

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

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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.

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.

Whipped! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



Barre

Off the Barre This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.