

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00 - 6:45</b> * Cycle 45 <b>CS</b> Brody Hessin 6:45 - 7:30 Stacked! MS Kim Masinter 7:00 - 8:00 Yoga Flow YS Papo Caballero 7:30 - 7:45 Ab Lab MS Kim Masinter 9:30 - 10:30 Streamline Sculpt MS Raneir Pollard 9:30 - 10:30 Slow Flow Yoga YS Stephanie Crochet	6:30 - 7:15 Boot Camp MS Jason Schneider 7:00 - 7:50 * Studio Cycling CS Angela Moore Rubin 7:15 - 7:30 Ab Lab MS Jason Schneider 8:00 - 9:00 Fit Physique MS Skip Jennings 9:30 - 10:30 Barre Burn MS Ayanna Contreras	<b>6:00 - 6:45</b> * Cycle 45 <b>CS</b> Nick Ekbatani <b>6:45 - 7:30</b> METCON3 <b>MS</b> Kim Masinter 7:00 - 8:00 Vinyasa Yoga YS Michelle Goldstein 7:30 - 7:45 Ab Lab MS Kim Masinter 9:30 - 10:30 Cardio Sculpt MS Keith Irace 9:30 - 10:30 Hatha Yoga YS Steffany Vance	6:30 - 7:15 TXT® TABATA MS Tafiq Akhir <b>7:00 - 7:50</b> * Studio Cycling <b>CS</b> Brody Hessin 7:15 - 7:30 Ab Lab MS Tafiq Akhir 8:00 - 9:00 METCON3 MS Jessica Emmanuel 9:30 - 10:30 Pilates Sport MS Chad Boardman	6:30 - 7:00 Kettlebell Power MS Jason Schneider 7:00 - 7:50 * Studio Cycling CS Jason Schneider 7:00 - 8:00 Yoga Flow MS Amy Loftus 9:30 - 10:15 Barre Bootcamp MS Frances Flores 9:30 - 10:30 Hatha Yoga YS Steffany Vance 10:15 - 10:30 Stretch Therapy MS Frances Flores	8:30 - 9:15 F.I.T. Circuit MS Stephanie Czajkowski 9:15 - 9:30 Ab Lab MS Stephanie Czajkowski 9:30 - 10:15 METCON3 MS Christopher Schram <b>10:00 - 11:15 Vinyasa Flow Yoga</b> <b>YS</b> Michael Gervais 10:30 - 11:20 * Studio Cycling CS Christopher Schram <b>10:30 - 11:30 Pilates Body and</b> <b>Rhythm</b> <b>MS</b> Regina Santos <b>11:30 - 12:30 Healing Hatha Yoga</b> <b>YS</b> Petula lu	10:00 - 11:00 Lean Line MS Stephanie Czajkowski 11:00 - 12:15 Restorative Yoga & Meditation YS Aaron Reed
1:00 - 1:45 * Cycle 45 CS Greg Louis 1:00 - 2:00 Yoga Flow YS Sarah Ezrin	<b>12:00 - 1:00</b> Yoga Power Hour <b>YS</b> Michael Gervais <b>12:30 - 1:15</b> Cross Fusion <b>MS</b> Raneir Pollard <b>1:15 - 2:00</b> Pilates Body <b>YS</b> Sundara Duncan	<b>12:30 - 1:15</b> * Cycle 45 <b>CS</b> Justin Rubin 1:00 - 2:00 Yoga Flow YS Tasha Rein	<b>12:00 - 1:00</b> Yoga Power Hour <b>YS</b> Michael Gervais 12:30 - 1:15 Shockwave MS Raneir Pollard <b>1:15 - 2:00</b> Pilates Body <b>YS</b> Sundara Duncan	1:00 - 2:00 Yoga Flow YS Sarah Ezrin	<b>12:00 - 1:00</b> Real Deal Boxing <b>MS</b> Andrew Woods	4:00 - 5:15 Dynamic Vinyasa Yoga YS Marlize Joubert
5:00 - 6:15 Vinyasa Flow Yoga YS Laura Conley 6:00 - 7:00 TXT® TABATA MS Tafiq Akhir 6:15 - 7:05 * Studio Cycling CS Delia Brown 6:30 - 7:25 Barre & Soul YS Brookelin Gottlieb 7:30 - 8:30 Real Deal Boxing MS Martin Dorsla 7:30 - 8:30 Yoga Flow YS Tom Jermain	5:30 - 6:15 METCON3 MS Christopher Schram <b>6:00 - 7:15</b> Restorative Yoga & <b>Meditation</b> <b>YS</b> Tasha Rein 6:30 - 7:20 * Studio Cycling CS Christopher Schram 7:00 - 8:00 Zumba® MS Khalia Frazier	5:00 - 6:15 Vinyasa Flow Yoga YS Stephanie Crochet 6:00 - 6:45 Body Sculpt MS Ayanna Contreras 6:15 - 7:05 * Studio Cycling CS Angela Moore Rubin <b>6:30 - 7:30</b> Barre & Soul <b>YS</b> Brookelin Gottlieb 6:45 - 7:00 Ab Lab MS Ayanna Contreras 7:30 - 8:30 Real Deal Boxing MS Martin Dorsla <b>7:30 - 8:30</b> Candlelight Flow Yoga <b>YS</b> Papo Caballero	<b>5:30 - 6:30</b> Rhythm + Barre <b>MS</b> Regina Santos <b>6:00 - 7:15</b> Dynamic Vinyasa <b>YS</b> Yoga Michael Gervais 6:30 - 7:20 * Studio Cycling CS Adrienne Cooper <b>7:00 - 8:00</b> Cross Fusion <b>MS</b> Clarence Howard	5:30 - 6:20 * Studio Cycling CS Christopher Schram <b>5:30 - 6:30</b> Soul Flow Yoga <b>YS</b> Meagan McCrary		

