

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 S3 * Indoor Rowing <i>Beth Chilcott</i>	6:15-7:00 MS * Stronger <i>Sheryl Emery</i>	6:00-6:45 S3 * Indoor Rowing <i>Beth Chilcott</i>	6:15-7:00 MS * Tabata Max <i>Anthony Fernandez</i>	6:15-7:00 MS * MetCon3 <i>Amy Lim</i>	8:00-8:45 S3 * Indoor Rowing <i>Beth Chilcott</i>	8:15-9:00 CS * Cycle Power <i>Beth Chilcott</i>
6:15-7:00 MS * Athletic Conditioning <i>William Bui</i>	6:30-7:15 PD * EQX H2O: Distance <i>Lexie Kelly</i>	6:15-7:00 MS * Athletic Conditioning <i>Lisa Kinder</i>	6:30-7:15 PD * EQX H2O: Skills + Drills <i>Lexie Kelly</i>	7:15-7:45 CS * Beats Ride 30 <i>Amy Lim</i>	8:00-8:45 YS * Pilates Fusion <i>Joan Wenson</i>	9:15-10:05 TR * Precision Walk: Elevate <i>Beth Chilcott</i>
7:15-7:45 TR * Precision Run 30 <i>William Bui</i>	6:30-7:30 YS * Vinyasa Yoga <i>Anthony Fernandez</i>	7:15-7:45 TR * Precision Run 30 <i>Lisa Kinder</i>	6:30-7:30 YS * Vinyasa Yoga <i>James Afshar</i>	8:45-9:30 YS * EQX Barre Burn <i>Hannah Simmons</i>	9:00-9:50 MS * Circuit Training <i>William Bui</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Nina Raab</i>
8:45-9:30 YS * Bala Bangle Barre Burn <i>Joan Wenson</i>	8:45-9:30 YS * Pilates Fusion <i>Dave Leong</i>	9:30-10:15 MS * Best Butt Ever <i>Rachel Neal</i>	8:45-9:30 YS * Pilates Mat <i>Gina Ianni</i>	9:30-10:15 MS * Athletic Conditioning <i>William Bui</i>	9:00-10:00 YS * Off The Barre <i>Joan Wenson</i>	9:30-10:20 MS * Stronger <i>Sheryl Emery</i>
9:30-10:15 MS * Best Butt Ever <i>Rachel Neal</i>	9:30-10:15 MS * MetCon3 <i>Kari McKillip</i>	10:00-10:50 YS * Bala Bangle Barre Burn <i>Wende Lichon</i>	9:30-10:15 MS * Stacked <i>Kimball Theoret</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	9:15-10:00 CS * Beats Ride <i>Matthew Ritter</i>	10:15-11:15 YS * Vinyasa Yoga <i>Wende Lichon</i>
9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	9:45-10:30 CS * Cycle Power <i>Tammy Smith</i>	10:20-10:50 MS * Upper Body Pump <i>Rachel Neal</i>	9:45-10:30 CS * Cycle Power <i>Tammy Smith</i>	10:20-10:50 MS * Best Abs Ever <i>William Bui</i>	10:00-10:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	10:30-11:20 MS * MetCon3 <i>Sam Hassas</i>
10:20-10:50 MS * Upper Body Pump <i>Rachel Neal</i>	10:30-11:30 YS * Vinyasa Yoga <i>Doris Thews</i>	11:00-11:50 YS * Best Stretch Ever <i>Joan Wenson</i>	10:30-11:30 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i>	10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	10:30-11:30 YS * Vinyasa Yoga <i>Paul DaSilva</i>	11:30-12:15 YS * Pilates Fusion <i>Wende Lichon</i>
10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	12:00-1:00 YS * Vinyasa Yoga <i>James Afshar</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	11:00-11:45 MS * Studio Dance <i>Emily McKinney</i>	
11:00-11:45 MS * Cardio Dance <i>Natalie Makardish</i>	12:00-12:50 YS * EQX Barre Burn <i>Natalie Makardish</i>	12:15-1:00 MS * Stacked <i>Tracey Brenneise</i>	12:00-12:50 YS * EQX Barre Burn <i>Mathew Makings</i>	11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	11:00-11:50 TR * Precision Run® <i>Kimball Theoret</i>	4:00-4:55 YS * Weekend Wind Down Yoga <i>Kimya Asad</i>
11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	12:15-1:00 MS * Athletic Conditioning <i>Rachel Neal</i>	5:00-5:50 YS * Pilates Rise <i>Norma Shechtman</i>	12:15-1:00 MS * Tabata Max <i>Lisa Kinder</i>	12:00-12:45 CS * Cycle Power <i>Kimball Theoret</i>	12:00-12:45 MS * Cardio Kickboxing <i>Devon Belanger</i>	5:00-5:45 YS * Sonic Meditation <i>Nina Raab</i>
12:00-12:45 S3 * Indoor Rowing <i>Beth Chilcott</i>	4:30-5:30 YS * Vinyasa Yoga <i>Wende Lichon</i>	5:30-6:20 MS * Stronger <i>Riley Weeks-Wynne</i>	4:30-5:30 YS * Vinyasa Yoga <i>Marley Crouch</i>	12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</i>	12:00-1:15 YS * Restorative Yoga <i>James Afshar</i>	
