

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS * Tabata Max <i>Andre Armstead</i>	6:00-6:50 MS * Stronger <i>Andre Armstead</i>	6:30-7:15 CS * Beats Ride <i>Anthony May</i>	6:00-6:45 MS * MetCon3 <i>Andre Armstead</i>	6:30-7:15 MS * Best Butt Ever Samantha Engle	8:15-9:05 MS * Body Sculpt <i>Ashley Horwitz</i>	9:30-10:15 CS * Beats Ride Chris Felix
6:45-7:35 TR * Precision Walk: Elevate <i>Adena Muncey</i>	6:00-6:50 TR * Precision Run® <i>Mylana Hearn</i>	6:45-7:35 TR * Precision Walk: Elevate <i>Ashley Horwitz</i>	7:00-7:45 BA * Barefoot Sculpt <i>DK</i>	7:00-7:45 BA * True Barre <i>Becky Riddle</i>	9:15-10:05 MS * Stronger Samantha Engle	9:30-10:20 MS * Stacked <i>Anthony May</i>
7:00-7:45 YS * Pilates Mat (HEATED) <i>David E McClintock</i>	7:00-7:50 BA * Trilogy Barre <i>DK</i>	7:00-7:45 BA * Bala Bangle Barre Burn <i>Becky Riddle</i>	9:00-9:50 MS * Cardio Sculpt <i>Ashley Horwitz</i>	9:00-9:50 MS * Stronger <i>Anthony May</i>	9:30-10:15 CS * Beats Ride <i>Ashley Horwitz</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Callie Griffin</i>
9:00-9:50 MS * Stronger Anthony May	9:00-9:50 MS * Stacked <i>Samantha Engle</i>	9:00-9:30 MS * Best Butt Ever <i>Anthony May</i>	9:30-10:30 YS * Vinyasa Yoga (HEATED) Natasha Ponciano	9:30-10:20 TR * Precision Run® <i>David Siik</i>	9:30-10:30 YS * Vinyasa Yoga (HEATED) <i>Val Feachen</i>	10:30-11:20 MS * Rhythmic Sculpt Anthony May
9:30-10:20 TR * Precision Run + Strength <i>Ashley Horwitz</i>	9:30-10:30 YS * Power Vinyasa Adena Muncey	9:30-9:45 MS * Upper Body Pump <i>Anthony May</i>	10:30-11:15 BA * True Barre <i>DK</i>	10:30-11:20 BA * Trilogy Barre <i>DK</i>	10:00-10:45 BA * True Barre <i>DK</i>	10:30-11:30 YS * Restorative Yoga <i>Patrick Massey</i>
10:30-11:30 YS * Sculpted Yoga™ (HEATED) Natasha Ponciano	10:30-11:15 BA * True Barre <i>DK</i>	9:30-10:20 TR * Precision Run® <i>Ashley Horwitz</i>	11:45-12:35 RG * The Rig: Circuit <i>Ashley Horwitz</i>	11:45-12:45 YS * Rhythmic Sculpt Anthony May	10:15-11:00 MS * Tabata Max <i>Chloe Burke</i>	11:00-11:45 BA * True Barre <i>Tyler Barbier</i>
11:45-12:35 BA * Trilogy Barre <i>Becky Riddle</i>	11:45-12:35 MS * Body Sculpt <i>Ashley Horwitz</i>	9:45-10:00 MS * Best Abs Ever <i>Anthony May</i>	11:45-12:45 YS * Power Vinyasa <i>Adena Muncey</i>	11:45-12:45 MS * Stacked Anthony May	10:30-11:20 TR * Precision Run® <i>Mylana Hearn</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Lindsay Maher</i>
12:00-12:30 MS * Best Butt Ever <i>Anthony May</i>	11:45-12:45 YS * Vinyasa Yoga <i>Natasha Ponciano</i>	10:30-11:20 BA * Pilates Rise Becky Riddle	5:30-6:20 MS * The Rig: Circuit <i>Callie Griffin</i>	12:00-12:50 MS * Rhythmic Sculpt Anthony May	11:00-11:50 BA * Pilates Rise <i>Becky Riddle</i>	1:30-2:15 YS * Sonic Meditation Mandi Brown
12:30-12:45 MS * Upper Body Pump <i>Anthony May</i>	5:30-6:20 MS * Switch Up: Run + Strength <i>David Siik Ashley Horwitz</i>	11:45-12:30 YS * Pilates Mat David E McClintock	5:30-6:20 YS * Power Vinyasa <i>Adena Muncey</i>	12:00-12:50 MS * Stronger <i>Anthony May</i>	11:00-12:00 YS * Yin Yoga Meditation <i>DK</i>	4:00-4:30 MS * Best Butt Ever <i>Julie Harrish</i>
12:45-1:00 MS * Best Abs Ever <i>Anthony May</i>	5:30-6:20 YS * Pilates Mat (HEATED) <i>Becky Riddle</i>	12:00-12:50 MS * Stronger <i>Anthony May</i>	6:00-6:45 BA * True Barre <i>DK</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mandi Brown</i>	11:30-12:20 MS * Rounds: Boxing <i>Kiwi Dennis</i>	4:30-4:45 MS * Upper Body Pump <i>Julie Harrish</i>
