

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 MS * Athletic Conditioning <i>Alexa Snelleman</i>	5:45-6:30 TR * Precision Run® <i>Melanie Rosner</i>	5:45-6:45 MS * Stacked <i>Maddie Dougherty</i>	5:45-6:30 TR * Precision Run® <i>Kayla Dye</i>	5:45-6:30 MS * Stronger <i>Chris X</i>	8:15-9:00 MS * Kettlebell Power <i>Crystal Pollard</i>	9:00-9:45 MS * Circuit Training <i>Chris X</i>
6:00-6:45 TR * Precision Run® <i>Maddie Dougherty</i>	6:00-6:45 CS * Beats Ride <i>Howard Ketelson</i>	6:00-6:45 TR * Precision Run® <i>Jaime Borkan</i>	6:00-6:45 CS * Beats Ride <i>Howard Ketelson</i>	6:00-6:45 TR * Precision Run® <i>Bobby Candelas</i>	8:30-9:15 TR * Precision Run® <i>Bobby Candelas</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Kim Stevens</i>
6:15-7:15 YS * Vinyasa Yoga (HEATED) <i>Morgan Bennett</i>	6:00-6:45 MS * MetCon3 <i>Jude McCarthy</i>	6:15-7:15 YS * Sculpted Yoga™ <i>Amanda Johnson</i>	6:00-6:45 MS * Tabata Max <i>Alexa Snelleman</i>	6:15-7:05 YS * Pilates Rise (HEATED) <i>Rachael Fallon (TX)</i>	8:45-9:30 YS * Pilates Mat <i>Bri Moriarty</i>	9:30-10:15 CS * Beats Ride <i>Rachel Prengler</i>
6:30-7:15 CS * Beats Ride <i>Melanie Rosner</i>	7:00-7:45 TR * Precision Run® <i>Ramey Price</i>	6:30-7:15 CS * Beats Ride <i>Melanie Rosner</i>	7:00-7:45 TR * Precision Walk: Elevate <i>Morgan Bennett</i>	6:30-7:15 CS * Best Butt Ever <i>Kennedy Williams</i>	9:00-9:45 CS * Beats Ride <i>Jill Sabella</i>	10:00-10:45 MS * Stronger <i>Chris X</i>
6:45-7:30 MS * Stronger <i>Chris X</i>	7:00-7:45 YS * Bala Bangle Barre Burn <i>Matt Araiza</i>	6:45-7:30 MS * Body Sculpt <i>Maddie Dougherty</i>	7:00-7:45 YS * Best Abs Ever <i>Ramey Price</i>	6:45-7:30 MS * Best Butt Ever <i>Morgan Bennett</i>	9:15-10:00 MS * Athletic Conditioning <i>Ramey Price</i>	10:45-11:45 YS * Vinyasa Yoga <i>Rachael Fallon (TX)</i>
7:45-8:30 MS * Stacked <i>Chris X</i>	7:45-8:30 MS * Cardio Sculpt <i>Kim Stevens</i>	7:45-8:30 MS * MetCon3 <i>Ramey Price</i>	7:45-8:30 MS * Ropes and Rowers <i>Chris X</i>	7:30-8:30 YS * Vinyasa Yoga <i>Rachael Fallon (TX)</i>	10:00-11:00 YS * Vinyasa Yoga (HEATED) <i>Bobby Candelas</i>	11:00-11:45 MS * MetCon3 <i>Maddie Dougherty</i>
8:00-8:45 YS * Pilates Mat <i>Ali Marshall</i>	8:30-9:15 YS * Bala Bangle Barre Burn <i>Lauren Gibbs</i>	8:00-8:45 YS * True Barre <i>Amanda Johnson</i>	8:30-9:30 YS * Sculpted Yoga™ <i>Loren Bassett</i>	7:45-8:30 MS * Athletic Conditioning <i>Morgan Bennett</i>	10:15-11:00 MS * Tabata Max <i>Ramey Price</i>	12:00-12:50 YS * Pilates Rise <i>Rachael Fallon (TX)</i>
8:45-9:30 MS * Body Sculpt <i>Jill Sabella</i>	8:45-9:35 CS * Precision Ride <i>Victoria Brickert</i>	8:45-9:30 MS * Best Butt Ever <i>Michelle Zada</i>	8:45-9:30 MS * Stronger <i>Maddie Dougherty</i>	8:45-9:30 MS * Cardio Sculpt <i>Jill Sabella</i>	10:30-11:30 CS * Beats Ride <i>Howard Ketelson</i>	12:15-1:00 MS * Body Sculpt <i>Maddie Dougherty</i>
