

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:35 YS * Pilates Rise <i>Kristin Gonzalez</i>	5:30-6:20 PR * Precision Run® <i>Lyndsay Payne</i>	5:45-6:30 YS * Pilates Mat (HEATED) <i>Marquette Latshaw</i>	5:30-6:20 PR * Precision Run® <i>Kristin Gonzalez</i>	6:00-6:45 MS * Cardio Sculpt <i>Cassie Doom</i>	7:30-8:15 MS * Sculpt <i>Hannah Bankhead</i>	8:15-9:05 CS * Precision Ride <i>Lindsey Lidiak</i>
6:00-6:45 MS * MetCon Monday <i>Kailyn Lee</i>	6:00-6:50 CS * <b>Precision Ride</b> <i>Katie Sholty</i>	6:00-6:45 MS * Stronger <i>Jude McCarthy</i>	6:00-6:45 CS * <b>Beats Ride</b> <i>Q Arrington</i>	6:15-7:05 PR * Precision Run + Strength <i>Lindsey Lidiak</i>	8:15-9:00 YS * Pilates Fusion <i>Michelle Zada</i>	8:30-9:30 YS * Vinyasa Yoga (HEATED) <i>Kristin Gonzalez</i>
6:15-7:05 PR * Precision Run® <i>Cameron Resurreccion</i>	6:30-7:15 MS * Sculpt <i>Lyndsay Payne</i>	6:15-7:05 PR * Precision Run® <i>Kayla Dye</i>	6:30-7:15 PG * <b>Pure Strength</b> <i>Kristin Gonzalez</i>	6:45-7:30 CS * <b>Beats Ride</b> <i>Melanie Rosner</i>	8:30-9:20 MS * Rounds: Boxing Circuit <i>Lindsey Lidiak</i>	9:00-9:30 MS * Upper Body Pump <i>Elena Hernandez</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>Hannah Bankhead</i>	6:45-7:30 YS * True Barre <i>Hannah Bankhead</i>	7:00-8:00 YS * <b>Slow Flow Yoga</b> (HEATED) <i>Lacey Buteyn</i>	9:00-9:45 PR * Fully Vested <i>Kayla Dye</i>	9:15-10:05 PR * Precision Run® <i>Kayla Dye</i>
7:45-8:30 MS * Stronger <i>Jude McCarthy</i>	7:00-7:50 PR * Precision Run® <i>Thomas Renner</i>	7:45-8:30 MS * MetCon3 <i>Jude McCarthy</i>	7:00-7:50 PR * Precision Run® <i>Kailyn Lee</i>	8:00-8:45 MS * Stacked <i>Hannah Bankhead</i>	9:15-10:00 CS * <b>Beats Ride</b> <i>Griffin Ballard</i>	9:30-10:00 MS * Best Butt Ever <i>Elena Hernandez</i>
8:15-9:05 PR * Precision Run + Strength <i>Lindsey Lidiak</i>	8:00-8:45 MS * Tabata Max <i>Kayla Dye</i>	8:15-9:00 PR * Fully Vested <i>Kayla Dye</i>	8:00-8:45 MS * Sculpt <i>Liz Terry</i>	8:15-9:05 PR * Precision Run® <i>Jude McCarthy</i>	9:15-10:00 YS * Athletic Stretch <i>Jude McCarthy</i>	10:00-10:45 YS * Pilates Mat (HEATED) <i>Amanda Johnson</i>
8:30-9:15 YS * Bala Bangle Barre Burn <i>Cassie Doom</i>	8:15-9:00 YS * Barefoot Sculpt <i>Lisa Bevers</i>	8:30-9:15 YS * True Barre <i>Liz Terry</i>	8:15-9:05 YS * Pilates Rise <i>Kristin Gonzalez</i>	8:45-9:30 YS * Bala Bangle Barre Burn <i>Rachel Gaspar</i>	9:30-10:20 PG * Circuit Training <i>Kristin Gonzalez</i>	11:00-11:45 MS * <b>Stronger</b> <i>Beth Vaughan</i>
9:30-10:15 MS * Cardio Sculpt <i>Liz Terry</i>	8:45-9:30 CS * <b>Beats Ride</b> <i>Griffin Ballard</i>	9:30-10:20 MS * Stronger <i>Liz Terry</i>	8:45-9:35 CS * <b>Precision Ride</b> <i>Jude McCarthy</i>	9:30-10:00 MS * Upper Body Pump <i>Jude McCarthy</i>	10:15-11:00 YS * Barre Beyond <i>Michelle Zada</i>	11:15-12:15 YS * Sculpted Yoga™ <i>Amanda Johnson</i>
9:30-10:20 PR * Fully Vested <i>Jude McCarthy</i>	9:30-10:00 MS * <b>Upper Body Pump</b> <i>Cassie Doom</i>	9:30-10:15 PR * Precision Run® <i>Jude McCarthy</i>	9:30-10:30 YS * Cardio Dance <i>Brandon Biscoe</i>	10:00-10:30 MS * Best Butt Ever <i>Jude McCarthy</i>	10:30-11:20 PR * <b>Precision Run + Strength</b> <i>Kayla Dye</i>	12:30-1:20 YS * Trilogy Barre <i>Amanda Johnson</i>
10:30-11:20 YS * Pilates Rise <i>Kristin Gonzalez</i>	9:30-10:30 YS * <b>Power Vinyasa</b> <i>Thomas Renner</i>	10:30-11:30 YS * Slow Flow Yoga (HEATED) <i>Amanda Johnson</i>	9:30-10:30 YS * Sculpted Yoga™ <i>Lisa Bevers</i>	10:30-11:30 YS * Vinyasa Yoga (HEATED) <i>Lauren Gibbs</i>	10:45-11:30 MS * <b>MetCon3</b> <i>Thomasina Edwards</i>	1:30-2:30 MS * Cardio Dance <i>Brandon Biscoe</i>
12:00-12:45 YS * True Barre <i>Liz Terry</i>	10:00-10:15 MS * <b>Best Abs Ever</b> <i>Cassie Doom</i>	12:00-12:50 YS * Trilogy Barre <i>Amanda Johnson</i>	10:30-11:20 PR * <b>Precision Run®</b> <i>Michelle Zada</i>	11:00-11:45 MS * Cardio Dance <i>Kelly McConkie</i>	11:45-1:00 YS * Power Vinyasa <i>Kristin Gonzalez</i>	2:00-2:45 CS * <b>Beats Ride</b> <i>Katie Sholty</i>
