

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 MS * Athletic Conditioning <i>Jill Austin</i>	6:15-7:00 MS * Cardio Sculpt <i>Nicholas Duran</i>	6:15-7:05 MS * MetCon3 <i>Orlando Deral</i>	6:15-7:00 MS * Core6 <i>Branden Roth</i>	6:15-7:05 MS * Stronger <i>Piper Natoli</i>	8:15-9:00 YS * Pilates Mat <i>Chris Stanley</i>	9:00-9:50 MS * MetCon3 <i>Tanja Djelevic</i>
6:30-7:20 TR * Precision Run® <i>Ian Culbertson</i>	6:30-7:20 TR * Precision Run® <i>Jenia Koroleva</i>	6:30-7:20 YS * Pilates Fusion <i>Kat Colla</i>	6:30-7:20 TR * Precision Run® <i>Jenia Koroleva</i>	6:30-7:20 Precision Run + Strength <i>Orlando Deral</i>	8:30-9:15 MS * Athletic Conditioning <i>Drea Marchesi</i>	9:00-9:45 YS * Barefoot Sculpt <i>Rachel King</i>
7:30-8:20 YS * Pilates Fusion <i>Drea Marchesi</i>	7:15-8:15 YS * Power Vinyasa <i>Dylan Drew</i>	6:45-7:30 CS * Beats Ride <i>Ronit Koren</i>	7:15-8:15 YS * Power Vinyasa <i>Dylan Drew</i>	TR * Pilates Mat <i>Jonathan Jedrzejewski</i>	9:30-10:20 MS * Stronger <i>Andre Aultmon</i>	10:00-10:50 TR * Precision Walk: Elevate <i>Saori Soga</i>
8:30-9:20 YS * True Barre: Bala Bangle <i>Kirstyn Lazur</i>	8:30-9:20 YS * Pilates Mat <i>Lindsey Hutterer</i>	7:30-8:15 YS * True Barre: Bala Bangle <i>Amy Bishop</i>	8:30-9:20 YS * Pilates Rise <i>Drea Marchesi</i>	7:30-8:20 YS * Pilates Mat <i>Jonathan Jedrzejewski</i>	9:30-10:15 YS * Barefoot Sculpt <i>Ayanna Contreras</i>	10:00-11:15 YS * Hatha Yoga <i>Clio Manuelian</i>
9:30-10:15 YS * Pilates Fusion <i>Pearl Fu</i>	9:45-10:30 MS * Body Sculpt <i>Jessica Halford</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Cosmo Bertollini</i>	9:45-10:30 MS * Cardio Sculpt <i>Lindsey Hutterer</i>	8:30-9:20 YS * True Barre: Bala Bangle <i>Dane Sorensen</i>	9:45-10:35 TR * Precision Run® <i>Ross Neumann</i>	10:15-11:05 MS * Athletic Conditioning <i>Ali Farahani</i>
10:15-11:00 MS * Cardio Sculpt <i>Nicholas Duran</i>	10:45-11:35 YS * True Barre: Bala Bangle <i>Jessica Halford</i>	9:30-10:20 YS * Pilates Fusion <i>Cynthia San Luis</i>	10:30-11:15 YS * True Barre: Off the Barre <i>Nicholas Duran</i>	8:45-9:35 TR * Precision Walk: Elevate <i>Lindsey Hutterer</i>	10:30-11:20 MS * True Barre: Cardio <i>Andre Aultmon</i>	10:30-11:20 CS * Beats Ride <i>G.G. Aizcorbe</i>
12:00-1:00 MS * Vinyasa Yoga <i>Austin Hollingshead</i>	12:00-12:50 MS * Stronger <i>Andre Aultmon</i>	10:15-11:00 MS * Stronger <i>Branden Roth</i>	12:00-12:50 MS * Rhythmic Sculpt <i>Cynthia San Luis</i>	10:15-11:00 MS * Leg Day <i>Chris Schram</i>	10:30-11:20 YS * Vinyasa Yoga <i>Jad Kassouf</i>	11:30-12:15 MS * Rounds: Boxing <i>Ronit Koren</i>
12:30-1:00 MS * Best Butt Ever <i>Jessica Halford</i>	1:00-2:00 YS * Power Vinyasa <i>Brent Laffoon</i>	12:00-1:00 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	1:00-2:00 YS * Hatha Yoga <i>Clio Manuelian</i>	12:00-12:45 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	10:45-11:30 CS * Beats Ride <i>Cosmo Bertollini</i>	11:30-12:30 YS * Restorative Yoga <i>Saori Soga</i>
