EQUINOX

FLOWER STREET

APRIL 2015

Schedule Effective:
Apr 6, 2015 - Apr 30, 2015

GROUP FITNESS MANAGER: Layla Guest
layla.guest@equinox.com

Discover your newest obsession, whether it's HIIT workouts, Barre, Yoga, Pilates, Dance, or Martial Arts. Find your inspiration.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:20 CS * Studio Cycling Stephanie Ho	6:15 - 7:00 CS * Cycle 45 Tracy Washburn Bradley	6:30 - 7:20 CS * Studio Cycling Stephanie Ho	6:15 - 7:00 CS * Cycle 45 Tracy Washburn Bradley	6:30 - 7:20 CS * Studio Cycling Katie Horwitch	9:00 - 9:50 CS * Studio Cycling Stephanie Ho	10:00 - 10:50 MS Rhythm + Barre Angel McLendon
7:00 - 7:45 MS METCON3 Stephanie Czajkowski	6:30 - 7:15 MS Barre Burn Ayanna Contreras	**6:30 - 7:30** **YS** **Ashtanga Yoga** **J.D. Wolfe**	6:30 - 7:15 MS Shockwave Collin Sam	**6:30 - 7:30** **YS** **Alignment Flow Yoga** **Luna Pierson**	9:30 - 10:15 MS Elimin8tor Jessica Emmanuel	**10:30 - 12:00** **YS** **Deep Flow Soul Yoga** **Tuesday Thomas**
7:45 - 8:00 MS Ab Lab Stephanie Czajkowski	6:30 - 7:30 YS Vinyasa Flow Yoga Stephanie Crochet	7:00 - 7:45 MS Elimin8tor Stephanie Czajkowski	6:30 - 7:30 YS Vinyasa Flow Yoga Stephanie Crochet	7:00 - 8:00 MS Barre Bootcamp Khalia Frazier	10:30 - 11:30 MS Ballet Body Frances Flores	11:00 - 12:00 CS * Endurance Ride Casey Kringlen
	7:30 - 8:15 MS Metabolic Meltdown Eric Orner	7:45 - 8:00 MS Ab Lab Stephanie Czajkowski	7:30 - 8:15 MS Streamline Sculpt Eric Orner		10:30 - 11:45 YS Dynamic Vinyasa Yoga Brianna Welke	11:00 - 11:50 MS Stacked! Angel McLendon
12:15 - 1:00 CS * Cycle 45 Casey Kringlen	12:00 - 12:45 YS Pilates Power Flow Frances Flores	12:15 - 1:00 CS * Cycle 45 Casey Kringlen	12:00 - 12:45 YS Pilates Power Flow Patty Wortham	12:15 - 1:00 CS * Cycle 45 Tracy Washburn Bradley	1:30 - 2:45 YS Yoga Purify Sabina Weber	**4:00 - 5:30** **YS** **Restorative Yoga** **Angel McLendon**
12:30 - 1:20 MS FitBody Workout Frances Flores	12:45 - 1:30 CS * Power RIDE! Pearl Fu	12:30 - 1:20 MS Rhythm + Barre Layla Guest	12:45 - 1:30 CS * Power RIDE! Pearl Fu	12:30 - 1:20 MS METCON3 U. B. Sanchez		
12:30 - 1:30 YS Yoga Purify Rachel Jackson	12:45 - 1:00 YS RX Series® Frances Flores	12:30 - 1:30 YS Deep Flow Soul Yoga Luna Pierson	12:45 - 1:00 YS RX Series® Patty Wortham	12:30 - 1:30 YS Yoga Power Hour Layla Guest		
1:30 - 2:15 **MS** **Ballet Body** **Frances Flores**	1:00 - 1:45 MS Elimin8tor U. B. Sanchez	**1:30 - 2:15** **TR** *** Precision Running®** **Casey Kringlen**	1:00 - 1:45 MS Kettlebell Power Eric Orner	4:30 - 5:45 YS Happy Hour Yoga Steffany Vance		
	1:00 - 2:00 YS Yoga Flow Alex Dawson	4:30 - 5:25 YS Yoga Fundamentals Frances Flores	1:00 - 2:00 YS Ashtanga Yoga J.D. Wolfe			
5:30 - 5:45 MS Rock The Plank Keith Irace	5:15 - 6:00 MS 4X4 U. B. Sanchez	**5:30 - 5:45** **MS** **Rock The Plank** **Layla Guest**	5:15 - 6:00 MS Elimin8tor Jessica Emmanuel	5:30 - 6:20 CS * Studio Cycling Cody Pieper		
5:30 - 6:45 YS Yoga Flow Alex Dawson	5:30 - 6:15 CS * Cycle 45 Arielle Miller	5:30 - 6:45 YS Yoga Flow Frances Flores	5:30 - 6:15 CS * Cycle 45 Catalina Gonzalez	5:30 - 6:20 MS Rhythm + Barre Frances Flores		
5:45 - 6:35 CS * Studio Cycling Sami Dorman	**5:30 - 6:20** **YS** **Pilates Bootcamp** **Chris Stanley**	5:45 - 6:35 CS * Unleash: The Ride Skip Jennings	5:30 - 6:20 YS Pilates Power Flow Susannah Hall			
5:45 - 6:35 MS Cardio Sculpt Keith Irace	6:15 - 6:30 MS Ab Lab Saori Soga	**5:45 - 6:35** **MS** **Barre Burn** **Layla Guest**	6:15 - 6:30 MS Ab Lab Saori Soga			
6:45 - 7:30 MS Kettlebell/ViPR Combo Sami Dorman	6:30 - 7:20 CS * Rhythm Revolution Carmine Sabatella	6:45 - 7:30 MS Stacked! Pearl Fu	6:30 - 7:20 MS Tabata Saori Soga			
7:00 - 7:45 CS * Cycle 45 Catalina Gonzalez	6:30 - 7:20 MS Shockwave Saori Soga	7:00 - 8:15 YS Hatha Flow Yoga Tuesday Thomas	**6:30 - 7:45** **YS** **Vinyasa Flow Yoga** **Layla Guest**			
7:00 - 8:15 YS Hatha Flow Yoga Brianna Welke	**6:30 - 7:45** **YS** **Vinyasa Flow Yoga** **Sabina Weber**	7:40 - 8:30 MS Rhythm + Barre Jessica Emmanuel	**8:00 - 9:00** **YS** **Yoga Power Hour** **Chris Reed**			
7:40 - 8:30 MS Barre Bootcamp Frances Flores	7:30 - 8:15 MS Kettlebell Power Carmine Sabatella					
	8:00 - 9:00 **YS** **Yoga Power Hour** **Chris Reed**					

