball Theoret</i> | 11:00-11:30 RS * Indoor Rowing <i>Kimball Theoret</i> |
| 11:00-11:45 MS * Cardio Dance <i>Natalie Makardish</i> | 10:30-11:30 YS * Yoga Tune Up® <i>Doris Thews</i> | 10:20-10:50 MS * Upper Body Pump <i>Rachel Neal</i> | 10:30-11:30 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i> | 11:00-11:45 MS * Cardio Dance <i>Shannon Ward</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> | 11:15-12:15 YS * Best Stretch Ever <i>Joan Wenson</i> | 11:15-12:00 MS * Cardio Dance <i>Shannon Ward</i> | 11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i> | 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> | 12:00-12:50 MS * 360 Strength <i>William Bui</i> | 12:00-12:50 YS * True Barre: Off the Barre <i>Mathew Makings</i> | 12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</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 * MetCon3 <i>William Bui</i> | 12:15-1:00 MS * Athletic Conditioning <i>Rachel Neal</i> | 12:30-1:15 YS * Barefoot Sculpt <i>Rachel Neal</i> | 12:15-1:00 MS * Athletic Conditioning <i>Lisa Kinder</i> | 12:15-1:00 CS * Precision Ride <i>Kimball Theoret</i> | 12:00-1:00 MS * Body Sculpt <i>Devon Belanger</i> | |
| 5:00-5:45 YS * Pilates Fusion <i>Wende Lichon</i> | 4:45-5:45 YS * Power Vinyasa <i>James Afshar</i> | 5:00-5:45 YS * Pilates Fusion <i>Norma Shechtman</i> | 5:00-5:45 YS * Pilates at the Barre <i>Norma Shechtman</i> | 4:30-5:15 YS * Pilates Fusion <i>Gina Ianni</i> | 12:00-1:15 YS * Restorative Yoga <i>James Afshar</i> | |
| 5:30-6:15 MS * Athletic Conditioning <i>Anthony Fernandez</i> | 5:30-6:15 CS * Beats Ride <i>Sierra Retrosi</i> | 5:30-6:20 MS * 360 Strength <i>Andy Park</i> | 5:30-6:20 CS * Precision Ride <i>Kimball Theoret</i> | 5:30-6:30 YS * Vinyasa Yoga <i>James Afshar</i> | | |
| 5:30-6:15 TR * Precision Run® <i>Kimball Theoret</i> | 5:30-6:15 MS * Athletic Conditioning <i>Jason Hardy</i> | 5:30-6:20 TR * Precision Run® <i>Kimball Theoret</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> | 6:00-6:50 RD * TRX Max <i>Joan Wenson</i> | 6:00-6:45 YS * Barefoot Sculpt <i>Nina Raab</i> | | | |
| 6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i> | 6:30-7:15 MS * Best Butt Ever <i>Jason Hardy</i> | 6:00-7:00 YS * Vinyasa Yoga <i>Paul DaSilva</i> | 6:30-7:20 MS * Core6 <i>Sheryl Emery</i> | | | |
| 6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i> | 7:00-8:00 YS * Athletic Stretch <i>Norma Shechtman</i> | 6:30-7:15 CS * Beats Ride <i>Matthew Ritter</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> | 6:30-7:00 MS * Best Abs Ever <i>Andy Park</i> | | | | |
| 7:30-8:15 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i> | | 7:15-8:00 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i> | | | | |
| | | 7:15-8:00 YS * Headstrong Reset <i>Sierra Retrosi</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

GENERAL MANAGER

Leslie Estes

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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 + 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

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.

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.

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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: 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 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

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 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.