

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
6:00 - 6:45 MS Chisel'd Elle Young 6:15 - 7:00 CS * Cycle 45 Tom Ivancie 7:00 - 8:00 MS <b>Sunrise Yoga (L1/2) Kristie Rose</b> 8:15 - 9:00 CS * <b>Cycle 45 Edgar Asars</b> 8:30 - 9:30 MS Zumba@ Jhon Gonzalez 9:00 - 10:00 YS Pilate <b>STRENGTH</b> Aaron Porter 9:30 - 10:20 CS * Studio Cycling Marie Gunther 9:30 - 10:15 MS <b>Tabata Saori Soga</b> 10:00 - 11:00 YS Yoga Flow (L1/2) Margaret Buckley 10:30 - 11:00 MS Best Butt Ever Natalie Yco 11:00 - 11:30 MS RIPPED Abs & Arms Natalie Yco	6:00 - 7:00 MS Boxing Boot Camp Rufus Dorsey 7:00 - 7:50 CS * Cycle: Endurance! Edgar Asars 8:30 - 9:00 MS <b>RIPPED Abs &amp; Arms Chelsea Vincent</b> 9:00 - 9:50 CS * Studio Cycling Tiffani Brooks 9:00 - 9:30 MS <b>Beautiful Booty Chelsea Vincent</b> 9:00 - 9:30 TR * Tread and Shred Stephanie Czajkowski 9:30 - 10:30 MS Best Body Breakthru Stephanie Czajkowski 10:00 - 11:00 YS Core Flow Yoga (L1/2) Shannon Branham 10:30 - 11:30 MS Barre Bootcamp Nicole Steen	6:15 - 7:00 CS * Cycle 45 Anabelle Sedas 7:00 - 8:00 YS Sunrise Yoga (L1/2) Stephanie Crochet 8:15 - 9:00 CS * Cycle 45 Edgar Asars 8:30 - 9:30 MS Definitions Trudy Stevens 9:30 - 10:20 CS * Studio Cycling Trudy Stevens 9:30 - 10:00 MS Beautiful Booty Kadee Sweeney 10:00 - 10:30 MS RIPPED Abs & Arms Kadee Sweeney 10:00 - 11:00 MS <b>Yoga Power Hour (L1/2) Margaret Buckley</b> 10:30 - 11:30 MS <b>FitFunk Skyler Rodgers</b>	6:00 - 6:45 MS METCON3 Daniel White 7:00 - 7:50 CS * Cycle: Endurance! Dan Rappa 8:00 - 9:00 YS Pilates Susannah Todd 8:30 - 9:00 MS RIPPED Abs & Arms Scott Haddock 9:00 - 9:50 CS * Studio Cycling Adam Johansson 9:00 - 9:30 MS Beautiful Booty Alex McLean 9:00 - 9:30 TR * Tread and Shred Scott Haddock 9:30 - 10:15 MS METCON3 Alex McLean 10:00 - 11:00 YS Core Flow Yoga (L1/2) Shannon Branham 10:30 - 11:30 MS Barre Bootcamp Amy Malloy	6:15 - 7:00 CS * Cycle 45 Edgar Asars 8:30 - 9:30 MS <b>Chisel'd Saori Soga</b> 8:30 - 9:30 YS <b>Yoga Tune Up@ Laurie Streff</b> 9:30 - 10:20 CS * Studio Cycling Sheila Lee 9:30 - 10:30 MS Dance Fitness Fusion Delandis McClam 10:00 - 11:00 YS Deep Flow Soul Yoga Jennifer Reed 10:30 - 11:30 MS <b>Pilates Bootcamp Nikki D'Amico</b>	8:30 - 9:20 CS * <b>Studio Cycling Dan Rappa</b> 8:30 - 9:30 MS <b>Athletic Conditioning Sheila Lee</b> 9:30 - 10:00 MS <b>RIPPED Abs &amp; Arms Melissa Chiz</b> 10:00 - 10:50 CS * <b>Studio Cycling Sheila Lee</b> 10:00 - 10:30 MS <b>Beautiful Booty Melissa Chiz</b> 10:45 - 11:30 MS METCON3 Anabelle Sedas 11:00 - 12:15 YS Yoga Power (L1/2) Rahm Sharifi	9:00 - 10:15 CS * Cycle 75 Tom Ivancie 9:00 - 9:45 MS <b>4X4 Alex McLean</b> 10:00 - 11:00 MS <b>Boxing Boot Camp Daniel White</b> 10:15 - 11:15 YS Yoga Fundamentals (L1) Terry Littlefield 10:30 - 11:20 CS * <b>Studio Cycling Heather Wood</b>
12:00 - 12:45 CS * Cycle 45 Julie Aron 12:45 - 1:00 MS Ab Lab Julie Aron	12:00 - 1:00 YS <b>Lunchtime Yoga (L1) Terry Littlefield</b>	12:00 - 1:00 YS Yoga Tune Up@ Jill Miller 12:00 - 12:45 TR * Precision Running@ Stephanie Czajkowski	12:00 - 1:00 YS <b>Lunchtime Yoga (L1) Shari Beaubien</b>			
5:15 - 6:15 YS Vinyasa Yoga (L2) Ella Cojocar 5:30 - 6:15 MS Tabata Matthew Murawski 6:00 - 6:50 CS * Studio Cycling Delf Enriquez 6:30 - 7:00 MS Kettlebell Power Matthew Murawski 7:00 - 7:30 MS RIPPED Abs & Arms Delf Enriquez 7:00 - 8:15 YS Restorative Yoga Amber Voiles	5:30 - 6:00 MS Ab Lab Natalie Yco 5:30 - 6:30 YS Yoga Tune Up@ Laurie Streff 6:00 - 6:50 CS * Studio Cycling Jennifer Prassas 6:00 - 7:00 MS Ultimate Kickboxing Circuit Natalie Yco 7:00 - 7:30 MS Kettle Bell Circuit Jennifer Prassas 7:00 - 8:00 YS Sunset Yoga Flow (L1/2) Sarah Isenberg	5:15 - 6:15 YS Vinyasa Yoga (L2) Ella Cojocar 5:30 - 6:30 MS The Barre Code Alexa Stabile 6:00 - 6:50 CS * Studio Cycling Sheila Lee 6:30 - 7:15 MS <b>METCON3 Saori Soga</b> 7:00 - 8:15 YS Restorative Yoga Amber Voiles 7:30 - 8:30 MS Zumba@ Melissa Chiz	5:30 - 6:00 MS Ab Lab Equinox Pilates Instructor 6:00 - 6:50 CS * <b>Studio Cycling Laurie Streff</b> 6:00 - 6:45 MS 4X4 Toby Massenburg 6:45 - 7:00 MS Stretch Toby Massenburg 7:00 - 8:00 YS Sunset Yoga Flow (L1/2) Sarah Isenberg			

## JULY 4TH - CLASS DESCRIPTIONS

### ENCINO

16830 Ventura Blvd.  
Encino CA 91436  
818.922.0799  
equinox.com

### BULLETIN BOARD

#### HOLIDAY HOURS

Fri, July 3rd, 5:00am - 6:00pm  
Sat, July 4th, 7:00am - 5:00pm

#### 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  
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.

#### 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.

#### BEAUTIFUL BOOTY

A class devoted exclusively to lifting and shaping the booty and upper legs. You'll tighten the abs and trim the waist for an overall beautiful look.

#### 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.

#### 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.

#### 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.

#### CYCLE 75

A mini-endurance ride focusing on cadence, heart-rate zones, climbs & sprints which can make an unpredictable ride that is fun and challenging.

#### CYCLE: ENDURANCE!

Build your aerobic base, use your fat as fuel and strengthen your heart with this endurance training ride. Challenge yourself mentally and physically to maintain an uncomfortable but sustainable steady work effort for the duration of the ride. Be ready to sweat!

#### 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!

#### 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.

#### FITFUNK

The new, fun way to get lean and learn the funkier dance moves in the Hip-hop dance community. From the dancer's flexibility warm-up to the full-out choreography routine set to new upbeat music, this is the latest cardio workout to get you moving and tone your whole body.

#### KETTLE BELL CIRCUIT

Shake things up! Alternate dynamic Kettle Bell training with combined athletic drills, plyometric and strength training. Circuit train your workout into a calorie blasting, sweat inducing, efficient interval workout.

#### 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

#### LUNCHTIME YOGA

Spend your lunch hour productively by taking advantage of the stress relief, postural correction, and mindfulness practice offered by this hour long class. All level are welcome and posture modifications are provided.

#### 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

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

#### 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!

#### PILATESTRENGTH

Find your core power in this athletic fusion of Pilates, conditioning and conscious movement. Take your form, flexibility and strength to the next level using only your body weight as resistance. Class is designed to be as challenging as possible for athletes, and inviting to new comers.

#### 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.

#### STRETCH

Simple stretching techniques that may incorporate the use of bands, balls, and ballet barre. The perfect class for everyone. Improve flexibility and reduce stress.

#### 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.

#### SUNRISE YOGA

Start your morning off with sun salutations and begin your day with a balanced body and mind.

#### 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 BARRE CODE

Develop a lean, strong physique through core conditioning, stretching, bare foot training, and other body sculpting techniques. Light weights, bands and your own body weight help you achieve maximum results.

#### TREAD AND SHRED

A fun and challenging treadmill class. Easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching to keep you connected to your exertion level & heart rate and to help you maximize calorie burning and strength with every stride.

#### ULTIMATE KICKBOXING CIRCUIT

An amazing kickboxing class using punches & kicks interwoven with cardio & boot camp style strength drills. All levels will work intensely! Hit it hard--sweat and sculpt, absolutely no holding back anything in this class!

#### 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, tones and 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.

#### YOGA POWER

Take your practice to new heights with a unique class with advanced work for all levels. Surprise yourself by creating deep internal heat and challenge your flexibility. A relaxing guided meditation and breath work will reward your efforts and prepare you for your day.

#### 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!

#### YOGA TUNE UP®

Refreshing movements from yoga, body therapy and evolved core conditioning systemically and intelligently prime and explore every part of your body. Designed by Jill Miller.

#### 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.