

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 YS * Pilates Rise (HEATED) <i>Kristin Gonzalez</i>	5:30-6:20 PR * Precision Run® <i>Eric Cobb</i>	5:45-6:30 YS * Power Vinyasa (HEATED) <i>Shawn Burns</i>	5:30-6:20 PR * Precision Run® <i>Kristin Gonzalez</i>	6:00-6:30 MS * Upper Body Pump <i>Cassie Doom</i>	7:30-8:15 MS * Body Sculpt <i>Hannah Bankhead</i>	8:00-8:45 PR * Precision Run + Strength <i>Kayla Dye</i>
6:00-6:45 MS * Tabata Max <i>Kailyn Lee</i>	6:30-7:15 MS * Whipped! <i>Eric Cobb</i>	6:00-6:45 MS * Stronger <i>Jude McCarthy</i>	6:30-7:15 MS * Pure Strength <i>Kristin Gonzalez</i>	6:15-7:05 PR * Precision Run + Strength <i>Eric Cobb</i>	8:15-9:00 YS * Pilates Fusion <i>Michelle Zada</i>	8:15-9:05 CS * Precision Ride <i>Victoria Brickert</i>
6:15-7:05 PR * Precision Run® <i>Kayla Dye</i>	6:45-7:35 PR * Precision Run® <i>Thomas Renner</i>	6:15-7:05 PR * Precision Run® <i>Kayla Dye</i>	6:45-7:30 CS * Beats Ride <i>Eric Cobb</i>	6:30-6:45 MS * Best Abs Ever <i>Cassie Doom</i>	8:30-9:15 MS * Stacked <i>Hannah Bankhead</i>	8:30-9:30 YS * Vinyasa Yoga (HEATED) <i>Kristin Gonzalez</i>
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Kristin Gonzalez</i>	6:45-7:30 YS * Trilogy Barre <i>Hannah Bankhead</i>	7:00-7:45 YS * Pilates Fusion <i>Brooke Wendle</i>	6:45-7:30 YS * True Barre <i>Hannah Bankhead</i>	6:45-7:30 CS * Beats Ride <i>Melanie Rosner</i>	9:00-9:45 PR * Fully Vested <i>Kayla Dye</i>	9:00-9:30 MS * Upper Body Pump <i>Elena Hernandez</i>
7:45-8:30 MS * Stronger <i>Jude McCarthy</i>	8:00-8:45 MS * Tabata Max <i>Kayla Dye</i>	7:45-8:30 MS * MetCon3 <i>Jude McCarthy</i>	8:00-8:45 MS * Body Sculpt <i>Liz Terry</i>	7:00-8:00 YS * Slow Flow Yoga (HEATED) <i>Billy Gill</i>	9:15-10:00 CS * Beats Ride <i>Courtney Copeland</i>	9:15-10:05 PR * Precision Run® <i>Kayla Dye</i>
8:15-9:05 PR * Precision Run + Strength <i>Kayla Dye</i>	8:15-9:00 YS * Pilates Fusion <i>Hannah Bankhead</i>	8:15-9:00 PR * Fully Vested <i>Kayla Dye</i>	8:15-9:05 PR * Precision Walk: Elevate <i>Jude McCarthy</i>	8:00-8:45 MS * Stacked <i>Eric Cobb</i>	9:15-10:00 YS * Athletic Stretch <i>Jude McCarthy</i>	9:30-10:05 MS * Precision Run® <i>Kayla Dye</i>
8:30-9:15 YS * Bala Bangle Barre Burn <i>Cassie Doom</i>	8:30-9:15 CS * Beats Ride <i>Harper Jostmeyer</i>	8:30-9:15 YS * True Barre <i>Liz Terry</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Hannah Bankhead</i>	8:15-9:05 PR * Precision Run® <i>Jude McCarthy</i>	9:30-10:20 MS * Ropes and Rowers <i>Kristin Gonzalez</i>	9:30-10:00 MS * Pilates Mat (HEATED) <i>Amanda Johnson</i>
9:30-10:15 MS * Rhythmic Sculpt <i>Liz Terry</i>	9:15-10:15 YS * Power Vinyasa <i>Thomas Renner</i>	9:30-10:15 MS * Stronger <i>Liz Terry</i>	9:30-10:30 MS * Cardio Dance <i>Brandon Biscoe</i>	8:45-9:30 YS * Barefoot Sculpt (HEATED) <i>Rachel Gaspar</i>	10:15-11:00 YS * True Barre <i>Kim Stevens</i>	10:00-10:45 YS * Pilates Mat (HEATED) <i>Amanda Johnson</i>
9:45-10:15 PR * Precision Run 30 <i>Jude McCarthy</i>	9:30-10:15 MS * Stacked <i>Cassie Doom</i>	9:45-10:15 CS * Beats Ride 30 <i>Jude McCarthy</i>	10:30-11:15 YS * Pilates Mat (HEATED) <i>Michelle Zada</i>	9:30-10:00 MS * Upper Body Pump <i>Jude McCarthy</i>	10:30-11:20 PR * Precision Run + Strength <i>Kayla Dye</i>	10:15-11:00 MS * Body Sculpt <i>Beth Vaughan</i>
10:30-11:20 YS * Pilates Rise <i>Kristin Gonzalez</i>	10:30-11:15 YS * Barefoot Sculpt <i>Rachel Gaspar</i>	10:30-11:30 YS * Slow Flow Yoga (HEATED) <i>Amanda Johnson</i>	12:00-12:45 MS * Stronger <i>Jude McCarthy</i>	10:00-10:30 MS * Best Butt Ever <i>Jude McCarthy</i>	10:45-11:30 MS * Best Butt Ever <i>Courtney Copeland</i>	11:15-12:00 MS * Stronger <i>Beth Vaughan</i>
12:00-12:45 YS * True Barre <i>Liz Terry</i>	12:00-12:45 PR * Precision Run + Strength <i>Cassie Doom</i>	12:00-12:50 YS * Trilogy Barre <i>Amanda Johnson</i>	12:15-1:00 YS * Barefoot Sculpt (HEATED) <i>Jessica Richter</i>	10:30-11:30 YS * Vinyasa Yoga (HEATED) <i>Lauren Gibbs</i>	11:45-1:00 YS * Power Vinyasa <i>Kristin Gonzalez</i>	11:15-12:00 YS * Sonic Meditation <i>Amanda Johnson</i>
