

# EQUINOX

GLENDALE

February 2026 | SCHEDULE EFFECTIVE 02.01.26-02.28.26

**KEY** Studio key on back

**Bold** New/Updated Class, Instructor, or Time  
**\*** Advance sign-up required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Core6 MS * <b>Aaron Bryant</b>	6:30-7:20 Sculpted Yoga™ YS * <b>Annie Kelly</b>	6:15-7:00 MetCon3 MS * <b>Aaron Bryant</b>	6:30-7:20 Pilates Rise YS * <b>Larisa Lotz</b>	8:30-9:15 Stacked MS * <b>Lydia Reneau</b>	8:45-9:30 Core6 MS * <b>Victoria Ralston</b>	9:00-10:00 Power Vinyasa YS * <b>Gavriella Rubin</b>
8:30-9:15 Precision Walk: Elevate TR * <b>Jill Karrenbrock</b>	8:15-9:00 Beats Ride CS * <b>Glenn Payne</b>	8:15-9:05 Pilates Fusion YS * <b>Trevor Kent</b>	8:15-9:00 Beats Ride CS * <b>Kaylin Zeren</b>	9:30-10:15 Rhythmic Sculpt MS * <b>Cynthia San Luis</b>	9:00-10:00 Vinyasa Yoga YS * <b>Jose Alvarado</b>	9:15-10:00 Beats Ride CS * <b>Lynsey Harris</b>
9:30-10:15 MetCon Monday MS * <b>Mandee Miller</b>	9:30-10:15 Barefoot Sculpt YS * <b>Kaylin Zeren</b>	8:30-9:15 Precision Walk: Elevate Sarah MacKay	9:30-10:15 True Barre: Off the Barre Kristyn Evelyn	10:30-11:20 Pilates Rise YS * <b>Cynthia San Luis</b>	9:15-10:00 Beats + Bands Ride CS * <b>Kaylin Zeren</b>	10:15-11:00 Athletic Conditioning MS * <b>Linda Fluis</b>
10:30-11:15 Power Vinyasa YS * <b>Gavriella Rubin</b>	11:00-12:00 Vinyasa Yoga (Heated) YS * <b>Chris Reed</b>	9:30-10:15 Stacked MS * <b>Trevor Kent</b>	11:00-11:45 Pilates Fusion YS * <b>Tracey Ylakotola</b>	11:00-11:45 Best Butt Ever MS * <b>Victoria Ralston</b>	10:30-11:15 Pilates Fusion MS * <b>Trevor Kent</b>	
11:00-11:45 Body Sculpt MS * <b>Trevor Kent</b>	12:30-1:15 Best Butt Ever MS * <b>Mandee Miller</b>	10:30-11:15 True Barre: Off the Barre Stephanie Czajkowski	12:00-12:45 Stacked MS * <b>Sarah MacKay</b>	11:45-12:00 Best Abs Ever MS * <b>Victoria Ralston</b>	11:30-12:30 Studio Dance: GROOV3 MS * <b>Brandi Taylor DJ Black</b>	11:30-12:15 True Barre: Bala Bangle YS * <b>Shiela Bharwani</b>
12:15-1:05 Pilates Fusion (Heated) YS * <b>Trevor Kent</b>	1:30-2:20 Pilates Rise YS * <b>Mandee Miller</b>	11:00-11:45 Core6 MS * <b>Kaylin Zeren</b>	12:15-1:00 Stronger MS * <b>Willis Hao</b>	12:15-1:15 Vinyasa Yoga (Heated) YS * <b>Chris Reed</b>	12:30-1:30 Gentle Yoga YS * <b>Micki Duran</b>	12:30-1:30 Gentle Yoga YS * <b>Micki Duran</b>
1:30-2:30 Vinyasa Yoga YS * <b>Eka Ekong</b>	4:15-5:00 Barefoot Sculpt YS * <b>Skyler Burke</b>	4:15-5:00 Sculpted Yoga™ YS * <b>Kristyn Evelyn</b>	4:15-5:00 Core6 MS * <b>Willis Hao</b>	1:30-2:15 Best Butt Ever MS * <b>Nik Andrews</b>		4:00-4:45 Tai Chi YS * <b>Sandra Kim</b>
5:15-6:00 MetCon Monday MS * <b>Kaylin Zeren</b>	5:15-6:15 Sculpted Yoga™ YS * <b>Kristyn Evelyn</b>	5:30-6:20 Ropes and Rowers MS * <b>Victoria Ralston</b>	5:15-6:15 Vinyasa Yoga (Heated) YS * <b>Chris Reed</b>	4:15-5:00 Pilates Fusion MS * <b>Lori Allen</b>		5:00-5:50 Pilates Mat YS * <b>Larisa Lotz</b>
5:30-6:30 Vinyasa Yoga YS * <b>Chrissy Gonzalez</b>	5:30-6:20 Sculpted Yoga™ YS * <b>Tanja Johnston</b>	6:45-7:00 MetCon3 MS * <b>Victoria Ralston</b>	5:30-6:15 Stronger MS * <b>Kim Waldauer</b>	5:30-6:15 Yin Yoga YS * <b>Kristyn Evelyn</b>		
6:15-7:00 Beats Ride CS * <b>Kaylin Zeren</b>	7:00-7:50 Pilates Mat YS * <b>Anna Petrisko</b>	4:15-5:05 Pilates Rise YS * <b>Natalia Perzyna</b>	6:30-7:30 Studio Dance: GROOV3 MS * <b>Brandi Taylor DJ Black</b>	5:45-6:30 Beats Ride CS * <b>Colette Bowen</b>		
6:30-7:15 Best Butt Ever MS * <b>Linda Fluis</b>	8:15-9:05 Yin Yoga YS * <b>Rocco Stowe</b>	5:30-6:15 Stronger MS * <b>Kaylin Zeren</b>	7:15-8:15 Gentle Yoga YS * <b>Jose Alvarado</b>	6:15-7:00 Headstrong Reset YS * <b>Kristyn Evelyn</b>		
7:00-8:00 Yin Yoga YS * <b>Kristyn Evelyn</b>		5:30-6:20 Vinyasa Yoga YS * <b>Eka Ekong</b>				
7:30-8:15 Rounds: Bags and Mitts MS * <b>Glenn Payne</b>		6:45-7:30 Sound Meditation YS * <b>Anna Petrisko</b>				
8:15-9:00 Sound Meditation YS * <b>Anna Petrisko</b>		7:00-7:45 Best Butt Ever MS * <b>Linda Fluis</b>				
		8:00-9:00 Slow Flow Yoga (Heated) Scarlett McCann				

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

# EQUINOX

## GLENDALE

207 Goode Avenue

GLENDALE CA 91203

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

## GROUP FITNESS MANAGER

kaylin.zeren@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 + Bands Ride** Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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 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.

**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.

**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.

**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.

## ◆ 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: 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: 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.

## ◆ Regeneration

**Headstrong Reset** 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.

**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.

**Tai Chi** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.

## ◆ 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.

**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.