## JANUARY 2015 - CLASS DESCRIPTIONS

### CENTURY CITY

10220 Constellation Blvd.  
Century City CA 90067  
310.552.0420  
equinox.com

#### CLUB HOURS

Mon-Thurs: 5:00am - 10:00pm  
Fri: 5:00am - 9:00pm  
Sat-Sun: 7:00am - 9:00pm

#### CLASS SCHEDULE LEGEND

**BOLD** New Class, Instructor or Time  
\* Sign-up required  
(available 30 min prior to start of class)

#### CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome  
L1 Beginner  
L1/2 Beginner/Intermediate  
L2 Intermediate  
L2/3 Intermediate/Advanced  
L3 Advanced/Practiced

#### STUDIO KEY

CS Cycling Studio  
MS Main Studio  
YS Yoga Studio

#### AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

#### BARRE & SOUL

Ballet conditioning and Pilates merge with yoga to lengthen and tone muscles and center the mind. This barre class picks up where others leave off by adding strengthening and centering elements of yoga like arm balancing and back bending for a strong, balanced body and a peaceful state of mind

#### BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

#### BARRE BURN

A total body workout that slims your hips, tightens your thighs, lifts your seat, & mobilizes your metabolism. Utilizing ballet movements, intelligent isometrics, changes in rhythm, range of motion & progressive core training, your body heals, tightens, strengthens so you look, feel and move better.

#### BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

#### BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

#### CANDLELIGHT FLOW YOGA

Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to savasana.

#### CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

#### CROSS FUSION

A broad and inclusive workout to challenge your entire fitness level. Each workout is designed to train and progress cardiovascular endurance, stamina, strength, flexibility, power, speed agility, balance, and coordination.

#### CYCLE 45

A classic and dynamic 45 minute ride of interval zone training to burn calories and condition the heart. Short, sweet and sweaty, let's ride.

#### DYNAMIC VINYASA YOGA

Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

#### F.I.T. CIRCUIT

Functional. Inclined. Training. Using the Total Gym as its foundation, F.I.T blends strength work, agility ladder cardio drills and small equipment functional training. Challenges include repetition pyramids, Tabata and time trials, providing fat loss, increased metabolism and muscular endurance.

#### FIT PHYSIQUE

Cutting-edge exercises are drawn from traditional strength training, dancer's conditioning and Pilates inspired movements with the goal of long lean toned body. No bulky muscles. Extra stretching geared for perfect posture and you'll leave feeling like a work of art!

#### HATHA YOGA

A physical approach to the yoga practice connecting postures, movement and breathing.

#### HEALING HATHA YOGA

This class will connect breath to movement and movement to intention. Connect with your body and know it better. Breathe., move, heal.

#### KETTLEBELL POWER

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

#### LEAN LINE

This total body toning workout incorporates a cardio combination of pilates, ballet and resistance training to maximize fat burning and develop long lean muscles.

#### METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

#### PILATES BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

#### PILATES BODY AND RHYTHM

A wonderful combination of Pilates, dance and conditioning.

#### PILATES SPORT

Using magic circles, resistance bands and weights, Pilates Sport is the perfect tool to bring better performance, injury prevention and most of all balance and stability into your game.

#### REAL DEAL BOXING

Train like a boxer with a real boxer. A technique-oriented boxing class that also focuses on self-defense. Using real boxing equipment that may include heavy bags, speed bags, hand wraps and boxing gloves, you'll be on the same training path as a professional boxer, enhancing strength, focus, speed and agility.

#### RESTORATIVE YOGA & MEDITATION

Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props (blocks, blankets and straps) helps to support and ease the body into poses that are held for longer periods of time.

#### RHYTHM + BARRE

Elevate your barre experience and use rhythm to guide you in this barre, Pilates and barefoot cardio inspired workout. Rhythm + Barre will challenge your cardiovascular endurance, bodyweight strength, agility and flexibility.

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the Indo-Row machines for high-intensity calorie burn with dynamic, functional exercises using VIPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results! Sign-up is required at the front desk.

#### SLOW FLOW YOGA

Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

#### SOUL FLOW YOGA

A weekly practice dedicated to reverence, the willingness to surrender to what is, and a space to honor the creation of what is becoming. Inspired flow sequencing links awareness of breath and mind. Flow forward with your prayers and wishes into strength, grace, flexibility and concentration.

#### STACKED!

Consider yourself stacked. Hit the body with a healthy dose of high density training. With Sandbells as your medium, transform your body with 6 targeted movement complexes executed for 30 seconds each. Combine 2 Stacks with an active mobility warm up and a recovery stretch and your workout is DONE.

#### STREAMLINE SCULPT

Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

#### STRETCH THERAPY

Major muscle groups are stretched actively with use of a rope for added benefits. May include A.I. (active isolated) and other techniques. Increases flexibility. All levels.

#### STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

#### TXT® TABATA

Tafiq's Extreme Tabata is high intensity interval training that incinerates body fat, increase lean muscle, double endurance, and boost power and strength. Traditional Tabata protocol with dynamic combinations of 1 minute body blasts push you to the limit and physiologically transform your body.

#### VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

#### VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

#### YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

#### YOGA POWER HOUR

A dynamic sixty-minute yoga class that is physically challenging and spiritually energizing. A great option for a time-efficient but complete yoga class!

#### ZUMBA®

ZUMBA® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps.