

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:50 * Studio Cycling CS Sarah Robson 8:30 - 9:00 Definitions MS Ilyse Baker 9:00 - 9:50 * The 500 Calorie Ride CS Linda Griffith 9:00 - 10:00 Dancinate™ MS Ilyse Baker <b>10:00 - 11:00 Best Body Breakthru</b> <b>MS Stephanie Vitorino</b> 10:00 - 11:15 Yoga Flow YS Stefan Storace	<b>6:30 - 7:30 Whipped!</b> <b>MS Anabelle Sedas</b> 7:00 - 8:00 Rise and Shine Yoga YS Sarah Isenberg 8:30 - 9:15 * Cycle 45 CS Alex McLean 9:15 - 10:15 Lean Line MS Ashley Marriott 9:30 - 10:20 * Studio Cycling CS Marie Gunther <b>9:30 - 10:15 Precision Running®</b> <b>TR Laurie Streff</b> <b>10:15 - 11:15 Pilates Bootcamp</b> <b>MS Kadee Sweeney</b> 10:30 - 11:45 Therapeutic Yoga Flow YS Laurie Streff	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 <b>8:30 - 9:00 RIPPED Abs &amp; Arms</b> <b>MS Sandy Hartwell</b> <b>9:00 - 9:50 * Studio Cycling</b> <b>CS Sandy Hartwell</b> <b>9:00 - 10:00 Best Butt Ever</b> <b>MS Sheila Lee</b> <b>10:00 - 11:00 Yoga Flow (L1)</b> <b>MS Devin Morgan</b> 10:00 - 11:00 Zumba® MS Jhon Gonzalez	<b>6:30 - 7:30 Tabata</b> <b>MS Chariesse Turner</b> 7:00 - 8:00 Rise and Shine Yoga YS Sarah Isenberg <b>8:30 - 9:15 * Cycle 45</b> <b>CS Trudy Stevens</b> 9:00 - 10:00 Pilates Bootcamp YS Kadee Sweeney <b>9:15 - 10:15 Lean Line</b> <b>MS Niki Wikstrom</b> 9:30 - 10:20 * Studio Cycling CS Marie Gunther <b>9:30 - 10:15 Precision Running®</b> <b>TR Trudy Stevens</b> 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 7:00 - 8:00 Powerbox MS Joseph Ojomoh 8:30 - 9:00 Definitions MS Ilyse Baker 9:00 - 9:50 * Studio Cycling CS Adam Johansson 9:00 - 10:00 Dancinate™ MS Ilyse Baker 10:00 - 11:00 Chisel'd MS Elle Young 10:00 - 11:00 Core Flow Yoga YS Shannon Branham	8:15 - 9:15 * Studio Cycling CS Greg Cohen 8:45 - 9:45 Powerbox MS Joseph Ojomoh <b>9:15 - 10:30 Power Yoga Flow (L2)</b> <b>YS Glenn Crocker</b> 9:30 - 10:30 * Studio Cycling CS Marie Gunther 9:45 - 10:45 Eliminator MS Greg Cohen 10:45 - 12:00 Core Flow Yoga YS Shannon Branham 11:00 - 12:00 Lean Line MS Ashley Marriott	8:30 - 9:30 * Studio Cycling CS Todd German <b>8:30 - 9:30 Barre Bootcamp</b> <b>MS Amy Malloy</b> 10:00 - 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 <b>11:00 - 12:00 Zumba®</b> <b>MS Lisa Blasco</b> <b>11:00 - 12:15 Deep Flow Soul Yoga</b> <b>YS Jennifer Reed</b>
12:00 - 1:00 Fit Ballet Body MS Amy Malloy	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 Michelle Goldstein 12:15 - 1:00 TRX MAX MS Trudy Stevens	12:00 - 1:15 Vinyasa Flow Yoga (L2) YS Garth Hewitt <b>12:15 - 1:00 Eliminator</b> <b>MS Sheila Lee</b>	<b>12:00 - 1:00 Barre Fit Cardio</b> <b>MS Andrew Blake Ames</b>	<b>12:00 - 1:00 Cardio Dance Fusion</b> <b>MS Delandis McClam</b>	4:00 - 5:00 Restorative Yoga YS Amber Voiles
5:00 - 5:30 Ab Lab MS Chariesse Turner 5:30 - 6:20 * Studio Cycling CS Marie Gunther 5:30 - 6:20 Eliminator 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	5:15 - 6:00 TRX MAX MS Alex McLean 6:00 - 6:45 * Cycle 45 CS Sheila Lee 6:00 - 7:00 Dancinate™ MS Ilyse Baker 6:00 - 7:15 Yoga Flow YS Rahm Sharifi 7:15 - 8:15 Pilates Sport MS Lisa Charest	<b>5:00 - 6:00 Best Butt Ever</b> <b>MS Candyce Heather</b> 5:30 - 6:20 * The 500 Calorie Ride CS Stephanie Vitorino <b>6:00 - 6:45 Whipped!</b> <b>MS Rick Logan</b> 6:30 - 7:45 Therapeutic Yoga Flow YS Laurie Streff 7:00 - 8:00 Boxing Boot Camp MS Corey Morgan	5:15 - 6:00 Athletic Conditioning MS Delf Enriquez <b>6:00 - 6:45 * Cycle 45</b> <b>CS Natasha Neary</b> 6:00 - 6:30 Core Strength & Stretch MS Delf Enriquez 6:00 - 7:15 Power Yoga Flow (L2) YS Harold Gim 6:30 - 7:00 Long, Lean Legs MS Elle Young 7:00 - 7:30 RIPPED Abs & Arms MS Elle Young <b>7:30 - 8:30 Dance Fitness Fusion</b> <b>MS Delandis McClam</b>	5:45 - 6:35 * Studio Cycling CS Marie Gunther 6:30 - 7:30 Sunset Yoga Flow YS Jennifer Reed		

## JULY 2015 - CLASS DESCRIPTIONS

### WOODLAND HILLS

21530 Oxnard Street  
Woodland Hills CA 91367  
818.887.6450  
equinox.com

#### CLUB HOURS

MON - THU 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

#### AB LAB

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

#### 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.

#### 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.

#### BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

#### BEST BODY BREAKTHRU

This program is perfect to BUILD your best body, BOOST fat-burning and JUMP start your energy. Progressive full body strength training meets sweat inducing, heart pumping cardio intervals. Get moving now with a Body Breakthru!

#### 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.

#### 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.

#### CORE STRENGTH & STRETCH

An alignment class that focus on two very important components of fitness: core strength and flexibility.

#### 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.

#### DANCE FITNESS FUSION

A blend of Latin, Disco, Jazz, Bollywood & Hip-hop styles. A 60 minute, non-stop cardio fitness class that is fun for all ages and all levels. Designed for people who love to dance and sweat...a LOT!

#### DANCE!

Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

#### 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.

#### DEEP FLOW SOUL YOGA

This Vinyasa style class will hold poses a little longer than a "Power Yoga" class. With the focus on the breath, and linking the mind with the body, this class is dynamic physically and spiritually. Hone your alignment in this class and make the deep connection to your soul.

#### DEFINITIONS

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

#### ELIMIN8TOR

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! 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 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!

#### 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.

#### 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. 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.

#### 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!

#### STRONG™

Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

#### 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.

#### 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.

#### 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.

#### WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

#### 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.

#### 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.