5:00-5:50 BA * Trilogy Barre Becky Riddle	6:00-6:45 BA * True Barre <i>Tyler Barbier</i>	5:15-6:00 MS * Tabata Max <i>Chloe Burke</i>	6:00-6:50 TR * Precision Run® <i>David Siik</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mandi Brown</i>	12:30-1:30 YS * Vinyasa Yoga <i>Mandi Brown</i>	4:45-5:00 MS * Best Abs Ever <i>Julie Harrish</i>
5:15-6:05 MS * Stronger <i>Samantha Engle</i>	6:00-6:45 CS * Beats Ride <i>DK</i>	5:45-6:30 CS * Precision Ride Anthony May	6:30-7:20 MS * Cardio Sculpt <i>Callie Griffin</i>			4:45-5:45 YS * Weekend Wind Down Yoga <i>Nosa Edebor</i>
5:30-6:15 YS * Sonic Meditation Mandi Brown	6:30-7:20 MS * Rhythmic Sculpt Callie Griffin	6:00-6:50 BA * Trilogy Barre <i>Tyler Barbier</i>	7:00-7:45 YS * Sonic Meditation DK			
5:45-6:30 CS * Beats Ride <i>Laghan Abila</i>	7:00-8:00 YS * Yin Yoga Meditation <i>DK</i>	6:00-6:50 BA * Precision Walk: Elevate Callie Griffin				
6:00-6:50 BA * Pilates Rise <i>Becky Riddle</i>		6:15-6:45 MS * Best Butt Ever <i>Samantha Engle</i>				
6:00-6:50 TR * Precision Run + Strength <i>David Siik</i>		6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Patrick Massey</i>				
6:15-7:00 MS * MetCon Monday <i>Chloe Burke</i>		6:45-7:00 MS * Upper Body Pump <i>Samantha Engle</i>				
6:30-7:30 YS * Sculpted Yoga™ <i>Patrick Massey</i>		7:00-7:15 MS * Best Abs Ever <i>Samantha Engle</i>				

EQUINOX

RIVER OAKS

4444 Westheimer Road

HOUSTON TX 77027

EQUINOX.COM

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

ashley.horwitz@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

BA Barre Studio

TR Treadmill Area

RG The Rig

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 additive 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.

Switch Up: Run + Strength Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

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.

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.

Sculpted Yoga™ (HEATED) 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.

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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 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

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.

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.

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 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.

The Rig: Circuit A bootcamp style station-based class to challenge all fitness levels utilizing the Functional Training Rig. Class focus is improving cardiovascular and muscular endurance, coordination and agility.

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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. 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 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.

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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.

Boxing and Kickboxing

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.

Stretch and Recovery

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.

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.

Rhythmic Sculpt Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. 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.