

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |
|---|---|---|--|--|--|---|
| 8:30-9:15<br>MS *<br>Stronger<br>Brandon Mayweather                 | 7:30-8:15<br>CS *<br>Beats Ride<br>Stephanie Walsh              | 7:30-8:15<br>YS *<br>Pilates Mat<br>Carrie Samper                     | 8:30-9:15<br>MS *<br>Athletic Conditioning<br>Scott Haddock    | 8:30-9:15<br>MS *<br>Stacked<br>Jason Brown                      | 8:30-9:15<br>MS *<br>Core6<br>Dana Perri                                       | 9:00-10:00<br>YS *<br>Vinyasa Yoga (Heated)<br>Sadie Black    |
| 8:45-9:45<br>YS *<br>Slow Flow Yoga (Heated)<br>Margaret Buckley    | 8:30-9:15<br>MS *<br>Core6<br>Braxton Brooks                    | 8:30-9:15<br>MS *<br>Best Butt Ever<br>Sheila Lee                     | 9:00-9:50<br>YS *<br>Pilates Mat<br>Karen Pascual              | 8:45-9:45<br>YS *<br>Slow Flow Yoga (Heated)<br>Margaret Buckley | 8:45-9:45<br>YS *<br>Yin Yoga (Heated)<br>Shannon Branham                      | 9:30-10:15<br>MS *<br>Whipped!<br>Jason Brown                 |
| 9:00-9:45<br>CS *<br>Beats Ride<br>Paris Perrault                   | 9:00-9:50<br>YS *<br>Pilates Mat<br>Poirsha Woolfork            | 8:45-9:45<br>YS *<br>Slow Flow Yoga (Heated)<br>Zen Glenn Crocker     | 9:30-10:15<br>MS *<br>Studio Dance: Contemporary<br>Odell      | 9:00-9:45<br>CS *<br>Beats Ride<br>Lynsey Harris                 | 9:00-9:50<br>CS *<br>Beats Ride<br>Mikel Weiss                                 | 10:30-11:30<br>YS *<br>Weekend Wind Down Yoga<br>Masha Saprón |
| 9:30-10:15<br>MS *<br>Stacked<br>Larisa Lotz                        | 9:30-10:15<br>MS *<br>Studio Dance: GROOV3<br>Ben Ayers         | 9:00-9:45<br>CS *<br>Precision Ride<br>Trudy Stevens                  | 10:30-11:15<br>MS *<br>Core6<br>Blake Sunshine                 | 9:30-10:15<br>MS *<br>Stronger<br>Brandon Mayweather             | 9:30-10:15<br>MS *<br>Limited Series: Stronger Women<br>Blake Sunshine         | 10:45-11:30<br>CS *<br>Beats Ride<br>Dan Rappa                |
| 10:30-11:15<br>MS *<br>MetCon Monday<br>Paris Perrault              | 10:30-11:15<br>MS *<br>Stacked<br>Blake Sunshine                | 9:30-10:15<br>MS *<br>Body Sculpt<br>Blake Sunshine                   | 12:15-1:00<br>MS *<br>Ropes and Rowers<br>Paris Perrault       | 10:30-11:15<br>MS *<br>MetCon3<br>Paris Perrault                 | 10:00-10:45<br>YS *<br>True Barre: Off the Barre (Heated)<br>Natalie Schervish | 11:00-11:45<br>MS *<br>Stronger<br>Jason Brown                |
| 12:00-12:45<br>MS *<br>Limited Series: Stronger Women<br>Elle Young | 12:15-12:45<br>MS *<br>Upper Body Pump<br>Trudy Stevens         | 12:00-12:45<br>MS *<br>Best Butt Ever<br>Natalie Yco                  | 1:30-2:15<br>CS *<br>Beats Ride<br>Paris Perrault              | 12:00-12:30<br>MS *<br>Best Butt Ever<br>Natalie Yco             | 10:30-11:15<br>MS *<br>Best Butt Ever<br>Linda Fluis                           | 12:30-1:20<br>YS *<br>Pilates Rise<br>Larisa Lotz             |
| 12:15-1:15<br>YS *<br>Vinyasa Yoga<br>Micki Duran                   | 12:45-1:15<br>MS *<br>Best Abs Ever<br>Trudy Stevens            | 12:15-1:00<br>YS *<br>True Barre: Off the Barre<br>Maya Gorodetsky    | 4:30-5:15<br>YS *<br>True Barre: Off the Barre<br>Cici Pringle | 12:15-1:15<br>YS *<br>Vinyasa Yoga (Heated)<br>Shielu Bharwani   | 11:00-12:00<br>YS *<br>Power Vinyasa<br>Shielu Bharwani                        | 4:00-5:00<br>YS *<br>Sound Meditation<br>Tierney Dale         |
