

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 * Stronger <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 * Power Vinyasa (Heated) <i>Sarah Carr</i>	7:00-8:00 PR * Precision Run® <i>Francesca Pavia</i>	7:00-7:45 CS * Beats Ride <i>Amy Dixon</i>	8:30-9:15 YS * True Barre <i>Savannah Solley</i>	8:45-9:30 MS * <b>The Cut</b> <i>Marzena Janasik</i>
7:45-8:30 MS * Athletic Conditioning <i>Marzena Janasik</i>	9:00-9:45 MS * Core6 <i>Tracy Washburn</i>	7:30-8:20 PR * Fully Vested <i>Alexis Harrell</i>	8:00-8:45 MS * Pilates Fusion <i>Monica Diederich</i>	7:00-7:45 YS * Pilates at the Barre <i>Braxton Brooks</i>	9:30-10:20 MS * Stacked <i>Amy Dixon</i>	9:30-10:15 YS * Pilates Fusion <i>Sara McGowan</i>
8:15-9:00 YS * True Barre <i>Tierney Dale</i>	9:30-10:20 YS * True Barre: Bala Bangle <i>Nicholas Duran</i>	8:00-8:45 MS * Stronger <i>Caitlyn Moyer</i>	8:00-8:45 YS * Pilates Fusion <i>Steven Maresca</i>	8:00-8:50 MS * Body Sculpt <i>Sarah Kusch</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>	10:30-11:45 YS * Vinyasa Yoga (Heated) <i>Steve Jones</i>	8:15-9:00 YS * Pilates Mat <i>Chris Stanley</i>	9:00-9:45 MS * Athletic Conditioning <i>Steven Maresca</i>	8:15-9:00 MS * Barefoot Sculpt <i>Kari McKillip</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>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	9:15-10:05 YS * True Barre: Bala Bangle <i>Caitlyn Moyer</i>	10:30-11:30 YS * Iyengar Yoga <i>Nina Siemaszko</i>	9:15-10:15 YS * Vinyasa Yoga <i>Steve Jones</i>	10:30-11:20 CS * Beats Ride <i>Tracy Washburn</i>	10:45-11:45 YS * Vinyasa Yoga (Heated) <i>Dan Ward</i>
10:30-11:15 YS * Pilates Mat <i>Chris Stanley</i>	4:00-4:45 MS * Athletic Conditioning <i>Marzena Janasik</i>	9:30-10:15 MS * Body Sculpt <i>Pearl Fu</i>	12:15-1:05 MS * Body Sculpt <i>Sarah Kusch</i>	9:30-10:20 MS * Stronger <i>Kari McKillip</i>	10:30-11:20 MS * Stronger <i>Emily Eckstein</i>	11:00-11:50 MS * Stronger <i>Sarah Kusch</i>
12:15-1:05 YS * Pilates Rise <i>Sarah Carr</i>	4:45-5:30 YS * Pilates Fusion <i>Jenna Solkow</i>	10:30-11:30 YS * Power Vinyasa <i>Sydney Burger</i>	12:30-1:30 PR * Precision Run® <i>Ross Neumann</i>	10:30-11:30 YS * Pilates Fusion (Heated) <i>Sarah Kusch</i>	10:45-12:00 YS * Vinyasa Yoga (Heated) <i>Sarah Carr</i>	12:15-1:05 YS * True Barre <i>Sarah Kusch</i>
12:30-1:30 PR * Precision Run® <i>Francesca Pavia</i>	5:00-5:50 MS * Body Sculpt <i>Sarah Kusch</i>	12:15-1:05 YS * Pilates at the Barre <i>Drea Marchesi</i>	4:00-4:50 MS * Stronger <i>Ty Mauro</i>	10:45-11:30 MS * <b>Best Stretch Ever</b> <i>Sara McGowan</i>	11:30-12:30 PR * Fully Vested <i>Rene Wiley</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Sarah Girard</i>
4:00-4:45 MS * Best Stretch Ever <i>Dan Ward</i>	5:00-6:00 PR * Fully Vested <i>Ross Neumann</i>	12:30-1:30 PR * Precision Run® <i>Julie DelaBarre</i>	4:00-5:00 YS * Yoga Tune Up® <i>Aren Wolf</i>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	12:00-12:50 MS * Rounds: Boxing <i>Ronit Koren</i>	
4:00-4:45 YS * True Barre: Bala Bangle <i>Ayanna Contreras</i>	6:00-6:45 CS * Beats Ride <i>Jared Sklar</i>	4:00-4:45 YS * Pilates at the Barre <i>Joyce Ivonne</i>	5:00-5:50 MS * Cardio Sculpt <i>Emma Brown</i>	12:15-1:05 YS * True Barre: Bala Bangle <i>Sarah Carr</i>	12:15-1:00 YS * <b>True Barre: Cardio</b> <i>Dane Sorensen</i>	
5:00-5:45 MS * Athletic Conditioning <i>Ty Mauro</i>	6:00-6:50 MS * Stronger <i>Ian Culbertson</i>	5:00-5:45 MS * Stacked <i>Ty Mauro</i>	5:00-5:50 PR * Fully Vested <i>Ian Culbertson</i>	12:30-1:30 PR * Precision Run® <i>Rene Wiley</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Laila Arzouni</i>	
5:30-6:30 PR * Precision Run® <i>Skip Jennings</i>	6:00-7:00 YS * Gentle Yoga <i>Heather D.</i>	5:30-6:30 PR * Precision Run® <i>Jared Sklar</i>	5:30-6:15 YS * Pilates Mat <i>Joyce Ivonne</i>	4:00-5:00 YS * Fully Vested <i>Rene Wiley</i>	5:00-6:00 PR * Fully Vested <i>Rene Wiley</i>	
5:30-6:45 YS * Power Vinyasa <i>Dan Ward</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	5:45-6:45 YS * Vinyasa Yoga (Heated) <i>Lindsey Valdez</i>	6:15-7:15 PR * Precision Run + Strength <i>Ian Culbertson</i>	5:15-6:05 YS * Pilates Rise <i>Sarah Carr</i>	6:30-7:30 MS * Studio Dance: Hip Hop <i>Nkechi Okonkwo</i>	
6:00-6:45 MS * Core6 <i>Drea Marchesi</i>	7:15-8:00 YS * Sound Meditation <i>Nathan Norrington</i>	6:00-6:45 MS * Best Butt Ever <i>Kim Waldauer</i>	7:00-8:00 YS * Sculpted Yoga™ (Heated) <i>Laila Arzouni</i>			
6:15-7:15 CL * Precision Run Club (Outdoor) <i>Ross Neumann Jared Sklar</i>		7:00-7:50 YS * Pilates Fusion (Heated) <i>Savannah Solley</i>	7:30-8:20 MS * Rounds: Boxing <i>Juanito Alvarez</i>			
7:00-8:00 YS * Yin Yoga Meditation <i>Sarah Girard</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

**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 with outdoor run adventures that incorporates running to famous landmarks (approximately 3 miles) + outdoor conditioning. 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.

**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.

**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.

**Studio Dance: GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

**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

**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.