

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 * Studio Cycling CS Greg Cohen 8:45 - 9:15 Definitions MS Ilyse Baker 9:00 - 9:50 * The 500 Calorie Ride CS Linda Griffith 9:15 - 10:15 Dancinerate™ MS Ilyse Baker 9:30 - 10:30 * Precision Running TR Lizzie Brenkus 10:00 - 11:15 Yoga Flow YS Stefan Storace 10:15 - 10:45 RIPPED Abs & Arms MS Linda Griffith 10:45 - 11:15 Long, Lean Legs MS Linda Griffith	6:30 - 7:30 Adrenaline MS Anabelle Sedas 7:00 - 8:00 Rise and Shine Yoga YS Sarah Isenberg 8:30 - 9:20 * Studio Cycling CS Adam Johansson 9:15 - 10:15 Lean Line MS Ashley Marriott 9:30 - 10:20 * Studio Cycling CS Marie Gunther 10:15 - 11:15 Pilates Body MS Aleyse Bradford 10:30 - 11:45 Therapeutic Yoga Flow YS Laurie Streff Kostman	6:00 - 6:50 * Studio Cycling CS Todd German 6:00 - 7:00 Powerbox MS Joseph Ojomoh 7:00 - 7:45 METCON3 MS Todd German 8:30 - 9:20 TRX MAX MS Alex McLean 9:00 - 9:50 * Road Ride Results CS Lizzie Brenkus 9:30 - 10:30 Ballet Body MS Alex McLean 10:00 - 11:00 Yoga Fundamentals YS Devin Morgan 10:30 - 11:30 Zumba® MS Jhon Gonzalez	6:30 - 7:30 Adrenaline MS Chariesse Turner 7:00 - 8:00 Rise and Shine Yoga YS Sarah Isenberg 8:30 - 9:20 * Unleash: The Ride CS Dan Rappa 9:15 - 9:45 Cardio Kick MS Niki Wikstrom 9:30 - 10:20 * Studio Cycling CS Marie Gunther 9:45 - 10:15 VIPR™ MS Niki Wikstrom 10:15 - 11:15 Barre Burn MS Patricia Friberg 10:15 - 11:30 Yoga Flow YS Stefan Storace	6:00 - 6:50 * Studio Cycling CS Marie Gunther 6:00 - 7:00 TRX MAX MS Daniel White 7:00 - 8:00 Powerbox MS Joseph Ojomoh 8:30 - 9:00 Definitions MS Ilyse Baker 9:00 - 9:50 * Road Ride Results CS Laurie Streff Kostman 9:00 - 10:00 Dancinerate™ MS Ilyse Baker 10:00 - 11:00 Chisel'd MS Elle Young 10:00 - 11:00 Core Flow Yoga YS Shannon Branham 11:00 - 12:00 Fit Ballet Body MS Chelsea Hill 12:15 - 1:15 * Precision Running TR Lizzie Brenkus	8:30 - 9:20 * Studio Cycling CS Greg Cohen 8:45 - 9:45 Powerbox MS Joseph Ojomoh 9:30 - 10:20 * Studio Cycling CS Marie Gunther 9:30 - 10:30 Power