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES

APRIL 2015 - CLASS DESCRIPTIONS

FLOWER STREET

444 Flower St.
Los Angeles CA 90071
213-330-3999
equinox.com

CLUB HOURS

MON - THU 5:00AM - 10:00PM
FRI 5:00AM - 9:00PM
SAT & SUN 8:00AM - 6:00PM

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.

ALIGNMENT FLOW YOGA
The flowing structure of Ashtanga yoga, including sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

ASHTANGA YOGA
Developed by K. Pattabhi Jois, a vigorous style of specific asanas (postures) is sequenced to emphasize breath, strength, flexibility & endurance.

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.

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.

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.

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.

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 vigourous, more athletic approach to yoga techniques.

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.

ENDURANCE RIDE
An extended studio cycling class that is perfect for the weekend warrior. Extra minutes equals extra endurance, extra calories and extra strength.

FITBODY WORKOUT
A cardiovascular workout with steps, dumbells, body bars, stability and medicine balls to great music makes this class timeless, as well as fun and effective for all fitness levels.

HAPPY HOUR YOGA
A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

HATHA FLOW YOGA
A classical but vigorous approach style of yoga with the focus upon optimizing each asana using the Universal Principles of Alignment and connecting to your own heart.

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

KETTLEBELL/VIPR COMBO
Combine the dynamic power of Kettlebells with the performance enhancing benefits of ViPR for a no-holds-barred equipment based class with high intensity interval training and progressive strength combinations. Double your pleasure and double your results in this non-stop powerfully playful workout!

METABOLIC MELTDOWN
An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean 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 POWER FLOW
Rethink your Pilates practice! Focus on traditional Pilates and Yoga concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

POWER RIDE!
A powerful and strong interval training routine that never stops building as you go on a ride like none other! A 45 minute ride that is perfect for fitness enthusiasts, recreational and serious cyclists, and tri-athletes in-training!

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.

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.

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.

ROCK THE PLANK
A dynamic mind body workout designed to acutely train, strengthen, and seriously define every inch of your core inside and out. Connect your center to every movement, improving overall performance, form, endurance, and confidence and prepare to see definition and feel strength like never before.

RX SERIES®
Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M"s – massage, mobilization and maximizing performance – and revitalize your body. Self-myofascial massage, range-of-motion stretches and breath strategy combine for high performance.

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.

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.

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.

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.

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.

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 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 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 PURIFY
A power yoga class dedicated to detoxifying and purifying the body. This class will release toxins through the use of natural internal heat, breath and movement. Thus unifying the body, mind, and spirit.