

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 Athletic Conditioning MS * Jill Austin	6:00-6:45 Beats Ride CS * Ronit Koren	6:15-7:05 MetCon3 MS * Monique Bell	6:00-6:45 Beats Ride MS * <b>Jared Sklar</b>	6:15-7:05 Stronger MS * <b>Monique Bell</b>	8:15-9:00 Pilates Fusion YS * <b>Jonathan Jedrzejewski</b>	9:00-9:50 <b>MetCon3</b> MS * <b>Tanja Djelic</b>
6:30-7:20 Precision Run® TR * Ian Culbertson	6:15-7:00 Cardio Sculpt MS * <b>Nicholas Duran</b>	6:30-7:20 Pilates Fusion (Heated) YS * <b>Kat Colla</b>	6:15-7:00 Body Sculpt MS * <b>Branden Roth</b>	6:30-7:20 Precision Walk: Elevate TR * <b>Sara McGowan</b>	8:30-9:15 <b>Athletic Conditioning</b> <b>Drea Marchesi</b>	9:00-9:45 True Barre: Off the Barre YS * <b>Amanda Beasley</b>
7:30-8:20 <b>Pilates Rise</b> YS * <b>Drea Marchesi</b>	6:30-7:20 Precision Run® TR * Jenia Koroleva	7:30-8:15 <b>True Barre: Bala Bangle</b> <b>Kristina DelGrosso</b>	6:30-7:20 Precision Run® TR * Jenia Koroleva	7:30-8:20 <b>Pilates Mat</b> <b>Jonathan Jedrzejewski</b>	9:15-10:05 <b>Beats Ride</b> CS * <b>Cosmo Bertolini</b>	10:00-10:50 Precision Run® TR * <b>Saori Soga</b>
8:30-9:20 True Barre: Bala Bangle YS * <b>Kirstyn Lazur</b>	7:15-8:15 Power Vinyasa YS * Dylan Drew	8:45-9:30 <b>Best Butt Ever</b> <b>Cosmo Bertolini</b>	7:15-8:15 Vinyasa Yoga (Heated) YS * <b>Dylan Drew</b>	8:30-9:20 True Barre: Bala Bangle YS * <b>Dane Sorensen</b>	9:30-10:15 <b>Barefoot Sculpt</b> YS * <b>Ayanna Contreras</b>	10:00-11:15 Hatha Yoga Clio Manuelian
9:30-10:15 Pilates Fusion YS * <b>Pearl Fu</b>	8:30-9:20 <b>Pilates Mat</b> <b>Lindsey Hutterer</b>	9:30-9:45 <b>Best Abs Ever</b> <b>Cosmo Bertolini</b>	8:30-9:20 Pilates Rise (Heated) YS * <b>Drea Marchesi</b>	8:45-9:35 <b>Athletic Conditioning</b> <b>Chris Schram</b>	10:15-11:05 <b>Precision Run®</b> MS * <b>Ross Neumann</b>	10:15-11:05 Athletic Conditioning Ali Farahanny
10:15-11:00 Cardio Sculpt MS * <b>Nicholas Duran</b>	9:45-10:30 <b>Body Sculpt</b> <b>Jessica Halford</b>	9:45-10:30 <b>Cardio Sculpt</b> <b>Lindsey Hutterer</b>	9:45-10:30 Pilates Fusion MS * <b>Cynthia San Luis</b>	9:30-10:20 Pilates Mat TR * <b>Chris Stanley</b>	10:30-11:20 <b>True Barre: Cardio</b> MS * <b>Andre Aultmon</b>	10:30-11:20 Beats Ride CS * <b>G.G. Aizcorbe</b>
12:00-1:00 Vinyasa Yoga YS * <b>Austin Hollingshead</b>	10:45-11:35 <b>True Barre: Bala Bangle</b> <b>Jessica Halford</b>	10:15-11:00 Stronger MS * <b>Chris Schram</b>	10:30-11:15 <b>True Barre: Off the Barre</b> <b>Nicholas Duran</b>	10:15-11:05 <b>Rhythmic Sculpt</b> <b>Lindsey Hutterer</b>	10:30-11:20 Vinyasa Yoga YS * <b>Jad Kassouf</b>	11:30-12:15 Rounds: Boxing MS * <b>Ronit Koren</b>
12:30-1:00 Best Butt Ever MS * <b>Jessica Halford</b>	12:00-12:50 Pilates Fusion YS * <b>Pearl Fu</b>	12:00-1:00 Vinyasa Yoga YS * <b>Austin Hollingshead</b>	12:00-12:50 Pilates Rise YS * <b>Cynthia San Luis</b>	12:00-1:00 Vinyasa Yoga YS * <b>Pia Kamonsit</b>	11:30-12:30 Best Stretch Ever YS * <b>Jad Kassouf</b>	11:30-12:30 Restorative Yoga Saori Soga
