

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 CS * Beats Ride <i>Michael Gilbert</i>	6:00-6:50 TR * Precision Run® <i>Emily Stubler</i>	6:00-6:45 CS * Beats Ride <i>Michael Gilbert</i>	6:00-6:50 TR * Precision Run® <i>Team Equinox</i>	7:00-7:45 CS * Beats Ride <i>Jill Epple</i>	8:00-8:45 CS * Beats Ride <i>Seda Balci</i>	8:00-8:45 CS * Beats Ride <i>Michael Gilbert</i>
7:00-7:45 MS * Body Sculpt <i>Devon Belanger</i>	7:00-7:45 MS * Tabata Max <i>Emily Stubler</i>	7:00-7:50 MS * Stronger <i>Sheryl Emery</i>	7:00-7:45 MS * Athletic Conditioning <i>Brett Kamin</i>	8:00-8:45 YS * Barefoot Sculpt <i>Kisha Maher</i>	8:00-8:45 YS * Bala Bangle Barre Burn <i>Kisha Maher</i>	8:00-8:45 YS * Pilates Fusion <i>Anisa Diaz</i>
8:00-8:45 YS * Pilates Fusion <i>Rachele Marsh</i>	8:00-8:45 YS * Barefoot Sculpt <i>Rachel Neal</i>	8:00-8:45 MS * Rhythmic Sculpt <i>Lindsey Treadwell</i>	8:00-8:45 YS * Pilates Fusion <i>Mathew Makings</i>	8:45-9:30 TR * Precision Walk: Elevate Rachel Neal	9:00-9:30 MS * Upper Body Pump <i>Seda Balci</i>	9:00-9:50 MS * Athletic Conditioning <i>William Bui</i>
9:00-10:00 YS * Vinyasa Yoga <i>James Afshar</i>	9:00-9:45 CS * Beats Ride <i>Seda Balci</i>	9:00-10:00 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i>	9:00-9:45 CS * Beats Ride <i>Michael Gilbert</i>	9:00-10:00 YS * Vinyasa Yoga <i>Wende Lichon</i>	9:00-10:00 YS * Vinyasa Yoga <i>Luciana Freire</i>	9:00-10:00 YS * Restorative Yoga <i>Anisa Diaz</i>
9:30-9:45 MS * Upper Body Pump <i>William Bui</i>	9:45-10:30 MS * Athletic Conditioning <i>William Bui</i>	9:30-10:15 MS * Athletic Conditioning <i>Kimball Theoret</i>	9:45-10:35 MS * Stronger <i>Seda Balci</i>	9:30-10:15 MS * Rhythmic Sculpt <i>Shannon Ward</i>	9:30-10:00 MS * Best Butt Ever <i>Seda Balci</i>	10:00-10:50 TR * Precision Run® <i>William Bui</i>
9:45-10:15 MS * Best Butt Ever <i>William Bui</i>	10:00-10:45 YS * Pilates Fusion <i>Wende Lichon</i>	10:15-11:00 MS * Best Stretch Ever <i>Kimball Theoret</i>	10:00-10:45 YS * Bala Bangle Barre Burn <i>Wende Lichon</i>	10:30-11:20 YS * Pilates Rise <i>Natalie Makardish</i>	10:00-10:15 MS * Best Abs Ever <i>Seda Balci</i>	10:30-11:20 YS * Bala Bangle Barre Burn <i>Mathew Makings</i>
10:15-10:30 MS * Best Abs Ever <i>William Bui</i>	11:00-11:45 MS * Rhythmic Sculpt <i>Rachele Marsh</i>	10:30-11:20 YS * Pilates Fusion <i>Rachele Marsh</i>	11:00-11:45 YS * Barefoot Sculpt <i>Kayley Watson</i>	12:00-12:45 YS * True Barre <i>Mathew Makings</i>	10:30-11:20 YS * Barefoot Sculpt <i>Hannah Simmons</i>	11:30-12:30 YS * Vinyasa Yoga <i>Aremae Acal</i>
10:30-11:15 YS * True Barre <i>Lindsey Treadwell</i>	12:00-12:45 MS * Best Butt Ever Seda Balci	11:15-12:00 MS * Cardio Dance <i>Natalie Makardish</i>	12:00-12:45 MS * Tabata Max <i>Kimball Theoret</i>	5:30-6:15 YS * Sonic Meditation <i>Grace Gangitano</i>	11:30-12:15 YS * Best Stretch Ever <i>Hannah Simmons</i>	
11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>	12:00-12:45 CS * Beats Ride <i>Kimball Theoret</i>	12:15-1:15 YS * Vinyasa Yoga <i>Wende Lichon</i>			
11:30-12:30 YS * Gentle Yoga Nina Raab	4:45-5:30 MS * MetCon3 <i>Teresa Griffin</i>	12:30-1:15 YS * True Barre <i>Jennifer Brown</i>	4:45-5:30 CS * Beats Ride <i>Matthew Ritter</i>			
12:00-12:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	5:30-6:15 YS * Bala Bangle Barre Burn <i>Lindsey Treadwell</i>	4:45-5:30 YS * Pilates Rise <i>Mathew Makings</i>	5:30-6:15 YS * Pilates Mat <i>Danielle English</i>			
4:45-5:30 YS * Pilates Fusion <i>Norma Shechtman</i>	6:15-7:00 MS * Circuit Training <i>Sheryl Emery</i>	5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>	6:15-7:00 MS * Rhythmic Sculpt <i>Sheryl Emery</i>			
5:30-6:15 CS * Beats Ride <i>Michael Gilbert</i>	6:30-7:15 YS * Sound Meditation <i>Linh James</i>	6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>	6:30-7:30 YS * Restorative Yoga <i>Hannah Simmons</i>			
6:00-7:00 YS * Vinyasa Yoga <i>Luciana Freire</i>		6:15-7:00 MS * MetCon3 <i>Sam Lee Herring</i>				
6:15-7:00 MS * Athletic Conditioning <i>Brett Kamin</i>						

EQUINOX

NEWPORT BEACH

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EQUINOX.COM

@EQUINOX

MON-THU 05:00 AM 09:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 05:00 PM

GROUP FITNESS MANAGER

seda.balci@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 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.

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

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

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.

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.

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.

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.

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.

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 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.

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.

Regeneration

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

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.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

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.

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.

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.