

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-6:45 MS * Quick HIT <i>Victoria Ralston</i>	6:15-7:00 MS * Stronger <i>Trevor Kent</i>	6:15-7:05 YS * Pilates Fusion <i>Trevor Kent</i>	6:15-7:00 MS * Body Sculpt <i>Trevor Kent</i>	6:15-7:05 MS * MetCon3 <i>Victoria Ralston</i>	7:30-8:20 CS * Beats Ride <i>Devin Swanson</i>	8:15-9:05 MS * Circuit Training <i>Collin Sam</i>
6:30-7:20 CS * Beats Ride <i>Collin Sam</i>	7:00-7:50 TR * Precision Run® <i>Orlando Deral</i>	7:45-8:35 MS * <b>Leg Day</b> <i>Stephanie Czajkowski</i>	7:00-7:50 TR * Precision Run® <i>Orlando Deral</i>	6:30-7:20 CS * Beats Ride <i>Glenn Payne</i>	7:30-8:20 MS * Core6 <i>Victoria Ralston</i>	8:15-9:15 YS * Sculpted Yoga™ <i>Kristyn Evelyn</i>
6:45-7:15 MS * Best Abs Ever <i>Victoria Ralston</i>	7:15-8:05 YS * Pilates Fusion <i>Trevor Kent</i>	8:45-9:45 YS * Power Vinyasa <i>Sami Dorman</i>	7:15-8:05 YS * Pilates Fusion <i>Trevor Kent</i>	7:45-8:30 MS * The Cut <i>Victoria Ralston</i>	8:00-9:00 YS * Vinyasa Yoga <i>Anna Lynch</i>	8:45-9:35 CS * Beats Ride <i>Trevor Throop</i>
7:45-8:35 MS * Core6 <i>Collin Sam</i>	8:15-9:05 CS * Beats Ride <i>Orlando Deral</i>	9:00-9:45 MS * Stronger <i>Stephanie Czajkowski</i>	8:15-9:05 CS * Beats Ride <i>Jill Peterson</i>	8:15-9:05 CS * Beats Ride <i>Sami Dorman</i>	8:45-9:30 MS * MetCon3 <i>Devin Swanson</i>	9:45-10:30 MS * Tabata Max <i>Daniel Kucan</i>
8:15-9:05 CS * Beats Ride <i>Sami Dorman</i>	8:15-9:00 MS * True Barre: Off the Barre <i>Nikita Chaudhry</i>	9:45-10:35 CS * Precision Ride <i>Devin Swanson</i>	8:15-9:00 MS * MetCon3 <i>Orlando Deral</i>	8:45-9:30 MS * Pure Strength <i>Jill Peterson</i>	9:15-10:05 CS * Beats Ride <i>Frank Tavares</i>	10:00-10:50 CS * Beats Ride <i>Collin Sam</i>
8:45-9:45 YS * Vinyasa Yoga <i>Jennifer Webster</i>	9:00-10:00 YS * Vinyasa Yoga <i>Stephanie Morrell</i>	10:00-10:45 MS * Body Sculpt <i>Jayen Wells</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jennifer Webster</i>	8:45-9:45 YS * Vinyasa Yoga <i>Jennifer Webster</i>	9:30-10:15 YS * Pilates Mat <i>Natalia Perzyna</i>	10:00-11:00 YS * Vinyasa Yoga <i>Trevor Throop</i>
9:00-9:45 MS * Best Butt Ever <i>Annie Kelly</i>	9:15-10:00 MS * MetCon3 <i>Nikita Chaudhry</i>	10:45-11:00 MS * Best Abs Ever <i>Jayen Wells</i>	9:15-10:00 MS * True Barre: Off the Barre <i>Jayen Wells</i>	9:45-10:35 CS * Precision Ride <i>Jill Peterson</i>	9:45-10:30 MS * Rounds: Bags and Mitts <i>Glenn Payne</i>	10:45-11:35 MS * True Barre: Off the Barre <i>Lori Allen</i>
9:45-10:35 CS * Beats Ride <i>Devin Swanson</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Devin Swanson</i>	12:00-1:00 YS * Vinyasa Yoga <i>Shielu Bharwani</i>	9:30-10:20 TR * Precision Walk: Elevate <i>Jill Peterson</i>	10:00-10:50 MS * True Barre: Off the Barre <i>Sandra Kim</i>	9:45-10:35 TR * Precision Walk: Elevate <i>Devin Swanson</i>	
10:00-10:50 MS * Rhythmic Sculpt <i>Nikita Chaudhry</i>	12:15-1:00 MS * <b>Leg Day</b> <i>Devin Swanson</i>	12:30-1:20 CS * Beats Ride <i>Tawna Hutchinson</i>	10:00-10:30 MS * Athletic Stretch <i>Jayen Wells</i>	12:15-1:05 YS * Pilates Rise <i>Natalia Perzyna</i>	10:30-11:20 CS * Beats Ride <i>Emily Cruz</i>	12:00-12:50 YS * Pilates Mat <i>Lori Allen</i>
12:00-1:00 YS * Vinyasa Yoga <i>Janine Bailey</i>	5:00-5:45 MS * Tabata Max <i>Sami Dorman</i>	5:15-6:00 MS * True Barre: Off the Barre <i>Sandra Kim</i>	12:15-1:00 MS * Core6 <i>Devin Swanson</i>	5:15-6:05 TR * Precision Run® <i>Collin Sam</i>	10:45-11:30 MS * Tabata Max <i>Frank Tavares</i>	3:00-4:00 YS * Vinyasa Yoga <i>Kala MacDonald</i>