12:15-1:00 MS * Rounds: Boxing Circuit <i>Jude McCarthy</i>	10:45-11:30 YS * <b>True Barre</b> <i>Lisa Bevers</i>	12:15-1:00 MS * Pure Strength <i>David Case</i>	10:45-11:30 YS * <b>Trilogy Barre</b> <i>Liz Terry</i>	12:00-12:45 YS * Pilates Mat <i>Lauren Gibbs</i>	3:30-4:30 YS * Vinyasa Yoga (HEATED) <i>Emma Parkin</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Katie Sholty</i>
4:45-5:30 MS * Stacked <i>Michelle Zada</i>	12:00-12:45 MS * <b>Sculpt</b> <i>Liz Terry</i>	4:45-5:15 MS * Upper Body Pump <i>Cameron Resurreccion</i>	12:00-12:45 MS * Stronger <i>Jude McCarthy</i>	12:15-1:00 MS * Athletic Conditioning <i>Cassie Doom</i>		
5:15-6:00 PR * Precision Walk: Elevate <i>Maddie Dougherty</i>	12:15-1:00 YS * Pilates Fusion (HEATED) <i>Jessica Richter</i>	5:15-5:45 MS * Best Abs Ever <i>Cameron Resurreccion</i>	12:15-1:00 YS * Barefoot Sculpt (HEATED) <i>Jessica Richter</i>	4:00-5:00 YS * Power Vinyasa (HEATED) <i>Kristin Gonzalez</i>		
5:30-6:15 YS * Pilates Fusion <i>Amanda Johnson</i>	4:45-5:30 PR * Precision Run® <i>Cameron Resurreccion</i>	5:15-6:05 PR * Precision Run® <i>Lindsey Lidiak</i>	4:45-5:30 PR * <b>Fully Vested</b> <i>Michelle Zada</i>	4:15-5:00 MS * <b>Tabata Max</b> <i>Lindsey Lidiak</i>		
6:00-6:45 MS * <b>The Cut</b> <i>Michelle Zada</i>	5:00-5:45 MS * Stronger <i>Liz Terry</i>	5:30-6:15 YS * Pilates Rise (HEATED) <i>Kristin Gonzalez</i>	5:00-5:45 MS * Sculpt <i>Maddie Dougherty</i>	5:15-6:05 PR * Precision Run® <i>Lindsey Lidiak</i>		
6:15-7:05 CS * <b>Precision Ride</b> <i>Grace Sells</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Lisa Bevers</i>	6:00-6:45 MS * MetCon3 <i>Cameron Resurreccion</i>	5:15-6:15 YS * Power Vinyasa (HEATED) <i>Katie Sholty</i>	5:30-6:30 YS * Restorative Yoga <i>Kristin Gonzalez</i>		
6:30-7:20 PR * Precision Run® <i>Maddie Dougherty</i>	5:30-6:15 CS * <b>Beats Ride</b> <i>Lacey Burns</i>	6:15-7:00 CS * <b>Beats Ride</b> <i>Rachel Prengler</i>	5:30-6:20 CS * <b>Precision Ride</b> <i>Griffin Ballard</i>			
6:45-7:45 PG * <b>Yoga - Outdoors</b> <i>Amanda Johnson</i>	5:45-6:30 PR * Fully Vested <i>Beth Vaughan</i>	6:30-7:15 PR * <b>Precision Walk:</b> <i>Elevate</i> <i>Lindsey Lidiak</i>	5:45-6:35 PR * <b>Precision Run®</b> <i>Michelle Zada</i>			
	6:00-6:45 MS * Best Butt Ever <i>Elena Hernandez</i>	6:45-7:30 YS * True Barre <i>Kim Stevens</i>	6:00-6:45 MS * Stronger <i>Maddie Dougherty</i>			
	6:45-7:45 YS * Vinyasa Yoga (HEATED) <i>Katie Sholty</i>		6:45-7:45 YS * Yin Yoga Meditation <i>Katie Sholty</i>			
	7:00-8:00 MS * Cardio Dance <i>Brandon Biscoe</i>		7:00-7:50 MS * Rounds: Boxing Circuit <i>Lindsey Lidiak</i>			

# EQUINOX

## PLANO

6109 West Park Boulevard

PLANO TX 75093

EQUINOX.COM

@EQUINOX

**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

liz.terry@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**PG** The Playground

**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.

**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**® 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.

**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.

**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** 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.

**Yoga - Outdoors** This timeless approach to yoga links movement and breath through a creative, flowing sequence of postures. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

## 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.

**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.

**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.

## 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.

**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.

**Pilates Fusion (HEATED)** 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

**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.

## 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.

## 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.

**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.