1:00-1:15 Upper Body Pump MS * <b>Jessica Halford</b>	1:00-2:00 Power Vinyasa YS * <b>Brent Laffoon</b>	12:30-1:20 Core6 MS * <b>Titus-R'icard Baldwin</b>	1:00-2:00 Hatha Yoga YS * <b>Clio Manuelian</b>	12:30-1:20 Athletic Conditioning MS * <b>Aaron Bryant</b>	12:15-1:00 Pilates Fusion YS * <b>Regina Santos</b>	1:00-1:50 Pilates Mat <b>Jonathan Jedrzejewski</b>
1:15-1:30 Best Abs Ever MS * <b>Jessica Halford</b>	4:00-4:50 Pilates Fusion YS * <b>Pia Kamonsit</b>	4:00-4:50 Pilates Mat YS * <b>Ayanna Contreras</b>	4:00-4:50 Pilates Fusion YS * <b>Regina Santos</b>	1:30-2:20 Pilates Fusion YS * <b>Pia Kamonsit</b>	1:15-2:30 Vinyasa Yoga YS * <b>Heather D.</b>	4:00-5:00 Slow Flow Yoga YS * <b>Rachel Kennedy</b>
4:00-4:50 Pilates Fusion YS * <b>Nora Harris</b>	5:00-6:00 Sculpted Yoga™ YS * <b>Jad Kassouf</b>	5:00-5:30 <b>Best Butt Ever</b> <b>Team Equinox</b>	5:00-5:45 <b>True Barre: Bala Bangle</b> <b>Kristina DelGrosso</b>	4:00-4:50 Vinyasa Yoga (Heated) Shannon Branham	2:45-3:30 Sound Meditation YS * <b>Pua Hall</b>	
5:00-5:45 Studio Dance: GROOV3	5:15-6:05 <b>Stacked</b> <b>Jessica Halford</b>	5:30-6:00 <b>Best Abs Ever</b> <b>Team Equinox</b>	5:15-6:05 <b>Stronger</b> <b>Titus-R'icard Baldwin</b>	5:00-5:45 MetCon3 MS * <b>Juanito Alvarez</b>		
MS * <b>Ben Ayers</b>	5:30-6:15 Beats Ride CS * <b>Emily Eckstein</b>	5:45-6:45 Vinyasa Yoga YS * <b>Rachel Kennedy</b>	5:30-6:15 <b>THEME RIDE:</b> CS * <b>Christina Davis</b>	6:00-6:50 Pilates Fusion (Heated) Shannon Branham		
5:15-6:15 Vinyasa Yoga YS * <b>Dylan Drew</b>	5:30-6:15 Beats Ride CS * <b>Emily Eckstein</b>	6:00-6:45 Anthem Ride YS * <b>Kyra Manayan</b>	6:00-7:00 Vinyasa Yoga YS * <b>Kat Colla</b>			
6:00-6:50 Beats Ride CS * <b>Karen Schneider</b>	6:15-7:05 Precision Run® TR * <b>Sam Hassas</b>	6:15-7:00 Rounds: Boxing MS * <b>Martin Dorsla</b>	6:15-7:05 Precision Run® TR * <b>Ross Neumann</b>			
6:15-7:00 Athletic Conditioning MS * <b>Myles Rodney</b>	6:15-7:00 True Barre: Off the Barre YS * <b>Denise Antoine</b>	6:15-7:00 Athlete Conditioning MS * <b>Myles Rodney</b>	6:15-7:05 MetCon3 MS * <b>Sam Hassas</b>			
6:30-7:30 Vinyasa Yoga YS * <b>Buddy Macuha</b>	6:30-7:15 Core6 MS * <b>Emily Eckstein</b>	7:15-8:00 True Barre: Bala Bangle YS * <b>Denise Antoine</b>	6:30-7:15 Pilates Mat YS * <b>Chris Stanley</b>			
7:15-8:00 Rounds: Boxing MS * <b>Juanito Alvarez</b>	7:15-8:00 Pilates Fusion YS * <b>Meri Bobber</b>	7:45-8:30 <b>True Barre: Bala Bangle</b> <b>Denise Antoine</b>				
7:45-8:30 Sonic Meditation YS * <b>Buddy Macuha</b>						

# EQUINOX

## WESTWOOD

10960 Wilshire Blvd.

LOS ANGELES CA 90024

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

lindsey.hutterer@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

**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.

## ❖ 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.

**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.

## ❖ 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.

**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: 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.

**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

**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!

## ❖ 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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.