

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 PR * Precision Run® Marzena Janasik	6:30-7:20 CS * <b>Beats Ride</b> <b>Stephanie Ho</b>	6:15-7:15 PR * Precision Run® Ian Culbertson	6:30-7:20 CS * <b>Beats Ride</b> <b>Stephanie Ho</b>	6:15-7:15 PR * Precision Run® Ross Neumann	8:15-9:15 PR * <b>Fully Vested</b> <b>Ross Neumann</b>	8:15-9:15 Precision Run + Strength
6:30-7:20 MS * Stronger Lucy Cohen	6:45-7:45 PR * <b>Precision Run®</b> <b>Francesca Pavia</b>	6:30-7:15 MS * Stacked Nikki Elliott	6:45-7:45 PR * <b>Precision Run®</b> <b>Francesca Pavia</b>	6:30-7:20 MS * Athletic Conditioning Jeff McMullen	8:30-9:20 MS * Body Sculpt Sarah Kusch	8:30-9:15 PR * Ross Neumann
7:00-7:50 YS * Pilates Fusion (Heated) Monica Diederich	6:45-7:45 YS * Sculpted Yoga™ Sarah Carr	7:00-8:00 YS * Vinyasa Yoga (Heated) Sarah Carr	6:45-7:30 YS * Barefoot Sculpt Tessa Southwell	7:00-7:50 YS * <b>Barefoot Sculpt</b> <b>Nkechi Okonkwo</b>	8:30-9:15 YS * Barre Savannah Solley	8:30-9:15 MS * Best Butt Ever Delandis McClam
7:30-8:30 PR * Precision Run® Alexis Harrell	7:00-7:50 MS * Best Butt Ever Drea Marchesi	7:30-8:20 PR * Fully Vested Alexis Harrell	7:00-7:45 MS * Stronger Marzena Janasik	8:00-8:50 MS * Body Sculpt Sarah Kusch	9:30-10:20 MS * Athletic Conditioning Amy Dixon	8:30-9:15 YS * Barefoot Sculpt Ava Moreno
7:45-8:30 MS * Athletic Conditioning Marzena Janasik	8:00-9:00 YS * Vinyasa Yoga Skip Jennings	8:00-8:45 MS * Stronger Caitlyn Moyer	8:00-8:45 YS * Pilates Fusion Monica Diederich	8:15-9:00 YS * True Barre Kari McKillip	9:30-10:20 YS * Pilates Fusion (Heated) Savannah Solley	9:30-10:15 YS * Pilates at the Barre Ava Moreno
8:15-9:00 YS * Barre Jenna Solkow	9:00-9:45 MS * Cardio Sculpt Tracy Washburn	8:15-9:00 YS * Pilates Mat Ian Cahir	9:00-9:45 MS * Athletic Conditioning Steven Maresca	9:15-10:15 YS * Vinyasa Yoga Steve Jones	9:45-10:45 PR * Precision Run® Rene Wiley	9:45-10:45 PR * Precision Run® Ross Neumann
8:30-8:45 MS * Best Abs Ever Marzena Janasik	9:30-10:20 YS * True Barre: Bala Bangle Nicholas Duran	9:15-10:05 YS * True Barre: Bala Bangle Caitlyn Moyer	10:00-10:45 MS * Best Butt Ever Marzena Janasik	9:30-10:20 MS * Best Butt Ever Kari McKillip	10:30-11:20 CS * Anthem Ride Tracy Washburn	10:00-10:45 MS * Cardio Dance Dane Sorensen
9:15-10:15 YS * Vinyasa Yoga Maeve McCaffrey	10:00-10:30 MS * <b>Upper Body Pump</b> <b>Marzena Janasik</b>	9:30-10:20 MS * Rhythmic Sculpt Pearl Fu	10:30-11:30 YS * Vinyasa Yoga (Heated) Austin Hollingshead	10:30-11:30 YS * Pilates Fusion (Heated) Sarah Kusch	10:30-11:20 MS * Stronger Emily Eckstein	10:45-11:45 YS * Vinyasa Yoga (Heated) Dan Ward
9:30-10:20 MS * Stronger Marzena Janasik	10:30-10:45 MS * <b>Best Abs Ever</b> <b>Marzena Janasik</b>	10:30-11:30 YS * Vinyasa Yoga Lotem Porat	12:00-12:50 MS * Body Sculpt Sarah Kusch	12:00-12:45 MS * <b>Athletic Conditioning</b> <b>Emma Brown</b>	10:45-12:00 YS * Vinyasa Yoga (Heated) Philip Anderson	11:00-11:50 MS * Stronger Sarah Kusch
10:30-11:15 YS * Pilates Fusion Chris Stanley	10:30-11:45 YS * Vinyasa Yoga (Heated) Steve Jones	12:00-12:50 YS * True Barre Nicholas Duran	12:30-1:30 PR * Precision Run® Ross Neumann	12:00-1:00 YS * Vinyasa Yoga Sarrah Morton	11:30-12:30 PR * Precision Run® Rene Wiley	12:15-1:05 YS * Barre Sarah Kusch
12:00-12:50 YS * <b>Barefoot Sculpt</b> <b>Sarah Carr</b>	12:00-12:50 YS * Pilates Fusion (Heated) Drea Marchesi	12:30-1:30 PR * Precision Run® Julie DelaBarre	4:00-4:50 MS * Stronger Ty Mauro	12:30-1:30 PR * Precision Run® Rene Wiley	12:00-12:50 MS * Rounds: Boxing Ronit Koren	4:00-5:00 YS * Weekend Wind Down Yoga Sarah Girard