9:30-10:15 YS * Barre Beyond <i>Kim Stevens</i>	8:45-9:30 MS * Athletic Conditioning <i>Alexa Snelleman</i>	9:30-10:30 YS * Vinyasa Yoga <i>Courtney Bartolomei</i>	9:00-9:45 TR * Precision Walk: Elevate <i>Kayla Dye</i>	8:45-9:30 MS * Pilates Mat <i>Dean Husted</i>	11:15-12:00 MS * The Cut <i>Jude McCarthy</i>	4:00-5:00 YS * Vinyasa Yoga <i>Lauren James</i>
9:45-10:30 MS * Stacked <i>Ramey Price</i>	9:45-10:45 YS * Power Vinyasa <i>Lauren Gibbs</i>	9:45-10:30 MS * The Cut <i>Alexa Snelleman</i>	9:45-10:45 YS * Vinyasa Yoga <i>Loren Bassett</i>	9:30-10:15 TR * Precision Walk: Elevate <i>Maddie Dougherty</i>	11:30-12:30 YS * Power Vinyasa <i>Loren Bassett</i>	5:15-6:00 YS * Sonic Meditation <i>Lauren James</i>
10:30-11:30 YS * Vinyasa Yoga <i>Thomas Renner</i>	10:00-10:45 MS * Body Sculpt <i>David Case</i>	10:45-11:30 YS * Pilates Fusion <i>Michelle Zada</i>	10:00-10:45 MS * Tabata Max <i>Maddie Dougherty</i>	9:45-10:30 MS * Circuit Training <i>Chris X</i>	12:00-12:15 MS * Best Abs Ever <i>Jude McCarthy</i>	
10:45-11:30 MS * Best Butt Ever <i>Maddie Dougherty</i>	10:45-11:00 MS * Best Abs Ever <i>David Case</i>	12:00-12:45 MS * Stronger <i>Maddie Dougherty</i>	10:45-11:00 MS * Best Abs Ever <i>Maddie Dougherty</i>	9:45-10:45 YS * Sculpted Yoga™ <i>Loren Bassett</i>	1:45-2:30 YS * True Barre <i>Kim Stevens</i>	
12:00-12:45 MS * Pure Strength <i>David Case</i>	11:00-11:45 YS * Pilates Fusion <i>Chelsea Smith</i>	12:15-1:00 YS * Bala Bangle Barre Burn <i>Lauren Gibbs</i>	11:00-11:45 YS * True Barre <i>Matt Araiza</i>	12:00-12:45 MS * Athletic Conditioning <i>David Case</i>		
12:15-1:00 YS * True Barre <i>Matt Araiza</i>	12:00-1:00 YS * Vinyasa Yoga <i>Chelsea Smith</i>	4:30-5:00 MS * Best Butt Ever <i>Ramey Price</i>	12:00-1:00 YS * Gentle Yoga <i>Thomas Renner</i>	12:15-1:00 YS * Barre Beyond <i>Matt Araiza</i>		
4:30-5:00 MS * Upper Body Pump <i>Ramey Price</i>	12:15-1:00 MS * Athletic Conditioning <i>Chris X</i>	4:45-5:30 TR * Precision Run® <i>Maddie Dougherty</i>	12:15-1:00 MS * MetCon3 <i>Victoria Brickert</i>	1:15-2:00 YS * Pilates Fusion <i>Chelsea Smith</i>		
4:45-5:30 TR * Precision Walk: Elevate <i>Jude McCarthy</i>	4:30-5:15 YS * Sonic Meditation <i>Lauren James</i>	5:00-5:30 MS * Best Abs Ever <i>Ramey Price</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Shawn Burns</i>	2:15-3:15 YS * Yin Yoga Meditation <i>Chelsea Smith</i>		
5:00-5:30 MS * Tabata Cardio 30 <i>Ramey Price</i>	4:45-5:30 MS * Athletic Conditioning <i>David Case</i>	5:00-5:45 YS * Pilates Mat (HEATED) <i>Dean Husted</i>	4:45-5:30 MS * Ropes and Rowers <i>David Case</i>	4:15-5:00 CS * Beats Ride <i>Jude McCarthy</i>		
5:00-5:45 YS * Bala Bangle Barre Burn <i>Lauren Gibbs</i>	5:30-6:15 TR * Precision Run® <i>Melanie Rosner</i>	5:30-6:15 CS * Beats Ride <i>Melanie Rosner</i>	5:30-6:15 TR * Precision Run® <i>Jude McCarthy</i>	4:30-5:15 MS * Cardio Dance <i>Jill Sabella</i>		
5:30-6:15 CS * Beats Ride <i>Victoria Brickert</i>	5:45-6:35 CS * Precision Ride <i>Grace Sells</i>	5:45-6:30 MS * The Cut <i>Jude McCarthy</i>	5:45-6:30 YS * True Barre <i>Kim Stevens</i>	5:15-6:00 YS * Athletic Stretch <i>Jude McCarthy</i>		
