

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 YS * Pilates Rise <i>Carla O'Connor</i>	6:15-7:00 YS * <b>Barefoot Sculpt</b> <b>Annie Murray</b>	6:00-6:50 YS * True Barre <i>Jesse Lujan</i>	6:15-7:00 YS * <b>Power Vinyasa</b> <b>Erica Arce</b>	6:00-6:45 YS * Pilates Fusion <i>Melissa Diehl</i>	8:00-8:45 MS * <b>Rounds: Boxing</b> <b>Isaac Salinas</b>	8:45-9:35 YS * Trilogy Barre <i>Carla O'Connor</i>
6:15-7:00 MS * <b>Tabata Max</b> <b>Braelyn Bianchi</b>	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>	8:15-9:05 CS * <b>Beats Ride</b> <b>Alex McCall</b>	9:15-10:00 MS * MetCon3 <i>Cait Katz</i>
6:30-7:20 CS * Cycle Power <i>Lauren Zambito</i>	6:30-7:20 TR * Precision Run® <i>Veronika Cohen</i>	6:30-7:20 CS * Cycle Power <i>Lizzie Leeds</i>	6:30-7:20 TR * Precision Run® <i>Matt Parel</i>	6:30-7:30 CL * Outdoor Run Club <i>Isaac Salinas</i>	8:30-9:20 YS * True Barre <i>Anna Gammill</i>	10:00-10:50 CS * <b>Beats Ride</b> <b>Alex McCall</b>
7:15-8:05 YS * Sculpted Yoga™ <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 * <b>Beats Ride</b> <b>Alex McCall</b>	7:15-8:00 YS * True Barre <i>Melissa Diehl</i>	9:00-9:45 MS * <b>Best Butt Ever</b> <b>Meadow Zittel</b>	10:30-11:30 YS * Slow Flow Yoga <i>Erica Arce</i>
7:30-8:20 MS * MetCon3 <i>Elese Rose</i>	7:15-8:15 YS * Vinyasa Yoga <i>Monique French</i>	7:15-8:15 YS * Sculpted Yoga™ <i>RJ Teijeiro</i>	7:15-8:00 YS * <b>Pilates Fusion</b> <b>Audresha Lynn</b>	7:30-8:15 MS * MetCon3 <i>Manny Pollard</i>	9:15-10:05 TR * Precision Run® <i>Jaime Rauso</i>	10:45-11:30 MS * Athletic Conditioning <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>	8:00-8:45 CS * <b>Beats Ride</b> <b>Annie Murray</b>	10:00-11:00 YS * Power Vinyasa <i>Monique French</i>	11:45-12:30 MS * Stronger <i>Wil Richards</i>
9:15-10:00 MS * 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>Elese Rose</i>	8:45-9:30 YS * Trilogy Barre <i>Juliana Beladera</i>	8:45-9:45 YS * Yin Yoga Meditation <i>Bea Love</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>Tabata Max</b> <b>Cait Katz</b>	9:15-10:00 MS * Best Butt Ever <i>Audresha Lynn</i>	10:30-11:15 YS * Pilates Mat <i>Elese Rose</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 * Stacked <i>Cait Katz</i>	9:45-10:30 YS * Sculpted Yoga™ <i>Ela Martin</i>	10:30-11:30 YS * Power Vinyasa <i>Elese Rose</i>	9:45-10:30 YS * Pilates Mat <i>Cassie Coulas</i>	12:00-1:00 YS * Vinyasa Yoga (HEATED) <i>Vanush</i>	11:15-12:05 MS * Stronger <i>Audresha Lynn</i>	3:30-4:45 YS * Yin Yoga (HEATED) <i>Vanush</i>
12:00-1:00 YS * Power Vinyasa <i>Kaley Klasson</i>	10:00-10:45 CS * <b>Beats Ride</b> <b>Lizzie Leeds</b>	12:00-12:50 YS * Trilogy Barre <i>Carla O'Connor</i>	10:00-10:50 CS * <b>Beats Ride</b> <b>Lizzie Leeds</b>	12:15-1:00 MS * Best Butt Ever <i>Braelyn Bianchi</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>Elese Rose</i>	12:15-1:00 MS * Stacked <i>Audresha Lynn</i>	10:45-11:45 YS * Power Vinyasa (HEATED) <i>Morgan Bosworth</i>	12:15-1:15 CS * Cycle Power <i>Lizzie Leeds</i>	1:00-1:45 YS * Pilates Mat <i>Anna Gammill</i>	
12:30-1:15 CS * <b>Beats Ride</b> <b>Christine Goodrich</b>	12:00-12:50 MS * Kettlebell Power <i>Elese Rose</i>	12:30-1:20 CS * <b>Precision Ride</b> <b>Whitney Roberts</b>	12:00-12:45 MS * Sculpt <i>Pete Petitti</i>	1:15-2:00 MS * Stacked <i>Braelyn Bianchi</i>	2:15-3:15 YS * Vinyasa Yoga <i>Vanush</i>	
1:15-2:00 MS * Best Butt Ever <i>Meadow Zittel</i>	12:15-1:00 YS * Athletic Stretch <i>Lauren Brown</i>	1:15-2:00 YS * Pilates Rise <i>Matt Parel</i>	12:15-1:00 YS * <b>Barre</b> <b>Cassie Coulas</b>	2:15-3:00 YS * True Barre <i>Juliana Beladera</i>		
