

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

EQUINOX

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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

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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.