Yoga Flow (L2) YS Rahm Sharifi 9:45 - 10:45 Eliminator MS Greg Cohen 10:45 - 12:00 Core Flow Yoga MS Shannon Branham 11:00 - 12:00 Lean Line MS Ashley Marriott	8:30 - 9:30 * Studio Cycling CS Todd German 8:30 - 9:30 Barre Bootcamp MS Kadee Sweeney 9:30 - 10:30 Body Sculpt MS Todd German 9:30 - 10:45 Vinyasa Flow Yoga (L2) YS Garth Hewitt 9:45 - 10:45 * Unleash: The Ride CS Dan Rappa 11:00 - 12:00 Zumba® MS Michelle Tanzer 11:00 - 12:15 Strong & Calm Yoga YS Jessica Pagan
12:00 - 1:00 Fit Ballet Body MS Chelsea Hill 12:15 - 1:00 * Cycle 45 CS Trudy Stevens	12:00 - 1:00 Cardio Kick MS Jason Brown 12:00 - 1:15 Vinyasa Flow Yoga (L2) YS Garth Hewitt	12:00 - 1:15 Yoga Flow YS Jennifer Reed 12:15 - 1:00 TRX MAX MS Trudy Stevens	12:00 - 1:15 Vinyasa Flow Yoga (L2) YS Garth Hewitt 12:15 - 1:00 METCON3 MS Sandy Hartwell	12:15 - 1:15 * Precision Running TR Lizzie Brenkus	12:00 - 1:00 Zumba® MS Jhon Gonzalez	4:00 - 5:00 Restorative Yoga YS Amber Voiles
5:30 - 6:20 * Studio Cycling CS Marie Gunther 5:30 - 6:20 4X4 MS Chariesse Turner 6:30 - 7:30 Zumba® MS Jhon Gonzalez 6:30 - 7:45 Power Yoga Flow (L2/3) YS Harold Gim 7:30 - 8:30 Boxing Boot Camp MS Corey Morgan	5:30 - 6:30 TRX MAX MS Alex McLean 6:00 - 6:50 * Rhythm Revolution CS Natasha Neary 6:00 - 7:15 Yoga Flow YS Rahm Sharifi 6:30 - 7:30 Dancinerate™ MS Ilyse Baker 7:30 - 8:30 Pilates Bootcamp MS Lisa Charest	5:30 - 6:20 * The 500 Calorie Ride CS Stephanie Vitorino 5:30 - 6:30 Fit Ballet Body MS Chelsea Hill 6:30 - 7:30 METCON3 MS Chelsea Hill 6:30 - 7:45 Therapeutic Yoga Flow YS Laurie Streff Kostman 8:00 - 9:00 Boxing Boot Camp MS Corey Morgan	5:00 - 5:30 Ab Lab MS Delf Enriquez 5:30 - 6:15 Athletic Conditioning MS Delf Enriquez 6:00 - 6:50 * Studio Cycling CS Dan Rappa 6:00 - 7:15 Power Yoga Flow (L2) YS Harold Gim 6:15 - 7:15 Eliminator MS Chariesse Turner 7:30 - 8:30 Pilates Body MS Spencer Mickelson	5:45 - 6:35 * Studio Cycling CS Marie Gunther 6:00 - 6:30 Ab Lab YS Jennifer Reed 6:30 - 7:30 Sunset Yoga Flow YS Jennifer Reed		