5:30-6:20 CS * Beats Ride <i>Skyler Burke</i>	5:15-6:15 YS * Vinyasa Yoga <i>Jennifer Webster</i>	5:30-6:20 CS * Precision Ride <i>Devin Swanson</i>	5:00-5:45 MS * MetCon3 <i>Sami Dorman</i>	5:30-6:20 CS * Beats Ride <i>Emily Cruz</i>	10:45-11:45 YS * Vinyasa Yoga <i>Chris Reed</i>	
5:30-6:15 MS * True Barre: Off the Barre <i>Natalia Perzyna</i>	5:30-6:20 TR * Precision Run® <i>Chris Reed</i>	5:30-6:30 YS * Hatha Yoga <i>Steffany Vance</i>	5:15-6:15 YS * Vinyasa Yoga <i>Kristyn Evelyn</i>	5:30-6:15 MS * True Barre: Off the Barre <i>Anna Lynch</i>	12:00-12:45 MS * Barefoot Sculpt <i>Delandis McClam</i>	
5:45-6:35 TR * Precision Walk: Elevate <i>Collin Sam</i>	6:00-6:50 CS * Beats Ride <i>Sami Dorman</i>	5:45-6:35 TR * Precision Walk: Elevate <i>Skyler Burke</i>	5:30-6:20 TR * Precision Run® <i>Jayen Wells</i>	5:30-6:15 YS * Tai Chi <i>Sandra Kim</i>	1:30-2:30 YS * Sound Meditation <i>Stephanie Morrell</i>	
6:00-7:00 YS * Vinyasa Yoga <i>Paula Rodgers</i>	6:15-7:00 MS * <b>Stronger</b> <i>Jayen Wells</i>	6:15-7:05 MS * <b>Leg Day</b> <i>Collin Sam</i>	6:00-6:50 CS * Beats Ride <i>Sami Dorman</i>	6:30-7:20 MS * Cardio Dance <i>Willis Hao</i>		
6:30-7:15 MS * The Cut <i>Rocco Stowe</i>	6:30-7:30 YS * Vinyasa Yoga <i>Chris Reed</i>	6:45-7:45 YS * Restorative Yoga <i>Jose Alvarado</i>	6:15-7:00 MS * Core6 <i>Victoria Ralston</i>	6:30-7:30 YS * Restorative Yoga <i>Jose Alvarado</i>		
7:15-7:45 MS * Athletic Stretch <i>Rocco Stowe</i>	7:15-8:00 CS * Beats Ride <i>Glenn Payne</i>	7:15-8:05 CS * Beats Ride <i>Christina Davis</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Anna Lynch</i>			
7:15-8:05 YS * Pilates Rise <i>Natalia Perzyna</i>			7:00-7:15 MS * Best Abs Ever <i>Victoria Ralston</i>			
			7:15-7:45 MS * Best Stretch Ever <i>Victoria Ralston</i>			

# EQUINOX

## PASADENA

300 E. Colorado Boulevard, Suite 201

PASADENA CA 91101

EQUINOX.COM

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**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

devin.swanson@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Beats Ride** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## Running

**Precision Run** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Hatha Yoga** A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**Power Vinyasa** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Vinyasa Yoga** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

## HIIT

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**MetCon3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**Quick HIIT** A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. An Equinox exclusive.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

## Barre

**True Barre: Off the Barre** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## Pilates

**Pilates Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**Pilates Mat** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## Boxing

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

**Tai Chi** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, light-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## Strength

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Leg Day** Don't skip Leg Day: lower-body strength training featuring squats, hinges, lunges, and carries. Heavier loads. Structured intervals. Designed to deliver visible definition. An Equinox exclusive.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox Exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.