

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 YS * Pilates Rise <i>Katie Wells</i>	6:15-7:00 YS * Barefoot Sculpt <i>Annie Murray</i>	6:00-6:45 YS * Bala Bangle Barre Burn <i>Jesse Lujan</i>	6:15-7:00 YS * Barefoot Sculpt <i>Mikaela Harper</i>	6:00-6:45 YS * True Barre (HEATED) <i>Melissa Diehl</i>	8:00-8:45 MS * Rounds: Boxing <i>Isaac Salinas</i>	8:45-9:30 YS * True Barre <i>Jesse Lujan</i>
6:15-7:00 MS * <b>Stronger</b> <i>Mikaela Harper</i>	6:30-7:15 MS * Athletic Conditioning <i>Lauren Hart</i>	6:15-7:00 MS * Best Butt Ever <i>Annie Murray</i>	6:30-7:15 MS * Tabata Max <i>Jaime Rauso</i>	6:15-7:00 MS * Stronger <i>Veronika Cohen</i>	8:30-9:20 CS * Beats Ride <i>Rena Wise</i>	9:15-10:00 MS * MetCon3 <i>Jewiz VerHage</i>
6:30-7:20 CS * Beats Ride <i>Robyn Bergesen</i>	6:30-7:20 TR * Precision Run® <i>Veronika Cohen</i>	6:30-7:20 CS * Beats Ride <i>Lizzie Leeds</i>	6:30-7:20 TR * Precision Run® <i>Matt Parel</i>	7:15-8:00 YS * Pilates Fusion (HEATED) <i>Melissa Diehl</i>	8:30-9:20 YS * True Barre <i>Anna Gammill</i>	10:00-10:50 CS * Beats Ride <i>Alex McCall</i>
7:15-8:00 YS * Sculpted Yoga™ (HEATED) <i>Lauren Brown</i>	7:15-8:05 CS * Beats + Bands Ride <i>Annie Murray</i>	6:30-7:20 TR * Precision Walk: Elevate <i>Ela Martin</i>	7:15-8:00 CS * Beats Ride <i>Melissa Young</i>	7:30-8:15 MS * MetCon3 <i>Emma Leeker</i>	9:00-9:45 MS * Best Butt Ever <i>Meadow Zittel</i>	10:30-11:30 YS * Slow Flow Yoga <i>Erica Arce</i>
7:30-8:20 MS * MetCon3 <i>Ellese Rose</i>	7:15-8:05 YS * Pilates Rise (HEATED) <i>Monique French</i>	7:15-8:15 YS * Sculpted Yoga™ <i>RJ Teijeiro</i>	7:15-8:00 YS * Pilates Fusion <i>Audresha Lynn</i>	8:00-8:45 CS * Beats Ride <i>Annie Murray</i>	9:15-10:05 TR * Precision Run® <i>Jaime Rauso</i>	10:45-11:30 MS * <b>Whipped!</b> <i>Wil Richards</i>
8:45-9:30 YS * Pilates Fusion <i>Anna Gammill</i>	7:30-8:15 MS * Stacked <i>Audresha Lynn</i>	7:30-8:20 MS * Ropes and Rowers <i>Audresha Lynn</i>	7:30-8:15 MS * Stronger <i>Matt Parel</i>	8:45-9:45 YS * <b>Power Vinyasa</b> <i>Molly Hentz</i>	10:00-11:00 YS * Power Vinyasa (HEATED) <i>Monique French</i>	11:45-12:30 MS * Stronger <i>Wil Richards</i>
9:15-10:00 MS * Rhythmic Sculpt <i>Juliana Beladera</i>	8:45-9:30 YS * True Barre <i>Veronika Cohen</i>	8:45-9:30 YS * Pilates Fusion (HEATED) <i>Ellese Rose</i>	8:45-9:30 YS * Trilogy Barre <i>Juliana Beladera</i>	10:30-11:15 YS * Pilates Mat <i>Ellese Rose</i>	10:15-11:00 MS * Tabata Max <i>Jaime Rauso</i>	12:30-1:30 YS * Power Vinyasa (HEATED) <i>Julia Veronesi</i>
10:30-11:30 YS * Yin Yoga (HEATED) <i>Bea Love</i>	9:15-10:00 MS * Cardio Sculpt <i>Audresha Lynn</i>	9:15-10:00 MS * <b>Athletic Conditioning</b> <i>Emma Leeker</i>	9:15-10:00 MS * Best Butt Ever <i>Audresha Lynn</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Vanush</i>	10:45-11:35 CS * Beats + Bands Ride <i>Annie Murray</i>	2:00-2:45 YS * Bala Bangle Barre Burn <i>Jesse Lujan</i>
10:45-11:30 MS * <b>Circuit Training</b> <i>Emma Leeker</i>	9:45-10:30 YS * Power Vinyasa (HEATED) <i>Lauren Brown</i>	10:30-11:15 YS * <b>Barefoot Sculpt (HEATED)</b> <i>Ellese Rose</i>	9:45-10:30 YS * Pilates Mat <i>Cassie Coulas</i>	12:15-1:00 MS * Best Butt Ever <i>Braelyn Bianchi</i>	11:15-12:05 MS * Stronger <i>Audresha Lynn</i>	3:30-4:45 YS * Yin Yoga (HEATED) <i>Vanush</i>
12:00-12:45 YS * <b>Pilates Mat</b> <i>Anna Gammill</i>	10:00-10:45 CS * Beats Ride <i>Whitney Roberts</i>	12:00-12:50 YS * Trilogy Barre <i>Meadow Zittel</i>	10:00-10:50 CS * Precision Ride <i>Lizzie Leeds</i>	12:30-1:15 CS * Beats Ride <i>Lizzie Leeds</i>	11:30-12:30 YS * Weekend Wind Down Yoga <i>Bea Love</i>	
12:15-1:00 MS * Stronger <i>Audresha Lynn</i>	10:45-11:30 YS * Pilates Mat <i>Ellese Rose</i>	12:15-1:00 MS * Stronger <i>Manny Pollard</i>	10:45-11:45 YS * Power Vinyasa (HEATED) <i>Morgan Bosworth</i>	1:15-2:00 MS * Stacked <i>John Northstar</i>	1:00-1:45 YS * Pilates Mat <i>Anna Gammill</i>	