12:30-1:30 PR * Precision Run® Francesca Pavia	12:30-1:20 PR * Fully Vested Marzena Janasik	4:00-4:45 YS * Pilates at the Barre Joyce Ivonne	4:00-5:00 YS * Slow Flow Yoga (Heated) Aren Wolf	4:00-4:50 MS * Stacked Titus-R'icard Baldwin	12:15-1:00 YS * Barre (Heated) Dane Sorensen	
4:00-4:45 MS * Best Stretch Ever Dan Ward	4:00-4:45 MS * MetCon3 Valeriya Rimer	5:00-5:50 MS * Ropes and Rowers Marzena Janasik	5:00-5:45 MS * Cardio Dance Nkechi Okonkwo	4:00-5:00 PR * Precision Run® Sarah Carr	3:00-4:00 YS * Iyengar Yoga Nina Siemaszko	
4:00-4:45 YS * True Barre: Bala Bangle Ayanna Contreras	4:45-5:30 YS * Pilates Fusion Jenna Solkow	5:30-6:30 PR * <b>Precision Run®</b> <b>Sarah Carr</b>	5:00-5:50 PR * Fully Vested Ian Culbertson	4:00-5:00 YS * Vinyasa Yoga Laila Arzouni		
5:00-5:45 MS * Athletic Conditioning Ty Mauro	5:00-5:50 MS * Body Sculpt Sarah Kusch	5:45-6:45 YS * Vinyasa Yoga (Heated) Lindsey Valdez	5:30-6:15 YS * Pilates Mat Ian Cahir	5:15-6:05 YS * Pilates Rise Sarah Carr		
5:30-6:30 PR * <b>Precision Run®</b> <b>Skip Jennings</b>	5:00-6:00 PR * Fully Vested Ross Neumann	6:00-6:50 CS * Beats Ride Justin Rubin	6:00-7:00 CS * Endurance Ride 60 Jared Sklar	6:30-7:30 MS * <b>Studio Dance: Hip Hop</b> <b>Nkechi Okonkwo</b>		
5:30-6:45 YS * Power Vinyasa Dan Ward	6:00-6:50 MS * Stronger Ian Culbertson	6:00-6:45 MS * Best Butt Ever Emily Eckstein	6:00-6:50 MS * Athletic Conditioning Bakari Williams			
6:00-6:50 CS * Beats Ride G.G. Aizcorbe	6:00-7:00 YS * Gentle Yoga Heather D.	7:00-7:50 MS * Stronger Piper Natoli	6:15-7:15 PR * Precision Run + Strength Ian Culbertson			
6:00-6:50 MS * Stacked Drea Marchesi	6:15-7:15 PR * Precision Run® Ross Neumann	7:00-7:50 YS * Pilates Fusion (Heated) Savannah Solley	6:30-7:30 CL * Precision Run Club Ross Neumann			
7:00-8:00 YS * Yin Yoga Meditation Sarah Girard	7:00-7:45 YS * Sound Meditation Heather D.		6:30-7:30 YS * Power Vinyasa Sydney Burger			
			7:30-8:20 MS * Rounds: Boxing Juanito Alvarez			

# 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  
**PR** PR Lab

**CLASS LEVEL GUIDE**  
**(All levels welcome unless otherwise noted.)**  
All All Levels Welcome  
L1 Beginner  
L2 Intermediate  
L3 Advanced



## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.  
**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.  
**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.



## 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 with outdoor run adventures that alternate between running to famous landmarks (approximately 3 miles) and running + outdoor conditioning each week. This unique approach is designed for those who seek a purposeful, inclusive run experience. 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.  
**Iyengar Yoga** An open class focusing on precision and physical alignment of the body. Named after B.K.S. Iyengar and therapeutic in approach, props are used to increase awareness and understand the nuance of each pose.  
**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.  
**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.  
**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.



## 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.  
**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

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.  
**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.



## 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.  
**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.



## Boxing

**Rounds: Boxing** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.



## 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.  
**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.  
**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.