

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 PR * Precision Run® <i>Marzena Janasik</i>	6:45-7:45 YS * Sculpted Yoga™ <i>Sarah Carr</i>	6:15-7:15 PR * Precision Run® <i>Ian Culbertson</i>	6:45-7:30 YS * Barefoot Sculpt <i>Tessa Southwell</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	8:15-9:15 PR * Precision Run + Strength <i>Ross Neumann</i>	8:15-9:15 PR * Fully Vested <i>Ross Neumann</i>
6:30-7:20 MS * Stronger <i>Lucy Cohen</i>	7:00-7:50 MS * Best Butt Ever <i>Drea Marchesi</i>	6:30-7:15 MS * MetCon3 <i>Bakari Williams</i>	7:00-7:45 MS * <b>Stacked</b> <i>Marzena Janasik</i>	6:30-7:20 MS * Athletic Conditioning <i>Lucy Cohen</i>	8:30-9:20 MS * Body Sculpt <i>Sarah Kusch</i>	8:30-9:15 YS * Barefoot Sculpt <i>Nina Raab</i>
6:45-7:35 YS * Pilates Fusion (Heated) <i>Monica Diederich</i>	7:00-8:00 PR * Precision Run® <i>Francesca Pavia</i>	6:45-7:45 YS * <b>Pilates Fusion</b> <i>Sarah Carr</i>	7:00-8:00 PR * Precision Run® <i>Francesca Pavia</i>	6:45-7:30 YS * <b>Pilates at the Barre</b> <i>Braxton Brooks</i>	8:30-9:15 YS * True Barre <i>Savannah Solley</i>	8:45-9:30 MS * The Cut <i>Marzena Janasik</i>
7:45-8:30 MS * Athletic Conditioning <i>Marzena Janasik</i>	8:00-8:45 MS * <b>Athletic Conditioning</b> <i>Emma Brown</i>	7:30-8:20 PR * <b>Fully Vested</b> <i>Jared Sklar</i>	8:00-8:45 YS * Pilates Fusion <i>Monica Diederich</i>	7:00-7:45 CS * Beats Ride <i>Amy Dixon</i>	8:00-8:50 MS * Body Sculpt <i>Sarah Kusch</i>	9:30-10:15 YS * Pilates Fusion <i>Sara McGowan</i>
8:15-9:00 YS * True Barre <i>Tierney Dale</i>	9:00-9:45 MS * <b>Cardio Sculpt</b> <i>Tracy Washburn</i>	8:00-8:45 MS * <b>Stronger</b> <i>Marzena Janasik</i>	9:00-9:45 MS * Athletic Conditioning <i>Steven Maresca</i>	8:15-9:00 YS * Barefoot Sculpt <i>Kari McKillip</i>	9:30-10:20 YS * Pilates Fusion (Heated) <i>Savannah Solley</i>	9:45-10:45 PR * Precision Run® <i>Ross Neumann</i>
8:30-8:45 MS * Best Abs Ever <i>Marzena Janasik</i>	9:30-10:20 YS * True Barre: Bala Bangle <i>Nicholas Duran</i>	8:15-9:00 YS * Pilates Mat <i>Chris Stanley</i>	12:15-1:05 MS * Body Sculpt <i>Sarah Kusch</i>	9:15-10:15 YS * Vinyasa Yoga <i>Steve Jones</i>	9:45-10:45 PR * Precision Run® <i>Rene Wiley</i>	10:00-10:45 MS * Cardio Dance <i>Dane Sorensen</i>
9:30-10:20 MS * Stronger <i>Marzena Janasik</i>	10:30-11:45 YS * Vinyasa Yoga (Heated) <i>Steve Jones</i>	9:15-10:00 YS * <b>Barefoot Sculpt</b> <i>Nina Raab</i>	12:30-1:30 PR * Precision Run® <i>Ross Neumann</i>	9:30-10:20 MS * Stronger <i>Kari McKillip</i>	10:30-11:20 CS * Beats Ride <i>Tracy Washburn</i>	10:00-10:50 RD * <b>Athletic Conditioning</b> <i>Marzena Janasik</i>
10:30-11:15 YS * Pilates Mat <i>Chris Stanley</i>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	9:30-10:15 MS * <b>Leg Day</b> <i>Katie Brummer</i>	4:00-4:50 MS * Stronger <i>Ty Mauro</i>	10:45-11:30 YS * Pilates Fusion (Heated) <i>Sarah Kusch</i>	10:30-11:20 MS * Stronger <i>Emily Eckstein</i>	10:45-11:45 YS * Vinyasa Yoga (Heated) <i>Dan Ward</i>
12:15-1:05 YS * Pilates Rise <i>Sarah Carr</i>	4:00-4:45 MS * <b>Leg Day</b> <i>Marzena Janasik</i>	12:15-1:05 YS * <b>Pilates Fusion</b> <i>Sarah Kusch</i>	4:00-5:00 YS * Yoga Tune Up® <i>Aren Wolf</i>	12:15-1:05 YS * True Barre: Bala Bangle <i>Sarah Carr</i>	10:45-12:00 YS * Vinyasa Yoga (Heated) <i>Sarah Carr</i>	11:00-11:50 MS * Stronger <i>Sarah Kusch</i>
12:30-1:30 PR * Precision Run® <i>Francesca Pavia</i>	4:45-5:30 YS * Pilates Fusion <i>Jenna Solkow</i>	12:30-1:30 PR * Precision Run® <i>Julie DeLaBarre</i>	5:00-5:45 MS * <b>Athletic Conditioning</b> <i>Lucy Cohen</i>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	11:30-12:30 PR * Fully Vested <i>Rene Wiley</i>	12:15-1:00 MS * <b>Best Stretch Ever</b> <i>Dan Ward</i>