1:15-2:00 MS * Best Butt Ever <i>Meadow Zittel</i>	12:00-12:50 MS * <b>Ropes and Rowers</b> <i>Ellese Rose</i>	1:15-2:00 YS * Pilates Rise <i>Matt Parel</i>	12:00-12:45 MS * Body Sculpt <i>Pete Petitti</i>	2:45-3:30 YS * True Barre <i>Juliana Beladera</i>	2:15-3:15 YS * Vinyasa Yoga <i>Vanush</i>	
2:45-3:45 YS * Restorative Yoga <i>Vanush</i>	12:15-1:00 YS * <b>Off the Barre (HEATED)</b> <i>Cassie Coulas</i>	2:45-3:30 YS * <b>Barefoot Sculpt (HEATED)</b> <i>Emma Leeker</i>	12:15-1:00 YS * <b>Power Vinyasa (HEATED)</b> <i>Cassie Coulas</i>	4:00-4:45 YS * Barefoot Sculpt <i>Emma Leeker</i>		
4:00-4:45 YS * Bala Bangle Barre Burn <i>Audresha Lynn</i>	1:30-2:15 YS * Pilates Fusion <i>Juliana Beladera</i>	4:00-4:45 YS * Restorative Yoga <i>Vanush</i>	1:30-2:15 YS * Pilates Mat <i>Cassie Coulas</i>	4:45-5:35 MS * Rounds: Boxing <i>Isaac Salinas</i>		
4:45-5:30 MS * Body Sculpt <i>Matt Parel</i>	4:00-5:00 YS * Power Vinyasa (HEATED) <i>Julia Veronesi</i>	4:45-5:30 MS * Tabata Max <i>Veronika Cohen</i>	4:00-4:45 YS * Pilates Fusion (HEATED) <i>Grace Montie</i>	5:00-5:50 CS * Beats Ride <i>Lizzie Leeds</i>		
5:00-6:00 YS * Power Vinyasa (HEATED) <i>Julia Veronesi</i>	5:00-5:50 MS * Whipped! <i>Anna Azevedo</i>	5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Vanush</i>	5:00-5:45 MS * Stronger <i>Pete Petitti</i>	5:30-6:45 YS * Power Vinyasa (HEATED) <i>Ela Martin</i>		
5:15-6:05 CS * Beats Ride <i>Whitney Roberts</i>	5:30-6:20 CS * Beats Ride <i>Whitney Roberts</i>	5:15-6:05 CS * Precision Ride <i>Lizzie Leeds</i>	5:30-6:20 CS * Beats Ride <i>Kiona Millican</i>			
6:00-6:45 MS * MetCon Monday <i>Emma Leeker</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Grace Montie</i>	6:00-6:45 MS * Best Butt Ever <i>Meadow Zittel</i>	5:30-6:20 YS * True Barre <i>Veronika Cohen</i>			
6:00-6:50 TR * Precision Run® <i>Jaime Rauso</i>	6:15-6:45 MS * Upper Body Pump <i>Pete Petitti</i>	6:00-6:50 TR * Precision Run® <i>Jaime Rauso</i>	6:15-7:00 MS * <b>Circuit Training</b> <i>Pete Petitti</i>			
6:15-7:00 YS * Pilates Fusion <i>Grace Montie</i>	6:45-7:05 MS * Best Abs Ever <i>Pete Petitti</i>	6:15-7:00 YS * Bala Bangle Barre Burn <i>Jesse Lujan</i>	6:45-7:45 YS * Power Vinyasa <i>Ryan Adams</i>			
6:30-7:20 CS * Beats Ride <i>Christine Goodrich</i>	6:45-7:30 YS * Pilates Fusion <i>Mikaela Harper</i>	6:30-7:20 CS * Beats Ride <i>Emily Fawcett</i>	7:15-7:45 MS * Upper Body Pump <i>John Northstar</i>			
7:00-7:45 MS * Stacked <i>John Northstar</i>	7:15-8:00 MS * Rhythmic Sculpt <i>Robyn Bergesen</i>	7:00-7:45 MS * MetCon3 <i>Robyn Bergesen</i>	7:45-8:15 MS * Best Butt Ever <i>John Northstar</i>			
7:15-8:30 YS * Vinyasa Yoga (HEATED) <i>Penelope Glifort</i>		7:15-8:15 YS * Yin Yoga (HEATED) <i>Bea Love</i>				

# EQUINOX

## AUSTIN

1007 South Congress Avenue, Suite 100

AUSTIN TX 78704

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

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

**SAT-SUN** 07:00 AM 06:00 PM

## GENERAL MANAGER

**Lenny Golden**

[lenny.golden@equinox.com](mailto:lenny.golden@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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

**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 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.

**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** 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** 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.

**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 (HEATED)** Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## HIIT

**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.

**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 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.

**Off the Barre (HEATED)** This heated off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**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.

**True Barre (HEATED)** 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 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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## Boxing

**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.

## 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.