5:45-6:30 MS * Stronger <i>Ramey Price</i>	5:45-6:30 YS * Pilates Fusion <i>Ali Marshall</i>	6:00-6:45 TR * Precision Walk: Elevate <i>David Case</i>	6:00-6:45 MS * Stacked <i>David Case</i>	6:30-7:30 YS * Power Vinyasa (HEATED) <i>Shawn Burns</i>		
6:00-6:45 TR * Precision Run® <i>Jude McCarthy</i>	6:00-6:45 MS * Pure Strength <i>David Case</i>	6:15-7:15 YS * Power Vinyasa (HEATED) <i>Emma Parkin</i>	6:15-7:00 CS * Beats Ride <i>Jill Sabella</i>			
6:15-7:15 YS * Power Vinyasa <i>Lauren Gibbs</i>	7:00-8:00 YS * Vinyasa Yoga <i>Thomas Renner</i>	6:45-7:30 MS * Body Sculpt <i>Jude McCarthy</i>	7:00-7:45 MS * Cardio Dance <i>Brandon Biscoe</i>			
6:45-7:30 MS * MetCon Monday <i>Jaime Borkan</i>		7:45-8:30 YS * Bala Bangle Barre Burn <i>Taylor Young</i>	7:15-8:00 YS * Sonic Meditation <i>Lauren James</i>			
7:00-7:45 CS * Beats Ride <i>Courtney Copeland</i>						
7:45-8:30 YS * Pilates Fusion <i>Taylor Young</i>						

# EQUINOX

## HIGHLAND PARK DALLAS

4023 Oak Lawn Avenue

DALLAS TX 75219

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 11:00 PM

**FRI** 05:00 AM 09:00 PM

**SAT-SUN** 07:00 AM 08:00 PM

**Kids**

**MON-SAT** 08:00 AM 01:00 PM

## GROUP FITNESS MANAGER

ramey.price@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.

**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 Sikk. 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

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**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.

**Power Vinyasa (HEATED)** 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.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**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.

**Vinyasa Yoga (HEATED)** 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.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## Athletic Training

**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.

**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.

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

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.

**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.

**Tabata Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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

**Bala Bangle Barre Burn** This off-the-barre 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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**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.

## 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 Mat (HEATED)** 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 Rise (HEATED)** 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.

## 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 and Kickboxing

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## Stretch and Recovery

**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.

**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

**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.

**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.

**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.