

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<div>6:15-7:15 PR * Precision Run® Marzena Janasik</div> <div>6:30-7:20 MS * Stronger Lucy Cohen</div> <div>7:00-7:50 YS * Pilates Fusion (Heated) Monica Diederich</div> <div>7:45-8:30 MS * Athletic Conditioning Marzena Janasik</div> <div>8:15-9:00 YS * True Barre Jenna Solkow</div> <div>8:30-8:45 MS * Best Abs Ever Marzena Janasik</div> <div>9:15-10:15 YS * Vinyasa Yoga Maeeve McCaffrey</div> <div>9:30-10:20 MS * Stronger Marzena Janasik</div> <div>10:30-11:15 YS * Pilates Fusion Chris Stanley</div> <div>12:00-12:50 YS * Pilates Rise Sarah Carr</div> <div>12:30-1:30 PR * Precision Run® Francesca Pavia</div> <div>4:00-4:45 MS * Best Stretch Ever Dan Ward</div> <div>4:00-4:45 YS * True Barre: Bala Bangle Ayanna Contreras</div> <div>5:00-5:45 MS * Athletic Conditioning Ty Mauro</div> <div>5:30-6:30 PR * Precision Run® Skip Jennings</div> <div>5:30-6:45 YS * Power Vinyasa Dan Ward</div> <div>6:00-6:45 CS * Beats Ride Jared Sklar</div> <div>6:00-6:45 MS * Core6 Drea Marchesi</div> <div>7:00-8:00 YS * Yin Yoga Meditation Sarah Girard</div>	<div>6:30-7:20 CS * Beats Ride Stephanie Ho</div> <div>6:45-7:45 YS * Sculpted Yoga™ Sarah Carr</div> <div>7:00-7:50 MS * Best Butt Ever Drea Marchesi</div> <div>7:00-8:00 PR * Precision Run® Francesca Pavia</div> <div>8:00-9:00 YS * Vinyasa Yoga Skip Jennings</div> <div>9:00-9:45 MS * Cardio Sculpt Tracy Washburn</div> <div>9:30-10:20 YS * True Barre: Bala Bangle Nicholas Duran</div> <div>10:30-11:45 YS * Vinyasa Yoga (Heated) Steve Jones</div> <div>12:00-12:50 MS * Stronger Drea Marchesi</div> <div>4:00-4:45 MS * MetCon3 Marzena Janasik</div> <div>4:45-5:30 YS * Pilates Fusion Jenna Solkow</div> <div>5:00-5:50 MS * Body Sculpt Sarah Kusch</div> <div>5:00-6:00 PR * Fully Vested Ian Culbertson</div> <div>6:00-6:45 CS * Beats Ride Jared Sklar</div> <div>6:00-6:50 MS * Stronger Ian Culbertson</div> <div>6:00-7:00 YS * Gentle Yoga Heather D.</div> <div>6:15-7:15 PR * Precision Run® Rene Wiley</div> <div>7:15-8:00 YS * Sound Meditation Nathan Norrington</div>	<div>6:15-7:15 PR * Precision Run® Ian Culbertson</div> <div>6:30-7:15 MS * MetCon3 Lucy Cohen</div> <div>7:00-8:00 YS * Vinyasa Yoga (Heated) Sarah Carr</div> <div>7:30-8:20 PR * Fully Vested Alexis Harrell</div> <div>8:00-8:45 MS * Stronger Caitlyn Moyer</div> <div>8:15-9:00 YS * Pilates Mat Ian Cahir</div> <div>9:15-10:05 YS * True Barre: Bala Bangle Caitlyn Moyer</div> <div>9:30-10:15 MS * Body Sculpt Pearl Fu</div> <div>10:30-11:30 YS * Vinyasa Yoga Lotem Porat</div> <div>12:00-12:50 YS * True Barre Nicholas Duran</div> <div>12:30-1:30 PR * Precision Run® Julie DelaBarre</div> <div>4:00-4:45 YS * Pilates at the Barre Joyce Ivonne</div> <div>5:00-5:50 MS * Ropes and Rowers Ty Mauro</div> <div>5:30-6:30 PR * Precision Run® Sarah Carr</div> <div>5:45-6:45 YS * Vinyasa Yoga (Heated) Lindsey Valdez</div> <div>6:00-6:45 MS * Best Butt Ever Kim Waldauer</div> <div>7:00-7:50 MS * Stronger Piper Natoli</div> <div>7:00-7:50 YS * Pilates Fusion (Heated) Savannah Solley</div>	<div>6:30-7:20 CS * Beats Ride Stephanie Ho</div> <div>6:45-7:30 YS * Barefoot Sculpt Tessa Southwell</div> <div>7:00-7:45 MS * Stronger Marzena Janasik</div> <div>7:00-8:00 PR * Precision Run® Francesca Pavia</div> <div>8:00-8:45 MS * The Cut Marzena Janasik</div> <div>8:00-8:45 YS * Pilates Fusion Monica Diederich</div> <div>9:00-9:45 MS * Athletic Conditioning Steven Maresca</div> <div>10:30-11:30 YS * Iyengar Yoga Nina Siemaszko</div> <div>12:00-12:50 MS * Body Sculpt Sarah Kusch</div> <div>12:30-1:30 PR * Precision