4:00-4:45 YS * True Barre: Bala Bangle <i>Ayanna Contreras</i>	5:00-5:50 MS * Body Sculpt <i>Sarah Kusch</i>	4:00-4:45 YS * <b>Pilates at the Barre</b> <i>Pearl Fu</i>	5:00-5:50 PR * Fully Vested <i>Ian Culbertson</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Laila Arzouni</i>	12:00-12:50 MS * Rounds: Bags and Mitts <i>Juanito Alvarez</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Sarah Girard</i>
5:00-5:45 MS * Athletic Conditioning <i>Ty Mauro</i>	5:00-6:00 PR * Fully Vested <i>Ross Neumann</i>	5:00-5:45 MS * <b>Stacked</b> <i>Drea Marchesi</i>	5:30-6:15 YS * Pilates Mat <i>Joyce Ivonne</i>	5:00-6:00 PR * Fully Vested <i>Rene Wiley</i>	12:15-1:00 YS * True Barre: Cardio <i>Dane Sorensen</i>	
5:30-6:30 PR * Precision Run® <i>Skip Jennings</i>	6:00-6:45 CS * Beats Ride <i>Jared Sklar</i>	5:30-6:30 PR * Precision Run® <i>Jared Sklar</i>	7:00-8:00 YS * Sculpted Yoga™ (Heated) <i>Laila Arzouni</i>	5:15-6:05 YS * Pilates Rise <i>Sarah Carr</i>		
5:30-6:45 YS * Power Vinyasa <i>Dan Ward</i>	6:00-6:50 MS * Stronger <i>Ian Culbertson</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Lindsey Valdez</i>				
6:00-6:45 MS * Core6 <i>Drea Marchesi</i>	6:00-7:00 YS * Gentle Yoga <i>Heather D.</i>	6:00-6:45 MS * <b>Ropes and Rowers</b> <i>Ty Mauro</i>				
6:15-7:15 CL * Precision Run Club (Outdoor) <i>Ross Neumann Jared Sklar</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	7:00-7:50 YS * Pilates Fusion (Heated) <i>Savannah Solley</i>				
7:00-8:00 YS * Yin Yoga Meditation <i>Sarah Girard</i>	7:15-8:00 YS * Sound Meditation <i>Nathan Norrington</i>					

# EQUINOX

## SANTA MONICA

201 Santa Monica Boulevard

SANTA MONICA CA 90401

EQUINOX.COM

@EQUINOX

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

**FRI** 05:00 AM 09:00 PM

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

## GROUP FITNESS MANAGER

marzena.janasik@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**CL** Club Lobby

**RD** Roof Deck

**PR** PR Lab

## 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.

## **Running**

**Fully Vested** Walk with an attitude in this rucking inspired treadmill class. Load up with a weighted vest, strengthen your body, climb inclines, and fly free as you decompress for a dash to the finish. Weighted vest provided. An Equinox exclusive

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run Club** Join the Equinox Running community and explore the city through our signature outdoor run experience — landmark routes, outdoor conditioning, and a supportive community that meets you at 5K and beyond. Designed for runners seeking purpose, inclusivity, and connection. An Equinox exclusive.

**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.

## **Yoga**

**Gentle Yoga** A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

**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.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

**Yoga Tune Up**® Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.

## **HIIT**

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**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.

**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.

**Stacked** Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

## **Barre**

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**True Barre: Bala Bangle** This sculpt class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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**

**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**

**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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

## **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.

**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.