| 4:30-5:20<br>YS *<br>Pilates Fusion (Heated)<br>Maya Gorodetsky     | 1:30-2:15<br>YS *<br>Pilates Rise<br>Shannon Branham            | 1:30-2:15<br>MS *<br>Stacked<br>Paris Perrault                        | 5:00-5:30<br>MS *<br>Best Abs Ever<br>Natalie Yco              | 12:30-1:00<br>MS *<br>Upper Body Pump<br>Natalie Yco             | 12:00-12:45<br>MS *<br>Rounds: Boxing<br>Rufus Dorsey                          |   |
| 5:15-6:00<br>MS *<br>Stronger<br>Chris Schram                       | 5:30-6:15<br>MS *<br>Core6<br>Aaron Bryant                      | 4:30-5:15<br>YS *<br>Barefoot Sculpt (Heated)<br>Ash Moss             | 5:00-5:30<br>MS *<br>Upper Body Pump<br>Natalie Yco            | 5:00-5:45<br>CS *<br>Beats Ride<br>Skyler Burke                  | 12:15-1:00<br>YS *<br>Pilates Mat<br>Chris Stanley                             |   |
| 5:45-6:45<br>YS *<br>Power Vinyasa (Heated)<br>Jaclyn Winters       | 6:00-7:00<br>YS *<br>Restorative Yoga<br>Masha Saprón           | 5:00-5:45<br>CS *<br>Beats Ride<br>Stephanie Walsh                    | 6:00-6:45<br>MS *<br>Best Butt Ever<br>Natalie Yco             | 5:30-6:20<br>MS *<br>360 Strength<br>Chris Schram                |  |   |
| 6:15-7:00<br>MS *<br>MetCon3<br>Chris Schram                        | 6:30-7:15<br>MS *<br>Rounds: Bags and Mitts<br>Aaron Bryant     | 5:30-6:15<br>YS *<br>Pilates Mat<br>Chris Stanley                     | 6:15-7:15<br>YS *<br>Sculpted Yoga™ (Heated)<br>Tanja Johnston | 6:15-7:00<br>YS *<br>Sound Meditation<br>Skyler Burke            |  |   |
|   | 7:30-8:30<br>MS *<br>Studio Dance: Jazz Groove<br>Nico O'Connor | 6:45-7:45<br>YS *<br>Yin Yoga + Sound Meditation<br>Zen Glenn Crocker | 7:30-8:15<br>YS *<br>Pilates Fusion<br>Tanja Johnston          |  |  |   |
|   | 7:30-8:15<br>YS *<br>Pilates Fusion<br>Poirsha Woolfork         |   |  |  |  |   |

# EQUINOX

## ENCINO

16830 Ventura Boulevard

ENCINO CA 91436

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

**Kids**

**MON-SUN** 08:00 AM 12:00 PM

**GROUP FITNESS MANAGER**

sheila.lee@equinox.com

**SIGNATURE CLASSES.**

**ACCLAIMED INSTRUCTORS.**

**TRANSFORMED BODIES.**

**STUDIO KEY**

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



## Yoga

**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.

**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 + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



## 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.

**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.

**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.

**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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.



## Barre

**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: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

**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: Jazz Groove** Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.



## Boxing

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**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

**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.



## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.