Run® Marzena Janasik</div> <div>4:00-4:50 MS * Stronger Ty Mauro</div> <div>4:00-5:00 YS * Slow Flow Yoga (Heated) Aren Wolf</div> <div>5:00-5:50 PR * Fully Vested Ian Culbertson</div> <div>5:15-6:00 MS * MetCon3 Bakari Williams</div> <div>5:30-6:15 YS * Pilates Mat Ian Cahir</div> <div>6:15-7:00 MS * Cardio Dance Nkechi Okonkwo</div> <div>6:15-7:15 PR * Precision Run + Strength Ian Culbertson</div> <div>7:00-8:00 YS * Yin Yoga Sydney Burger</div> <div>7:30-8:20 MS * Rounds: Boxing Juanito Alvarez</div>	<div>6:15-7:15 PR * Precision Run® Ian Culbertson</div> <div>6:30-7:20 MS * Athletic Conditioning Lucy Cohen</div> <div>7:00-7:45 YS * Pilates at the Barre Braxton Brooks</div> <div>8:00-8:50 MS * Body Sculpt Sarah Kusch</div> <div>8:15-9:00 YS * Barefoot Sculpt Kari McKillip</div> <div>9:15-10:15 YS * Vinyasa Yoga Steve Jones</div> <div>9:30-10:20 MS * Stronger Kari McKillip</div> <div>10:30-11:30 YS * Pilates Fusion (Heated) Sarah Kusch</div> <div>12:00-12:45 MS * MetCon3 Emma Brown</div> <div>12:30-1:30 PR * Precision Run® Rene Wiley</div> <div>4:00-5:00 PR * Precision Run® Sarah Carr</div> <div>4:00-5:00 YS * Vinyasa Yoga Laila Arzouni</div> <div>5:15-6:05 YS * Pilates Rise Sarah Carr</div> <div>6:30-7:30 MS * Studio Dance: Hip Hop Nkechi Okonkwo</div>	<div>8:15-9:15 PR * Precision Run + Strength Alexis Harrell</div> <div>8:30-9:20 MS * Body Sculpt Sarah Kusch</div> <div>8:30-9:15 YS * True Barre Savannah Solley</div> <div>9:30-10:20 MS * Athletic Conditioning Amy Dixon</div> <div>9:30-10:20 YS * Pilates Fusion (Heated) Savannah Solley</div> <div>9:45-10:45 PR * Precision Run® Rene Wiley</div> <div>10:30-11:20 CS * Beats Ride Tracy Washburn</div> <div>10:30-11:20 MS * Stronger Emily Eckstein</div> <div>10:45-12:00 YS * Vinyasa Yoga (Heated) Philip Anderson</div> <div>11:30-12:30 PR * Precision Run® Rene Wiley</div> <div>12:00-12:50 MS * Rounds: Boxing Ronit Koren</div> <div>12:15-1:00 YS * True Barre (Heated) Dane Sorensen</div> <div>3:00-4:00 YS * Vinyasa Yoga Joyce Ivonne</div>	<div>8:15-9:15 PR * Fully Vested Marzena Janasik</div> <div>8:30-9:15 YS * Core6 Delandis McClam</div> <div>8:30-9:15 YS * Athletic Stretch Alexis Harrell</div> <div>9:30-10:15 YS * Pilates Fusion Sara McGowan</div> <div>9:45-10:45 PR * Precision Run® Alexis Harrell</div> <div>10:00-10:50 CS * Beats Ride Anthony Iglesias</div> <div>10:00-10:45 MS * Cardio Dance Dane Sorensen</div> <div>10:45-11:45 YS * Vinyasa Yoga (Heated) Dan Ward</div> <div>11:00-11:50 MS * Stronger Sarah Kusch</div> <div>12:15-1:05 YS * True Barre Sarah Kusch</div> <div>4:00-5:00 YS * Weekend Wind Down Yoga Sarah Girard</div>

# EQUINOX

SANTA MONICA  
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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  
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SIGNATURE CLASSES.  
ACCLAIMED INSTRUCTORS.  
TRANSFORMED BODIES.

STUDIO KEY  
CS Cycling Studio  
MS Main Studio  
YS Yoga Studio  
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®** 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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**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.

**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.

**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.



## 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.



## 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.

**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

**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.

**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.