

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 CS * <b>Beats Ride</b> <b>Stephanie Walsh</b>	6:30-7:15 MS * True Barre: Bala Bangle <i>Kristina DelGrosso</i>	6:30-7:15 CS * <b>Beats Ride</b> <b>Stephanie Walsh</b>	6:30-7:15 MS * Athletic Conditioning <i>Rufus Dorsey</i>	6:30-7:20 MS * Pilates Fusion <i>Jill Brown</i>	8:00-8:45 MS * Body Sculpt <i>Jill Brown</i>	8:00-8:45 MS * <b>True Barre: Cardio</b> <b>Kristina DelGrosso</b>
6:30-7:20 MS * Stronger <i>Aidan Dayani</i>	7:30-8:20 CS * Beats Ride <i>Wil Ashley</i>	6:30-7:15 MS * MetCon3 <i>Ellie Diez</i>	7:30-8:20 CS * Beats Ride <i>Jill Brown</i>	7:00-8:00 YS * Vinyasa Yoga <i>Rachel Ross</i>	9:00-9:45 MS * <b>Cardio Sculpt</b> <b>Be Solomon</b>	8:30-9:30 YS * Vinyasa Yoga <i>Jad Kassouf</i>
7:00-8:00 YS * Vinyasa Yoga <i>Rachel Ross</i>	8:30-9:15 MS * Best Butt Ever <i>Be Solomon</i>	7:00-8:00 YS * Vinyasa Yoga <i>Rachel Ross</i>	8:30-9:15 MS * Cardio Sculpt <i>Be Solomon</i>	8:30-9:20 CS * Beats Ride <i>George Wyhinny</i>	9:30-10:20 CS * Beats Ride <i>Marisa Stahl</i>	9:15-10:00 MS * Rounds: Kickboxing <i>Steven Dell</i>
8:30-9:15 MS * Rhythmic Sculpt <i>Joseph Corella</i>	9:15-10:15 YS * Iyengar Yoga <i>Nina Siemaszko</i>	8:30-9:15 MS * Stronger <b>Derek Ringold</b>	9:15-10:00 YS * Pilates Mat <b>Cynthia San Luis</b>	8:30-9:15 MS * Stacked <i>Cody Stoute</i>	10:00-10:45 MS * MetCon3 <b>Joseph Corella</b>	9:30-10:20 CS * Beats Ride <i>Stephanie Walsh</i>
8:45-9:30 TR * Precision Walk: Elevate <i>Jill Brown</i>	9:30-10:15 MS * Body Sculpt <i>Jill Brown</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Jill Brown</i>	9:30-10:20 MS * Lower Body Blast <b>Austin Williams</b>	8:45-9:30 TR * Precision Walk: Elevate <i>Amy Robertson</i>	10:30-11:30 YS * Sculpted Yoga™ <b>Nina Siemaszko</b>	10:30-11:30 YS * Iyengar Yoga <i>Nina Siemaszko</i>
9:30-10:20 MS * Barefoot Sculpt <i>Joseph Corella</i>	10:45-11:30 MS * <b>Pilates at the Barre</b> <b>Maddy Dietrich</b>	9:00-10:00 YS * Vinyasa Yoga <i>Jad Kassouf</i>	10:45-11:30 MS * <b>Pilates at the Barre</b> <b>Joseph Corella</b>	9:15-10:00 YS * Pilates Fusion <i>Regina Santos</i>	11:15-12:00 MS * Pilates Fusion <i>Maya Fiorella</i>	10:45-11:30 MS * Athletic Conditioning <i>Titus-R'icard Baldwin</i>
11:00-11:45 MS * Cardio Sculpt <i>Aaron Bryant</i>	11:45-12:30 YS * Best Stretch Ever <i>Amber Adams</i>	9:30-10:15 MS * Core6 <i>Monique Bell</i>	12:00-12:45 MS * Pilates Fusion <i>Pia Kamonsit</i>	9:30-10:15 MS * True Barre: Off the Barre <i>Amanda Beasley</i>	12:00-1:00 YS * Vinyasa Yoga <b>Poopack Bral</b>	11:45-12:30 MS * Pilates Rise <i>Cynthia San Luis</i>
12:00-12:50 MS * Pilates Fusion <i>Be Solomon</i>	12:00-12:45 MS * MetCon3 <i>Austin Williams</i>	10:45-11:30 MS * True Barre: Bala Bangle <i>Jessica Halford</i>	1:00-2:00 YS * Gentle Yoga <i>Poopack Bral</i>	10:15-10:30 MS * Best Abs Ever <i>Amanda Beasley</i>	12:15-1:00 MS * Cardio Dance: 567BROADWAY! <i>Joseph Corella</i>	12:45-1:30 MS * True Barre: Bala Bangle <i>Kirstyn Lazur</i>
1:00-2:00 YS * Iyengar Yoga <b>Jennifer Edwards</b>	1:00-2:00 YS * Restorative Yoga <i>Poopack Bral</i>	12:00-12:45 MS * Body Sculpt <i>Luis Cervantes</i>	4:00-4:45 MS * True Barre: Off the Barre <i>Amber Adams</i>	10:30-11:30 YS * Restorative Yoga <i>Poopack Bral</i>	1:15-2:00 MS * Pilates at the Barre <i>Kirstyn Lazur</i>	1:15-2:15 YS * Restorative Yoga <i>Saori Soga</i>
