

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:15-7:05 TR *	Precision Run® <i>Leah Davis</i>	6:15-7:00 CS *	Beats Ride <i>Branden Roth</i>	6:15-7:05 TR *	Precision Run® <i>Leah Davis</i>	6:15-7:00 CS *	Precision Ride <i>Stephanie Czajkowski</i>	6:15-7:05 TR *	Precision Run® <i>Leah Davis</i>	8:45-9:30 YS *	True Barre: Cardio <i>Katie Garcia</i>
7:15-8:00 YS *	Barefoot Sculpt <i>Stephanie Czajkowski</i>	7:15-8:00 YS *	True Barre: Off the Barre <i>Katie Garcia</i>	7:15-8:00 CS *	Beats Ride <i>Rashan Hunter</i>	7:15-8:00 YS *	Pilates Mat <i>Steven Haahr</i>	7:15-8:00 YS *	Pilates Fusion <i>Ayanna Contreras</i>	9:30-10:20 TR *	Precision Run® <i>Leah Davis</i>
11:00-11:50 YS *	Vinyasa Yoga <i>Mandee Miller</i>	7:30-8:15 MS *	Stronger <i>Branden Roth</i>	8:15-9:00 MS *	<b>Leg Day</b> <i>Rashan Hunter</i>	7:30-8:15 MS *	MetCon3 <i>Stephanie Czajkowski</i>	11:00-11:45 YS *	Gentle Yoga <i>Kala MacDonald</i>	10:30-11:15 MS *	Circuit Training <i>Leah Davis</i>
12:00-12:45 CS *	Anthem Ride <i>Rashan Hunter</i>	9:00-9:50 YS *	Sculpted Yoga™ <i>Mandee Miller</i>	11:00-11:45 YS *	Pilates Fusion <i>Ayanna Contreras</i>	9:00-9:45 YS *	Power Vinyasa <i>Gabriella Rubin</i>	12:00-12:45 CS *	Beats Ride <i>Eric Orner</i>	11:00-11:50 YS *	Pilates Rise <i>Nora Harris</i>
1:00-1:45 MS *	MetCon Monday <i>Eric Orner</i>	12:00-12:45 YS *	Pilates Mat <i>Ayanna Contreras</i>	12:00-12:45 MS *	Rounds: Boxing <i>U. B. Sanchez</i>	12:00-12:50 YS *	Vinyasa Yoga <i>Mandee Miller</i>	12:15-1:00 YS *	Vinyasa Yoga <i>Devan Medrano</i>	11:30-12:15 CS *	Beats Ride <i>Nicholas Duran</i>
5:00-5:45 CS *	Beats Ride <i>Eric Orner</i>	1:00-1:45 MS *	Best Butt Ever <i>Eric Orner</i>	12:15-1:00 YS *	True Barre: Off the Barre <i>Devan Medrano</i>	1:00-1:45 MS *	Core6 <i>Rashan Hunter</i>	1:00-1:45 MS *	Best Butt Ever <i>Mandee Miller</i>	12:00-12:50 MS *	360 Strength <i>U. B. Sanchez</i>
5:30-6:30 YS *	Vinyasa Yoga <i>Jose Alvarado</i>	5:00-6:00 YS *	Power Vinyasa <i>Anna Lynch</i>	1:00-1:45 MS *	Stronger <i>Monique Bell</i>	5:00-5:45 YS *	True Barre: Off the Barre <i>Ayanna Contreras</i>	5:00-5:45 YS *	Pilates Mat (Outdoor) <i>Ayanna Contreras</i>	12:30-1:30 YS *	Weekend Wind Down Yoga <i>Newton Campbell</i>
6:00-6:45 MS *	<b>Leg Day</b> <i>Kasi Holifield</i>	5:45-6:30 MS *	MetCon3 <i>Steven Haahr</i>	5:00-5:45 CS *	Beats Ride <i>Eric Orner</i>	5:45-6:30 MS *	Stronger <i>Eric Orner</i>	5:15-6:00 MS *	Athletic Conditioning <i>Kasi Holifield</i>		
6:45-7:30 YS *	True Barre: Off the Barre <i>Katie Garcia</i>	6:30-7:30 YS *	Vinyasa Yoga <i>Chrissy Gonzalez</i>	5:30-6:30 YS *	Yin Yoga <i>Chrissy Gonzalez</i>	6:30-7:30 YS *	Yin Yoga <i>Stephanie Morrell</i>	6:00-6:45 YS *	Sound Meditation <i>Stephanie Morrell</i>		
7:00-7:45 MS *	Athletic Conditioning <i>Kasi Holifield</i>	6:45-7:30 MS *	True Barre: Bala Bangle <i>Anna Lynch</i>	6:00-6:45 MS *	Stacked <i>Eric Orner</i>	6:45-7:30 MS *	Core6 <i>Eric Orner</i>				
				6:45-7:45 YS *	Power Vinyasa <i>Gabriella Rubin</i>						
				7:00-7:45 MS *	<b>Leg Day</b> <i>Leah Davis</i>						

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES & INSTRUCTORS ARE SUBJECT TO CHANGE

# EQUINOX

## DOWNTOWN LA

444 Flower Street

LOS ANGELES CA 90071

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 09:00 PM

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

**SAT** 08:00 AM 04:00 PM

## GROUP FITNESS MANAGER

eric.orner@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.

**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.

## **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.

## **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.

**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** 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.

**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.

## **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**

**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.

## **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 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.