12:00-1:00 YS * Sculpted Yoga™ <i>Natalie Makardish</i>	5:30-6:15 CS * Beats Ride <i>Norma Shechtman</i>	5:30-6:20 TR * Precision Run® <i>Kimball Theoret</i>	5:30-6:15 CS * Cycle Power <i>Kimball Theoret</i>	12:15-1:00 MS * Stronger <i>Riley Weeks-Wynne</i>		
12:15-1:00 MS * MetCon3 <i>William Bui</i>	5:30-6:15 MS * Athletic Conditioning <i>Lisa Kinder</i>	5:45-6:35 RD * TRX Max <i>Joan Wenson</i>	5:30-6:15 MS * Athletic Conditioning <i>Lisa Kinder</i>	4:30-5:15 MS * Pilates Fusion <i>Gina Ianni</i>		
5:00-5:45 YS * Pilates Fusion <i>Wende Lichon</i>	5:45-6:30 YS * Bala Bangle Barre Burn <i>Kelly Hesp</i>	6:00-7:00 YS * Vinyasa Yoga <i>Paul DaSilva</i>	5:45-6:30 YS * EQX Barre Burn <i>Marley Crouch</i>	5:15-6:30 YS * Vinyasa Yoga <i>James Afshar</i>		
5:30-6:15 MS * MetCon Monday <i>Anthony Fernandez</i>	6:30-7:15 MS * Tabata Max <i>William Bui</i>	6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i>	6:30-7:15 MS * Cardio Dance <i>Shannon Ward</i>			
5:30-6:20 TR * Precision Run® <i>Kimball Theoret</i>	6:45-7:45 YS * Athletic Stretch <i>Norma Shechtman</i>	6:30-7:15 MS * Athletic Conditioning <i>Rucky McKinley</i>	6:45-7:45 YS * Gentle Yoga <i>Alexis Holden</i>			
5:45-6:35 RD * TRX Max <i>Joan Wenson</i>		7:30-8:15 MS * Studio Dance <i>Rucky McKinley</i>				
6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>						
6:30-7:30 CS * Beats Ride <i>Matthew Ritter</i>						
6:30-7:15 MS * Best Butt Ever <i>Anthony Fernandez</i>						
7:30-8:30 YS * Sonic Meditation <i>Grace Gangitano</i>						

EQUINOX

SPORTS CLUB ORANGE COUNTY

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MON-THU 05:00 AM 11:00 PM

FRI 05:00 AM 10:00 PM

SAT-SUN 07:00 AM 07:00 PM

GENERAL MANAGER

David Mounce
david.mounce@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

S3 Studio 3

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

PD Pool Deck

RD Roof Deck

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.

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.

Running

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

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.

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.

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.

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.

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.

Indoor Rowing A team-based workout held in a stand-alone rowing studio. This low impact yet high intensity workout gets you big results. Increase your endurance while you gain total body strength and build power.

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.

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.

TRX Max A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

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.

EQX Barre Burn This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

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

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.

Studio Dance A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

Boxing and Kickboxing

Cardio Kickboxing An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

Pool

EQX H2O: Distance A freestyle swim workout that focuses on breath work, building time, increasing volume, and learning new strategies to build endurance. Max volume 3000 yds. An Equinox exclusive. Swim cap required, and goggles are optional.

EQX H2O: Skills + Drills Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. Max Volume 2000 yards. An Equinox exclusive. Swim cap required, and goggles are optional.

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.

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.

Sculpt

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.

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.