

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:20 * Studio Cycling CS Stephanie Ho 7:00 - 7:45 METCON3 MS Stephanie Czajkowski 7:45 - 8:00 Ab Lab MS Stephanie Czajkowski	6:30 - 7:15 Barre Burn MS Ayanna Contreras 6:30 - 7:30 Vinyasa Flow Yoga YS Stephanie Crochet 6:45 - 7:30 * Cycle 45 CS Paris Perrault 7:30 - 8:15 Metabolic Meltdown MS Eric Orner	6:30 - 7:20 * Studio Cycling CS Stephanie Ho 7:00 - 7:45 Best Body Breakthru MS Stephanie Czajkowski 7:45 - 8:00 Ab Lab MS Stephanie Czajkowski	6:30 - 7:15 Shockwave MS Collin Sam 6:30 - 7:30 Vinyasa Flow Yoga YS Stephanie Crochet 6:45 - 7:30 * Cycle 45 CS Tracy Washburn Bradley 7:30 - 8:15 Streamline Sculpt MS Eric Orner	7:00 - 7:45 * Rhythm Revolution CS Katie Horwitch 7:00 - 8:00 Barre Bootcamp MS Khalia Frazier	9:00 - 9:50 * Studio Cycling CS Stephanie Ho 9:30 - 10:15 Eliminator MS Jessica Emmanuel 10:30 - 11:30 Ballet Body MS Tracy Flores 10:30 - 11:45 Dynamic Vinyasa Yoga YS Layla Guest	10:00 - 10:50 Barre Burn MS Angel McLendon 10:30 - 12:00 Deep Flow Soul Yoga YS Tuesday Thomas 11:00 - 12:00 * Endurance Ride CS Casey Kringlen 11:00 - 11:50 Stacked! MS Angel McLendon
12:15 - 1:00 * Cycle 45 CS Flaminia Fanale 12:30 - 1:20 FitBody Workout MS Frances Flores 12:30 - 1:30 Yoga Purify YS Rachel Jackson 1:30 - 2:15 Ballet Body MS Frances Flores	12:00 - 12:45 Pilates Power Flow YS Frances Flores 12:45 - 1:30 * Power RIDE! CS Pearl Fu 12:45 - 1:00 RX Series® YS Frances Flores 1:00 - 1:45 Eliminator MS U. B. Sanchez 1:00 - 2:00 Yoga Flow YS Alex Dawson	12:15 - 1:00 * Unleash: The Ride CS Angela Leigh 12:30 - 1:20 Barre Burn MS Layla Guest 12:30 - 1:30 Deep Flow Soul Yoga YS Luna Pierson 4:30 - 5:25 Yoga Fundamentals YS Frances Flores	12:00 - 12:45 Pilates Power Flow YS Patty Wortham 12:45 - 1:30 * Power RIDE! CS Pearl Fu 12:45 - 1:00 RX Series® YS Patty Wortham 1:00 - 1:45 Kettlebell Power MS Eric Orner 1:00 - 2:00 Ashtanga Yoga YS J.D. Wolfe	12:15 - 1:00 * Cycle 45 CS Tracy Washburn Bradley 12:30 - 1:20 <b>Best Butt Ever</b> MS <b>Angel McLendon</b> 12:30 - 1:30 Yoga Power Hour YS Layla Guest 4:30 - 5:45 Happy Hour Yoga YS Steffany Vance	1:30 - 2:45 Yoga Purify YS Sabina Weber	4:00 - 5:15 Restorative Yoga YS Angel McLendon
5:30 - 5:45 Rock The Plank MS Keith Irace 5:30 - 6:45 Yoga Flow YS Alex Dawson 5:45 - 6:35 * Studio Cycling CS Sami Dorman 5:45 - 6:35 Cardio Sculpt MS Keith Irace 6:45 - 7:30 Kettlebell/VIPR Combo MS Sami Dorman 7:00 - 7:45 * Cycle 45 CS Catalina Gonzalez 7:00 - 8:00 Powerful Hatha Yoga YS Brianna Welke 7:40 - 8:30 Barre Bootcamp MS Andrew Pearson	5:15 - 6:00 4X4 MS U. B. Sanchez 5:30 - 6:15 * Cycle 45 CS Arielle Miller-Cohen 5:30 - 6:20 Pilates Bootcamp YS Chris Stanley 6:15 - 6:30 Ab Lab MS Saori Soga 6:30 - 7:20 * Rhythm Revolution CS Carmine Sabatella 6:30 - 7:20 Shockwave MS Saori Soga 6:30 - 7:45 Vinyasa Flow Yoga YS Sabina Weber 7:30 - 8:15 <b>Best Butt Ever</b> MS <b>Jessica Emmanuel</b> 8:00 - 9:00 Yoga Power Hour YS Chris Reed	5:30 - 5:45 Rock The Plank MS Layla Guest 5:30 - 6:45 Yoga Flow YS Frances Flores 5:45 - 6:35 * Unleash: The Ride CS Skip Jennings 5:45 - 6:35 Barre Burn MS Layla Guest 6:45 - 7:30 Stacked! MS Pearl Fu 7:00 - 8:00 Powerful Hatha Yoga YS Tuesday Thomas 7:45 - 8:45 GROOV3 MS DJ Roam & Adam J	5:15 - 6:00 Eliminator MS Jessica Emmanuel 5:30 - 6:15 * Cycle 45 CS Catalina Gonzalez 5:30 - 6:20 Pilates Power Flow YS Susannah Hall 6:15 - 6:30 Ab Lab MS Saori Soga 6:30 - 7:20 Tabata MS Saori Soga 6:30 - 7:45 <b>Vinyasa Flow Yoga</b> YS <b>Catalina Gonzalez</b> 8:00 - 9:00 Yoga Power Hour YS Chris Reed	5:30 - 6:20 * Studio Cycling CS Cody Pieper 5:30 - 6:20 Rhythm + Barre MS Frances Flores		

## JULY 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

#### 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.

#### 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.

#### 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.

#### 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 vigorous, 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, dumbbells, body bars, stability and medicine balls to great music makes this class timeless, as well as fun and effective for all fitness levels.

#### GROOV3

Dance, sweat and live with GROOV3. 60 minutes of music video-inspired, non-stop movement to the sounds of a live DJ, created by professional dancer Benjamin Allen. For all levels of dance, this full-body cardio workout will keep you on your toes with new EQX Jams dance blocks introduced each week.

#### 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.

#### 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/VIPIR 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!

#### POWERFUL HATHA YOGA

A physical approach to the yoga practice connecting postures, movement and breathing. This class improves strength and flexibility, decreases stress and improves body awareness.

#### 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 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.

#### 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.

#### 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.