12:15-12:45 MS * Lower Body Blast <i>Jude McCarthy</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Jessica Richter</i>	12:15-1:00 MS * Pure Strength <i>David Case</i>	4:30-5:00 PR * Stronger <i>Jude McCarthy</i>	12:00-12:45 YS * Pilates Mat <i>Lauren Gibbs</i>	12:00-12:45 MS * Cardio Sculpt <i>Kim Stevens</i>	12:30-1:20 YS * Trilogy Barre <i>Amanda Johnson</i>
12:45-1:15 MS * Upper Body Pump <i>Jude McCarthy</i>	4:30-5:00 PR * Precision Run 30 <i>Eric Cobb</i>	4:45-5:15 MS * Upper Body Pump <i>Jill Sabella</i>	5:00-5:45 MS * Body Sculpt <i>Maddie Dougherty</i>	12:00-12:45 YS * Fully Vested <i>Cassie Doom</i>	1:30-2:15 YS * Pilates Fusion (HEATED) <i>Brooke Wendle</i>	1:30-2:30 MS * Cardio Dance <i>Brandon Biscoe</i>
4:45-5:30 MS * Stacked <i>Michelle Zada</i>	5:00-5:45 MS * Stronger <i>Liz Terry</i>	5:15-5:45 MS * Best Abs Ever <i>Jill Sabella</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Katie Sholty</i>	3:00-3:45 YS * Pilates Fusion (HEATED) <i>Brooke Wendle</i>	3:30-4:30 YS * Vinyasa Yoga (HEATED) <i>Emma Parkin</i>	2:00-2:45 CS * Beats Ride <i>Katie Sholty</i>
5:30-6:15 PR * Precision Walk: Elevate <i>Kristin Gonzalez</i>	5:15-6:15 YS * Sculpted Yoga™ (HEATED) <i>Rachael Fallon (TX)</i>	5:30-6:20 PR * Precision Run® <i>Eric Cobb</i>	5:30-6:15 YS * Beats Ride <i>Courtney Copeland</i>	4:00-5:00 YS * Power Vinyasa (HEATED) <i>Kristin Gonzalez</i>		3:00-4:00 YS * Weekend Wind Down Yoga (HEATED) <i>Katie Sholty</i>
5:30-6:15 YS * Pilates Fusion <i>Amanda Johnson</i>	5:30-6:15 CS * Beats Ride <i>Harper Jostmeyer</i>	5:30-6:15 YS * Pilates Rise (HEATED) <i>Kristin Gonzalez</i>	5:45-6:35 PR * Precision Run + Strength <i>Jude McCarthy</i>	5:15-6:05 PR * Precision Run® <i>Bobby Candelas</i>		
6:00-6:45 MS * Rhythmic Sculpt <i>Michelle Zada</i>	5:45-6:30 PR * Fully Vested <i>Eric Cobb</i>	6:00-6:45 MS * MetCon3 <i>Vlada G. Parrott</i>	6:00-6:45 MS * Stronger <i>Maddie Dougherty</i>	5:30-6:15 YS * Sonic Meditation <i>Kristin Gonzalez</i>		
6:15-7:05 CS * Precision Ride <i>Grace Sells</i>	6:00-6:45 MS * Best Butt Ever <i>Elena Hernandez</i>	6:15-7:00 CS * Beats Ride <i>Jill Sabella</i>	6:45-7:45 YS * Yin Yoga Meditation <i>Katie Sholty</i>			
6:45-7:45 YS * Slow Flow Yoga (HEATED) <i>Amanda Johnson</i>	6:45-7:45 YS * Vinyasa Yoga (HEATED) <i>Katie Sholty</i>	6:45-7:30 YS * Sonic Meditation <i>Thomas Renner</i>				
	7:00-8:00 MS * Cardio Dance <i>Brandon Biscoe</i>					

EQUINOX

PLANO

6109 West Park Boulevard

PLANO TX 75093

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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

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

PR PR Lab

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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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

Fully Vested Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive

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 30 An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

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.

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™ (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.

Slow Flow Yoga (HEATED) A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

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.

Weekend Wind Down Yoga (HEATED) 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.

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.

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.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

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.

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.

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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.

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

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Barefoot Sculpt (HEATED) 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.