2:15-3:15 YS * Restorative Yoga <i>Vanush</i>	1:30-2:15 YS * Pilates Fusion <i>Juliana Beladera</i>	2:15-3:15 YS * Sculpted Yoga™ <i>Gustavo Padron</i>	1:30-2:15 YS * Pilates Mat <i>Cassie Coulas</i>			
4:00-4:45 YS * Bala Bangle Barre Burn <i>Jesse Lujan</i>	4:00-5:00 YS * Power Vinyasa (HEATED) <i>Julia Veronesi</i>	4:00-4:45 YS * Restorative Yoga <i>Vanush</i>	4:00-4:45 YS * Pilates Fusion (HEATED) <i>Grace Montie</i>	4:00-5:00 YS * <b>Vinyasa Yoga</b> <b>Morgan Bosworth</b>		
4:15-5:00 TR * <b>Precision Walk:</b> <b>Elevate</b> <b>Audresha Lynn</b>	5:00-5:50 MS * Whipped! <i>Anna Azevedo</i>	4:15-5:00 TR * <b>Precision Run®</b> <b>John Northstar</b>	5:00-5:45 MS * Stronger <i>Pete Petitti</i>	4:45-5:30 MS * Athletic Conditioning <i>Meadow Zittel</i>		
4:45-5:30 MS * Sculpt <i>Matt Parel</i>	5:30-6:20 CS * Cycle Power <i>Whitney Roberts</i>	4:45-5:30 MS * Tabata Max <i>Veronika Cohen</i>	5:30-6:20 CS * <b>Beats Ride</b> <b>Emily Eckstein</b>	5:00-5:50 CS * <b>Beats Ride</b> <b>Lizzie Leeds</b>		
5:00-6:00 YS * Power Vinyasa <i>Julia Veronesi</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Grace Montie</i>	5:00-6:00 YS * Vinyasa Yoga (HEATED) <i>Vanush</i>	5:30-6:20 YS * True Barre <i>Veronika Cohen</i>	5:30-6:45 YS * Power Vinyasa (HEATED) <i>Ela Martin</i>		
5:15-6:05 CS * <b>Precision Ride</b> <b>Whitney Roberts</b>	6:00-6:45 TR * Precision Run® <i>Veronika Cohen</i>	5:15-6:05 CS * <b>Beats Ride</b> <b>Lauren Zambito</b>	6:15-7:05 MS * Ropes and Rowers <i>Pete Petitti</i>			
5:15-6:05 CS * <b>Beats Ride</b> <b>Whitney Roberts</b>	6:15-7:00 MS * <b>Tabata Max</b> <b>Cait Katz</b>	6:00-6:45 MS * Best Butt Ever <i>Meadow Zittel</i>	6:45-7:45 YS * Power Vinyasa <i>Ryan Adams</i>			
6:00-6:45 MS * MetCon Monday <i>Elese Rose</i>	6:45-7:30 YS * Pilates Fusion <i>Emily Eckstein</i>	6:00-6:50 TR * Precision Run® <i>Jaime Rauso</i>				
6:00-6:50 TR * Precision Run® <i>Jaime Rauso</i>		6:15-7:00 YS * Bala Bangle Barre Burn <i>Carla O'Connor</i>				
6:15-7:00 YS * Pilates Fusion <i>Grace Montie</i>		6:30-7:20 CS * <b>Beats Ride</b> <b>Emily Fawcett</b>				
6:30-7:20 CS * <b>Beats Ride</b> <b>Lizzie Leeds</b>		7:00-7:45 MS * MetCon3 <i>Robyn Bergesen</i>				
7:00-7:45 MS * Stacked <i>John Northstar</i>		7:15-8:15 YS * Yin Yoga (HEATED) <i>Bea Love</i>				
7:15-8:30 YS * Vinyasa Yoga (HEATED) <i>Penelope Glifort</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

Jocelyne Cano

jocelyne.cano@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**CL** Club Lobby

## 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.

**Cycle Power** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

**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

**Outdoor Run Club** Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

**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** 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.

**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.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**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.

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. 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.

## 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.

## 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

**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.

**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.