4:00-4:45 MS * True Barre: Off the Barre <i>Pia Kamonsit</i>	4:00-4:50 MS * Pilates Mat <i>Cynthia San Luis</i>	12:00-12:45 YS * Pilates Rise <i>Cynthia San Luis</i>	5:00-5:45 MS * Stronger <i>Joseph Corella</i>	11:00-11:45 MS * Cardio Dance <i>Luis Cervantes</i>	2:00-3:00 YS * Weekend Wind Down Yoga <i>Aren Wolf</i>	2:30-3:15 YS * Sonic Meditation <i>Saori Soga</i>
5:00-5:45 MS * MetCon Monday <i>Abraham Hernandez</i>	5:00-5:45 MS * Rhythmic Sculpt <i>Joseph Corella</i>	4:00-4:45 MS * Pilates at the Barre <i>Andre Aultmon</i>	5:30-6:15 TR * Precision Walk: Elevate <b>Monique Bell</b>	12:00-12:50 MS * Stronger <i>Luis Cervantes</i>	4:00-4:45 MS * Feel Good Friday: Cardio Dance <i>Nicole Steen</i>	
5:45-6:45 YS * Vinyasa Yoga <i>Rachel Kennedy</i>	5:30-6:15 TR * Precision Walk: Elevate <b>Cynthia San Luis</b>	5:00-5:45 MS * Body Sculpt <i>Andre Aultmon</i>	5:45-6:45 YS * Sculpted Yoga™ <i>Jad Kassouf</i>	4:00-4:45 MS * Cardio Dance <i>Nicole Steen</i>		
6:00-6:50 MS * Cardio Dance: Zumba® <i>Abraham Hernandez</i>	6:00-6:45 MS * <b>Pilates at the Barre</b> <b>Joseph Corella</b>	5:45-6:45 YS * Vinyasa Yoga <i>Jad Kassouf</i>	6:00-6:45 MS * Rounds: Boxing <i>Juanito Alvarez</i>	5:00-5:45 MS * Best Butt Ever <i>Nicole Steen</i>		
7:00-7:45 MS * Core6 <i>Aaron Bryant</i>	6:30-7:30 YS * Yin Yoga <i>Jad Kassouf</i>	6:00-6:45 MS * Rounds: Boxing <b>Steven Dell</b>	7:15-8:00 YS * Sound Meditation <i>Pete Lee</i>	6:00-7:00 YS * Slow Flow Yoga <b>Gina Brown</b>		
7:15-8:15 YS * Restorative Yoga <i>Scott Nelson</i>	7:00-7:45 MS * Stacked <b>Cody Stoute</b>	6:15-7:00 CS * Beats Ride <i>Wil Ashley</i>				
	7:35-8:20 YS * Headstrong Reset Meditation <i>Jad Kassouf</i>	7:15-8:00 MS * Cardio Dance <i>Christina Moffitino</i>				

# EQUINOX

## BEVERLY HILLS

9601 Wilshire Boulevard

BEVERLY HILLS CA 90210

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

joseph.corella@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 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**

**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.

**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.

**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.

## **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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**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.

**Cardio Dance: 567BROADWAY!** Step into the spotlight with Joseph Corella's high-energy cardio dance workout inspired by Broadway and Hollywood. With follow-along choreography, theater flair, and heart-pumping cardio, this full-body experience feels more like a performance than a workout.

**Cardio Dance: Zumba®** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Feel Good Friday: Cardio Dance** Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

## **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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. 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.

**Headstrong Reset Meditation** An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.

**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.