

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 RS * Indoor Rowing <i>Beth Chilcott</i>	6:00-6:45 CS * <b>Beats Ride</b> <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>	6:00-6:45 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>
8:30-9:15 YS * <b>True Barre</b> <i>Joan Wenson</i>	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>	7:00-8:00 YS * Vinyasa Yoga <i>Sierra Retrosi</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>
9:30-10:15 MS * Body Sculpt <i>Rachel Neal</i>	7:00-7:45 MS * <b>Stacked</b> <i>Rachel Neal</i>	8:30-9:15 MS * Cardio Sculpt <i>Joan Wenson</i>	7:00-7:45 MS * <b>MetCon3</b> <i>Sierra Retrosi</i>	9:30-10:15 MS * Athletic Conditioning <i>William Bui</i>	9:00-9:50 MS * Stronger <i>William Bui</i>	10:00-10:45 MS * Tabata Max <i>Kimball Theoret</i>
9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	8:00-8:45 YS * <b>Barefoot Sculpt</b> <i>Rachel Neal</i>	9:30-10:15 MS * Best Butt Ever <i>Rachel Neal</i>	8:00-8:45 YS * <b>Pilates Fusion</b> <i>Mathew Makings</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</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>
10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	9:30-10:20 CS * Precision Ride <i>Tammy Smith</i>	10:15-11:00 YS * True Barre: Bala Bangle <i>Wende Lichon</i>	9:30-10:20 CS * Precision Ride <i>Tammy Smith</i>	10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	9:15-10:00 CS * Beats Ride <i>Matthew Ritter</i>	11:00-11:45 PD * <b>Swim: Skills + Drills</b> <i>Mike Alexandrov</i>
11:00-11:45 MS * Cardio Dance <i>Natalie Makardish</i>	9:30-10:15 MS * <b>Athletic Conditioning</b> <i>Tracey Brenneise</i>	11:15-12:15 YS * Best Stretch Ever <i>Joan Wenson</i>	9:30-10:15 MS * Stacked <i>Kimball Theoret</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	10:00-10:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	11:00-11:45 RS * <b>Indoor Rowing</b> <i>Kimball Theoret</i>
11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	10:30-11:00 MS * Cardio Sculpt <i>Shannon Ward</i>	12:15-1:00 MS * <b>Ropes and Rowers</b> <i>Kimball Theoret</i>	10:30-11:00 MS * Cardio Sculpt <i>Shannon Ward</i>	11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	10:30-11:30 YS * Vinyasa Yoga <i>Paul DaSilva</i>	11:30-12:15 YS * Pilates Fusion <i>Wende Lichon</i>
12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</i>	10:30-11:30 YS * Yoga Tune Up® <i>Doris Thews</i>	12:30-1:15 YS * Barefoot Sculpt <i>Rachel Neal</i>	10:30-11:30 YS * Vinyasa Yoga <i>Brynn Rybacke Yniguez</i>	12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</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>
12:15-1:00 MS * MetCon Monday <i>William Bui</i>	11:15-12:00 MS * Cardio Dance <i>Shannon Ward</i>	5:00-5:45 YS * Pilates Fusion <i>Norma Shechtman</i>	11:15-12:00 MS * Cardio Dance <i>Shannon Ward</i>	12:15-1:00 RS * <b>Indoor Rowing</b> <i>Kimball Theoret</i>	11:00-11:50 TR * Precision Run® <i>Kimball Theoret</i>	5:15-6:00 YS * Sonic Meditation <i>Nina Raab</i>
5:00-5:45 YS * Pilates Fusion <i>Wende Lichon</i>	12:00-12:50 YS * True Barre: Off the Barre <i>Kari McKillip</i>	5:30-6:20 MS * Circuit Training <i>Andy Park</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>	12:00-1:00 MS * Body Sculpt <i>Devon Belanger</i>	
5:30-6:15 MS * Athletic Conditioning <i>Anthony Fernandez</i>	12:15-1:00 MS * Athletic Conditioning <i>Rachel Neal</i>	5:30-6:20 TR * Precision Run® <i>Kimball Theoret</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>	
5:30-6:20 TR * Precision Run® <i>Kimball Theoret</i>	4:45-5:45 YS * Power Vinyasa <i>James Afshar</i>	6:00-6:50 RD * TRX Max <i>Joan Wenson</i>	5:00-5:45 YS * Pilates at the Barre <i>Norma Shechtman</i>			
6:00-6:50 RD * TRX Max <i>Joan Wenson</i>	5:30-6:15 MS * Athletic Conditioning <i>Jason Hardy</i>	6:00-7:00 YS * Vinyasa Yoga <i>Paul DaSilva</i>	5:30-6:20 CS * Precision Ride <i>Kimball Theoret</i>			
6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>	5:45-6:30 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i>	5:30-6:15 MS * Athletic Conditioning <i>Lisa Kinder</i>			
6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i>	6:00-6:45 YS * True Barre: Bala Bangle <i>Kelly Hesp</i>	6:30-7:00 MS * Best Abs Ever <i>Andy Park</i>	6:00-6:45 YS * Barefoot Sculpt <i>Nina Raab</i>			
6:30-7:20 MS * Stronger <i>Kimball Theoret</i>	6:30-7:15 MS * Best Butt Ever <i>Jason Hardy</i>	7:15-8:00 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i>	6:30-7:20 MS * Core6 <i>Sheryl Emery</i>			
7:30-8:15 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i>	7:00-8:00 YS * Athletic Stretch <i>Norma Shechtman</i>	7:15-8:00 YS * Headstrong Reset Meditation <i>Sierra Retrosi</i>	7:00-8:00 YS * Yin Yoga + Sound Meditation <i>Nina Raab</i>			
	7:15-7:45 MS * Upper Body Pump <i>Jason Hardy</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

### Nancy Teweles

nancy.teweles@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.

**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.

**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.

**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.

**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.