JANUARY 2015 - CLASS DESCRIPTIONS

WOODLAND HILLS

21530 Oxnard Street
Woodland Hills CA 91367
818.887.6450
equinox.com

CLUB HOURS

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

KIDS's CLUB HOURS

Mon - Fri: 8:00am - 2:00pm
Mon - Thur: 4:00pm - 7:30pm
Fri: 4:00pm - 7:00pm
Sat - Sun: 8:00am - 1:30pm

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

4X4

Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

AB LAB

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

ADRENALINE

Like boot camp but better! Cardio sports drills are combined with strength training and exercises for functional fitness. One hour, one workout, one way to change your body.

ATHLETIC CONDITIONING

Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits through the use of not only weights but the use of your own body weight.

BALLET BODY

This ballet based workout is designed to create a defined, long, and lean dancer's body. The class incorporates stretching with basic ballet technique perfect for dancers and non-dancers alike. No ballet experience necessary.

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.

BOXING BOOT CAMP

Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

CARDIO DANCE FUSION

A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

CARDIO KICK

An intense non-contact cardiovascular workout derived from classic boxing and kick-boxing training methods. The class integrates kicks, punches and blocks into high energy, athletic combinations.

CHISEL'D

A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

CORE FLOW YOGA

Dynamic yoga with strong core work. Use Pilates-inspired awareness of the body as a whole to find release from stress patterns and strength where you need it most. Super helpful to create physical stability and increase physical and mental mindfulness. Finish with a deep relaxation.

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.

DANCINERATE™

Dance Fitness Expert Ilyse Baker's national dance fitness method "Dancinerate™" teaches you to burn with the beat. Dance step by step in an accessible workout that will tighten and tone, and empower you to reach beyond your comfort zone, have fun and lose yourself in the movement.

DEFINITIONS

An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

ELIMINATOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

FIT BALLET BODY

Create a defined and lean dancer's body in this dynamic strength and cardio class while learning authentic ballet technique. Move with grace and keep up the pace! No dance training or experience necessary.

LEAN LINE

A full body, high energy toning workout focusing on body movements that lengthen and lift to create the lines of a dancer. Small bursts of cardio, light weights, body weight resistance and focused muscle work combined to challenge your body.

LONG, LEAN LEGS

Sculpt your hips, buns and thighs in 30 minutes! An anything goes workout dedicated to lifting, shaping and toning your lower body.

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 BOOTCAMP

Intense mat sequences and variations of the Pilates exercises using different pieces of equipment. Are you ready to take your Pilates experience to the next level? Give your existing Pilates routine a boost!

POWER YOGA FLOW

With a dance-like flow that carries you from one posture to the next, be challenged in grace and strength as you move through unique standing balancing series, arm balances, and core strengthening to press you past your literal and perceived plateaus.

POWERBOX

Designed by Joseph Ojomoh will attack fat from every angle and boost your metabolism! This highly effective boxing and strength workout is the perfect mix your body needs to help you lose weight, burn fat and get result faster than you ever thought possible.

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. Sign-up is required at the front desk. Make sure to bring your own headphones.

RESTORATIVE YOGA

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 yoga props helps to support and ease the body into poses held over extended time. As body relaxes, the mind grows still.

RHYTHM REVOLUTION

From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

RIPPED ABS & ARMS

Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

RISE AND SHINE YOGA

Wake your body gently with sun salutations and nourishing vinyasa. Flow from posture to posture using the breath to guide you. Leave you feeling refreshed and ready for your day. It's better than a double latte to start your morning!

ROAD RIDE RESULTS

The ultimate indoor cycling workout full of calorie-burning hill climbs & stamina-building intervals. Using the MPower Performance console, you will experience the best of real road riding technique with motivating measurement, & leave class fitter, leaner & stronger.

STRONG & CALM YOGA

This hatha yoga class improves strength and calms your mind. Increase your mental and physical flexibility while releasing stress and enhancing body awareness. It's perfect for beginners, as well, as advanced students who wish to deepen their practice.

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.

SUNSET YOGA FLOW

A new kind of "Happy Hour", Sunset Flow celebrates our inner bliss and happens every Friday after work. Release any stress or tension from your week in this body-warming, mind-centering, heart-opening yoga flow class.

THE 500 CALORIE RIDE

A dynamic cycling class that will use the Schwinn MPower console to track burning 500 calories in 50 minutes. Take on the challenge of strong hill-climbing, cardio intervals and active recovery to add up a big calorie burning total!

THERAPEUTIC YOGA FLOW

Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

TRX MAX

Challenge your entire body with this innovative circuit class that tests your strength, endurance, core and more.

UNLEASH: THE RIDE

A full throttle ride that will be a guaranteed breathless adventure. Using the MPower consoles to reach new goals, surpass current thresholds and unleash your inner athlete. Fearless fitness, full throttle power and fun! Unleash: Let's Ride!!!

VINYASA FLOW YOGA

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

VIPR™

Vitality, Performance & Reconditioning for more energy, enhanced movement skills, & incredible strength. VIPR delivers a progressive & fun variety of real-life movement & whole body integration for maximum metabolic rate & increased caloric expenditure, resistance, endurance & strength.

YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, tones 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 FUNDAMENTALS

For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

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.