1:00-1:15 MS * Upper Body Pump <i>Jessica Halford</i>	4:00-4:50 YS * Pilates Fusion <i>Pia Kamonsit</i>	12:30-1:15 MS * Leg Day <i>Katie Brummer</i>	1:00-2:00 YS * Hatha Yoga <i>Clio Manuelian</i>	1:30-2:20 YS * Pilates Fusion <i>Pia Kamonsit</i>	11:30-12:15 MS * Best Stretch Ever <i>Jad Kassouf</i>	1:00-1:50 YS * Pilates Mat <i>Jonathan Jedrzejewski</i>
1:15-1:30 MS * Best Abs Ever <i>Jessica Halford</i>	5:00-6:00 YS * Sculpted Yoga™ <i>Jad Kassouf</i>	4:00-4:50 YS * Pilates Mat <i>Ayanna Contreras</i>	4:00-4:50 YS * Pilates Fusion <i>Regina Santos</i>	4:00-5:00 YS * Yin Yoga <i>Lizbeth Vazquez</i>	12:15-1:00 YS * Pilates Fusion <i>Regina Santos</i>	4:00-5:00 YS * Slow Flow Yoga <i>Rachel Kennedy</i>
4:00-4:50 YS * Pilates Fusion <i>Nora Harris</i>	5:15-6:00 MS * Body Sculpt <i>Denise Antoine</i>	5:00-5:50 MS * Circuit Training <i>Piper Natoli</i>	5:00-6:00 YS * Vinyasa Yoga <i>Shayla Hess</i>	5:15-6:00 MS * Athletic Conditioning <i>Juanito Alvarez</i>	1:15-2:30 YS * Vinyasa Yoga <i>Heather D.</i>	
5:00-5:50 MS * Stronger <i>Lindsey Hutterer</i>	5:30-6:15 CS * Beats Ride <i>Dana Brawer</i>	5:45-6:45 YS * Vinyasa Yoga <i>Rachel Kennedy</i>	5:15-6:00 MS * Leg Day <i>Cynthia San Luis</i>	6:00-6:15 MS * Best Abs Ever <i>Juanito Alvarez</i>	2:45-3:30 YS * Sound Meditation <i>Pua Hall</i>	
5:15-6:15 YS * Power Vinyasa <i>Dylan Drew</i>	6:15-7:00 YS * True Barre: Off the Barre <i>Denise Antoine</i>	6:15-7:00 MS * Rounds: Boxing <i>David Guisao</i>	5:30-6:15 CS * THEME RIDE: <i>Christina Davis</i>	6:00-6:50 MS * Best Abs Ever <i>Juanito Alvarez</i>		
6:00-6:50 CS * Beats Ride <i>Karen Schneider</i>	6:30-7:15 MS * Best Stretch Ever <i>Blake Sunshine</i>	6:15-7:05 TR * Precision Run® <i>Ross Neumann</i>	6:15-7:05 TR * Precision Run® <i>Ross Neumann</i>	6:00-6:50 YS * Pilates Fusion <i>Regina Santos</i>		
6:15-7:00 MS * Athletic Conditioning <i>Myles Rodney</i>	7:15-8:00 YS * Pilates Fusion <i>Meri Bobber</i>	7:15-8:00 MS * Athletic Conditioning <i>Myles Rodney</i>	6:15-7:00 TR * True Barre: Off the Barre <i>Cynthia San Luis</i>			
6:30-7:30 YS * Slow Flow Yoga <i>Buddy Macuha</i>	7:15-8:00 YS * Pilates Fusion <i>Meri Bobber</i>	7:45-8:30 YS * True Barre: Bala Bangle <i>Kirstyn Lazur</i>	6:30-7:15 MS * MetCon3 <i>Monique Bell</i>			
7:15-8:00 MS * Rounds: Boxing <i>Juanito Alvarez</i>			7:15-8:00 YS * Pilates Mat <i>Chris Stanley</i>			
7:45-8:30 YS * Sonic Meditation <i>Buddy Macuha</i>						

# 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**

**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 + 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.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## **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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

## **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.

## **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, light-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.

**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.

**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.