

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:45 - 7:30 Stacked! YS Kim Masinter	6:30 - 7:15 Boot Camp YS Jason Schneider	6:00 - 6:45 * Cycle 45 CS Christopher Schram	6:30 - 7:15 Tabata MS Andrew Blake Ames	6:30 - 7:00 Kettlebell Power MS Jason Schneider	<b>9:30 - 10:30</b> <b>MS</b> <b>Inner Athlete</b> <b>Christopher S &amp;</b> <b>Stephanie C</b>	10:00 - 11:00 Lean Line YS Stephanie Czajkowski
7:00 - 8:00 Get Up & Flow! YS Michael Gervais	7:00 - 7:50 * Studio Cycling CS Angela Moore Rubin	6:45 - 7:30 METCON3 YS Christopher Schram	7:00 - 7:50 * Studio Cycling CS Flaminia Fanale	7:00 - 7:50 * Studio Cycling CS Jason Schneider	10:30 - 11:20 * Studio Cycling CS Christopher Schram	11:00 - 12:15 Restorative Yoga & Meditation YS Aaron Reed
7:30 - 7:45 Ab Lab YS Kim Masinter	7:15 - 7:30 Ab Lab YS Jason Schneider	7:00 - 8:00 Get Up & Flow! YS Michelle Goldstein	7:15 - 7:30 Ab Lab MS Andrew Blake Ames	7:00 - 8:00 Get Up & Flow! YS Angel McLendon	10:30 - 11:30 Pilates Body and Rhythm MS Regina Santos	
9:30 - 10:30 Streamline Sculpt MS Raneir Pollard	8:00 - 9:00 Fit Physique MS Skip Jennings	7:30 - 7:45 Ab Lab MS Christopher Schram	8:00 - 9:00 Stacked! MS Jessica Emmanuel	9:30 - 10:15 Barre Bootcamp MS Cynthia San Luis	11:30 - 12:45 Healing Hatha Yoga YS Petula lu	
9:30 - 10:30 Hatha Yoga YS Stephanie Crochet	9:30 - 10:30 Barre Burn YS Ayanna Contreras	9:30 - 10:30 Cardio Sculpt MS Keith Irace	9:30 - 10:30 Pilates Sport MS Chad Boardman	9:30 - 10:30 Hatha Yoga YS Steffany Vance		
	10:30 - 11:15 * Precision Running@ TR Amber McMahon	9:30 - 10:30 Hatha Yoga YS Stephanie Crochet		10:15 - 10:30 Stretch Therapy MS Cynthia San Luis		
1:00 - 1:45 * Cycle 45 CS Greg Louis	12:00 - 1:00 Yoga Power Hour YS David Romero	12:30 - 1:15 * Cycle 45 CS Justin Rubin	12:00 - 1:00 Yoga Power Hour YS Michael Gervais	1:00 - 2:00 Yoga Flow YS Sarah Ezrin	12:00 - 1:00 Real Deal Boxing MS Andrew Woods	
1:00 - 2:00 Yoga Flow YS Sarah Ezrin	12:30 - 1:15 Cross Fusion MS Raneir Pollard	1:30 - 2:30 Yoga Flow YS Tasha Rein	12:30 - 1:15 Shockwave MS Raneir Pollard			
	1:15 - 2:00 Pilates Body YS Michael Gervais		1:15 - 2:00 Pilates Body YS Chris Stanley			
5:00 - 6:15 Vinyasa Flow Yoga YS Meagan McCrary	5:30 - 6:15 METCON3 YS Christopher Schram	5:00 - 6:15 Vinyasa Flow Yoga YS Stephanie Crochet	5:30 - 6:15 METCON3 MS Regina Santos			
6:00 - 7:00 Tabata MS Maria Garcia	6:00 - 7:15 Restorative Yoga & Meditation YS Tasha Rein	6:00 - 6:45 Body Sculpt MS Kim Masinter	6:15 - 6:30 Ab Lab MS Regina Santos			
6:15 - 7:05 * Studio Cycling CS Lauren Leitner	6:30 - 7:20 * Studio Cycling CS Christopher Schram	6:15 - 7:05 * Studio Cycling CS Derek Matthews	6:15 - 7:15 Dynamic Vinyasa Yoga YS Michael Gervais			
6:30 - 7:25 Barre & Soul YS Jessica Emmanuel	7:00 - 7:45 Cross Fusion MS Andrew Blake Ames	6:30 - 7:30 Barre & Soul YS Andrea Rodriguez	6:30 - 7:20 * Studio Cycling CS Adrienne Cooper			
7:30 - 8:30 Real Deal Boxing MS Martin Dorsla	7:45 - 8:00 Ab Lab MS Andrew Blake Ames	6:45 - 7:00 Ab Lab MS Kim Masinter	6:30 - 7:00 Best Butt Ever MS Regina Santos			
7:30 - 8:30 Yoga Flow YS Tom Jermain		7:30 - 8:30 Real Deal Boxing MS Martin Dorsla				
		7:30 - 8:30 Candlelight Flow Yoga YS Scott Nelson				

## JULY 4TH - CLASS DESCRIPTIONS

### CENTURY CITY

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

### 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  
TR Treadmill Area

#### 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.

#### BEST BUTT EVER

Best Butt Ever is strategically engineered to lift and shape your hottest asset this summer. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

#### 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.

#### 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!

#### GET UP & FLOW!

An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

#### 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.

#### INNER ATHLETE

Be prepared to work, laugh and love fitness like you never thought you could as you twist, push, pull, slide and jump your way into a fitness frenzy using BOSU, balls, gliding discs, free weights and body weight!

#### 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.

#### PRECISION RUNNING®

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Make sure to bring your own headphones.

#### 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.

#### SHOCKWAVE

Extreme cross training at its best! This total body circuit challenge combines the WaterRower 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!

#### 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.

#### TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to 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.

#### 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!