

# EQUINOX

PASADENA

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

KEY Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

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

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## PASADENA

300 E. Colorado Boulevard, Suite 201

PASADENA CA 91101

EQUINOX.COM

@EQUINOX

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 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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

## Sculpt

**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, low-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.

**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.