

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 Anthony May	6:00-6:45 MS * MetCon3 <i>Andre Armstead</i>	6:30-7:00 MS * Upper Body Pump Mikaela Harper	8:15-9:05 MS * Sculpt <i>Ashley Horwitz</i>	9:30-10:20 MS * Stacked <i>Anthony May</i>
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>	6:00-6:50 TR * Precision Run® Adena Muncey	7:00-7:45 BA * True Barre <i>DK</i>	9:15-10:05 MS * Stronger Mikaela Harper	10:00-10:45 BA * Bala Bangle Barre Burn <i>Hope Meyers</i>
7:00-7:45 YS * Pilates Fusion (HEATED) <i>Mikaela Harper</i>	7:00-7:50 BA * Trilogy Barre <i>DK</i>	7:00-7:45 BA * Bala Bangle Barre Burn Becky Riddle	7:00-7:45 BA * Barefoot Sculpt <i>DK</i>	7:00-7:30 MS * Best Butt Ever Mikaela Harper	9:30-10:15 CS * Beats Ride Ashley Horwitz	10:00-10:50 TR * Precision Walk: Elevate <i>Callie Griffin</i>
8:00-9:00 YS * Vinyasa Yoga (HEATED) Pam Urcid	9:00-9:50 MS * Stacked <i>Samantha Engle</i>	8:00-9:00 YS * Power Vinyasa Mandi Brown	9:00-9:50 MS * Cardio Sculpt <i>Ashley Horwitz</i>	9:00-9:50 MS * Stronger Anthony May	9:30-10:30 YS * Vinyasa Yoga (HEATED) <i>Val Feachen</i>	10:30-11:20 MS * Cardio Sculpt <i>Anthony May</i>
9:00-9:50 MS * Tabata Max Mikaela Harper	9:00-10:00 YS * Power Vinyasa Adena Muncey	9:00-9:30 MS * Best Butt Ever Anthony May	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Natasha Ponciano</i>	9:30-10:20 TR * Precision Run® <i>David Siik</i>	10:00-10:45 BA * True Barre <i>DK</i>	10:30-11:30 YS * Restorative Yoga <i>Patrick Massey</i>
9:30-10:20 TR * Precision Run + Strength Ashley Horwitz	10:30-11:15 BA * True Barre <i>DK</i>	9:30-9:45 MS * Upper Body Pump Anthony May	10:30-11:15 BA * True Barre <i>DK</i>	10:30-11:20 BA * Trilogy Barre <i>DK</i>	10:15-11:00 MS * Tabata Max Mikaela Harper	11:00-11:50 CS * Precision Ride Chris Felix
10:30-11:30 YS * Sculpted Yoga™ <i>Natasha Ponciano</i>	11:45-12:35 MS * Sculpt <i>Ashley Horwitz</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 * Vinyasa Yoga (HEATED) <i>Brett Alt</i>	10:30-11:20 TR * Precision Run® <i>Mylana Hearn</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Lindsay Maher</i>
11:45-12:30 YS * Pilates Fusion <i>Mikaela Harper</i>	11:45-12:45 YS * Vinyasa Yoga <i>Natasha Ponciano</i>	9:45-10:00 MS * Best Abs Ever Anthony May	11:45-12:45 YS * Power Vinyasa <i>Adena Muncey</i>	12:00-12:50 MS * Circuit Training <i>Anthony May</i>	11:00-12:00 YS * Yin Yoga Meditation <i>DK</i>	4:00-4:30 MS * Best Butt Ever Mikaela Harper
12:00-12:30 MS * Best Butt Ever Anthony May	5:30-6:30 MS * Switch Up: Run + Strength <i>David Siik Ashley Horwitz</i>	10:30-11:15 BA * Bala Bangle Barre Burn <i>Hope Meyers</i>	5:30-6:15 MS * Athletic Conditioning <i>Anthony May</i>	5:30-6:20 RG * The Rig: Circuit <i>Callie Griffin</i>	4:30-4:45 MS * Upper Body Pump Mikaela Harper	4:30-4:45 MS * Upper Body Pump Mikaela Harper
12:30-12:45 MS * Upper Body Pump Anthony May	5:30-6:20 YS * Pilates Mat (HEATED) <i>Becky Riddle</i>	11:45-12:30 YS * Pilates Mat (HEATED) <i>David E McClintock</i>	5:30-6:20 YS * Pilates Mat (HEATED) <i>Becky Riddle</i>	5:30-6:30 YS * Vinyasa Yoga <i>Mandi Brown</i>	4:45-5:00 MS * Best Abs Ever Mikaela Harper	4:45-5:00 MS * Best Abs Ever Mikaela Harper
12:45-1:00 MS * Best Abs Ever Anthony May	6:00-6:45 BA * True Barre <i>Tyler Barbier</i>	12:00-12:50 MS * Stronger <i>Anthony May</i>	6:00-6:45 BA * True Barre <i>Hope Meyers</i>		4:45-5:45 YS * Weekend Wind Down Yoga <i>Nosa Edebor</i>	4:45-5:45 YS * Weekend Wind Down Yoga <i>Nosa Edebor</i>
5:00-5:45 BA * Bala Bangle Barre Burn Becky Riddle	6:00-6:45 CS * Beats Ride DK	5:00-6:00 YS * Sculpted Yoga™ Patrick Massey	6:15-7:05 TR * Precision Run® David Siik			
5:15-6:05 MS * Stronger <i>Samantha Engle</i>	6:45-7:30 MS * The Cut <i>Callie Griffin</i>	5:15-6:00 MS * Tabata Max <i>Mikaela Harper</i>	6:30-7:25 MS * Rounds: Boxing Circuit Callie Griffin Chris Felix			
5:45-6:30 CS * Beats Ride Loghan Abila	7:00-8:00 YS * Yin Yoga Meditation <i>DK</i>	5:45-6:30 CS * Beats Ride Loghan Abila				
6:00-6:50 BA * Pilates Mat Becky Riddle		6:00-6:50 BA * Trilogy Barre <i>DK</i>				
6:00-6:50 TR * Precision Run + Strength <i>David Siik</i>		6:00-6:50 TR * Precision Run® Callie Griffin				
6:15-7:00 MS * MetCon Monday <i>Mikaela Harper</i>		6:15-6:45 MS * Best Butt Ever Samantha Engle				
6:30-7:30 YS * Sculpted Yoga™ <i>Patrick Massey</i>		6:30-7:30 YS * Vinyasa Yoga (HEATED) <i>Patrick Massey</i>				
		6:45-7:00 MS * Upper Body Pump Samantha Engle				
		7:00-7:15 MS * Best Abs Ever Samantha Engle				

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 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.

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.

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

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.

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 Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

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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 Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

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.

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.

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.

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.