

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 * Circuit Training <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>	8:00-8:50 CS * Precision Ride <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>	8:45-9:30 YS * EQX Barre Burn <i>Hannah Simmons</i>	8:00-8:45 YS * Pilates Fusion <i>Joan Wenson</i>	9:15-10:00 YS * Bala Bangle Barre Burn <i>Nina Raab</i>
7:15-7:45 TR * Precision Run 30 <i>William Bui</i>	7:00-8:00 YS * Vinyasa Yoga <i>Anthony Fernandez</i>	7:15-7:45 TR * Precision Run 30 <i>Lisa Kinder</i>	7:00-8:00 YS * Power Vinyasa <i>James Afshar</i>	9:30-10:15 MS * Athletic Conditioning <i>William Bui</i>	9:00-9:50 MS * Circuit Training <i>William Bui</i>	9:30-10:20 MS * Stronger <i>Sheryl Emery</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>	8:45-9:45 YS * Sculpted Yoga™ <i>Norma Shechtman</i>	8:45-9:30 YS * Pilates Mat <i>Gina Ianni</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</i>	9:00-10:00 YS * Off The Barre <i>Joan Wenson</i>	10:15-11:15 YS * Vinyasa Yoga <i>Wende Lichon</i>
9:30-10:15 MS * Body Sculpt <i>Rachel Neal</i>	9:30-10:20 CS * Precision Ride <i>Tammy Smith</i>	9:30-10:15 MS * Best Butt Ever <i>Rachel Neal</i>	9:30-10:20 CS * Precision Ride <i>Tammy Smith</i>	10:20-10:50 MS * Best Abs Ever <i>William Bui</i>	9:15-10:00 CS * Beats Ride <i>Matthew Ritter</i>	10:30-11:20 MS * MetCon3 <i>Sam Hassas</i>
9:30-10:20 TR * Precision Walk: Elevate <i>Norma Shechtman</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>	10:30-11:20 YS * Pilates Fusion <i>Norma Shechtman</i>	10:00-10:45 MS * Athletic Conditioning <i>Kimball Theoret</i>	10:30-11:00 TR * Precision Run 30 <i>Sheryl Emery</i>
10:20-10:50 MS * Tabata Cardio 30 <i>Rachel Neal</i>	10:30-11:30 YS * Vinyasa Yoga <i>Doris Thews</i>	10:20-10:50 MS * Upper Body Pump <i>Rachel Neal</i>	10:30-11:30 YS * Vinyasa Yoga <i>Brynn Rybacek Yniguez</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</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>	11:00-11:45 MS * Rhythmic Sculpt <i>Mathew Makings</i>	11:00-11:45 MS * Cardio Dance <i>Shannon Ward</i>	11:20-11:50 YS * Athletic Stretch <i>Norma Shechtman</i>	11:00-11:45 MS * Cardio 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>Jennifer Brown</i>	11:00-11:50 YS * Best Stretch Ever <i>Joan Wenson</i>	12:00-12:50 YS * EQX Barre Burn <i>Mathew Makings</i>	12:00-12:50 CS * Precision Ride <i>Kimball Theoret</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>	12:00-1:00 YS * Vinyasa Yoga <i>James Afshar</i>	12:15-1:00 MS * Tabata Max <i>Lisa Kinder</i>	12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</i>	12:00-12:45 MS * Cardio Kickboxing <i>Devon Belanger</i>	5:00-5:45 YS * Sonic Meditation <i>Nina Raab</i>
12:00-1:00 YS * Vinyasa Yoga <i>Natalie Makardish</i>		12:15-1:00 MS * Stacked <i>Tracey Brenneise</i>				
12:15-1:00 MS * MetCon3 <i>William Bui</i>	5:00-5:50 YS * Vinyasa Yoga <i>James Afshar</i>		5:00-5:50 YS * Vinyasa Yoga <i>Marley Crouch</i>	4:30-5:15 MS * Pilates Fusion <i>Gina Ianni</i>	12:00-1:15 YS * Restorative Yoga <i>James Afshar</i>	
5:00-5:45 YS * Pilates Fusion <i>Wende Lichon</i>	5:30-6:15 MS * Athletic Conditioning <i>Lisa Kinder</i>	5:00-5:45 YS * Pilates Fusion <i>Norma Shechtman</i>	5:30-6:15 MS * Athletic Conditioning <i>Lisa Kinder</i>	5:15-6:30 YS * Vinyasa Yoga <i>James Afshar</i>		
5:30-6:15 TR * Precision Run® <i>Kimball Theoret</i>	6:00-6:45 YS * Bala Bangle Barre Burn <i>Kelly Hesp</i>	5:30-6:20 TR * Precision Run® <i>Kimball Theoret</i>	6:00-6:45 YS * EQX Barre Burn <i>Marley Crouch</i>	5:30-6:15 CS * Beats Ride <i>Jenna Fain</i>		
5:45-6:30 MS * MetCon Monday <i>Anthony Fernandez</i>	6:15-7:05 CS * Beats Ride <i>Jill Epple</i>	5:45-6:30 MS * Stronger <i>Riley Weeks-Wynne</i>	6:15-7:05 CS * Precision Ride <i>Kimball Theoret</i>			
6:00-6:50 RD * TRX Max <i>Joan Wenson</i>	6:30-7:15 MS * Tabata Max <i>Jason Hardy</i>	6:00-6:50 RD * TRX Max <i>Joan Wenson</i>	6:30-7:15 MS * Rhythmic Sculpt <i>Kari McKillip</i>			
6:00-7:00 YS * Vinyasa Yoga <i>James Afshar</i>	7:15-8:15 YS * Athletic Stretch <i>Norma Shechtman</i>	6:00-7:00 YS * Vinyasa Yoga <i>Paul DaSilva</i>	7:15-8:15 YS * Sound Meditation <i>Nina Raab</i>			
6:30-7:30 CS * Beats Ride <i>Matthew Ritter</i>		6:30-7:15 CS * Beats Ride <i>Matthew Ritter</i>				
7:30-8:15 MS * Best Butt Ever <i>Anthony Fernandez</i>		7:30-8:15 MS * Studio Dance: Hip Hop <i>Rucky McKinley</i>				

# EQUINOX

## SPORTS CLUB ORANGE COUNTY

1980 Main Street  
IRVINE CA 92614  
EQUINOX.COM  
@EQUINOX

**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

**Leslie Estes**  
leslie.estes@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 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 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

**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.

**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 Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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.

**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.

## 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: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## 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.

**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

**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.