EQUINOX **GLENDALE**

November 2026 | SCHEDULE EFFECTIVE 11.01.26-11.30.26

KEY **Studio key on back**

Bold — New/Updated Class, Instructor, or Time

* — Advance sign-up required

MONDAY

8:30-9:15 MS *	MetCon Monday *Victoria Ralston*
9:30-10:15 MS *	Stronger Women *Jill Peterson*
10:30-11:30 YS *	Slow Flow Yoga *Micki Duran*
11:00-11:45 MS *	Body Sculpt *Trevor Kent*
12:15-1:05 YS *	Pilates Fusion (Heated) *Trevor Kent*
5:30-6:15 MS *	Stacked *Kim Waldauer*
5:30-6:30 YS *	Vinyasa Yoga *Annie Kelly*
6:00-6:45 CS *	Beats Ride *Kaylin Zeren*
6:30-7:15 MS *	Best Butt Ever *Linda Fluis*
7:00-8:00 YS *	Yin Yoga *Kristyn Evelyn*
7:25-7:55 MS *	Best Stretch Ever *Linda Fluis*

TUESDAY

6:30-7:30 YS *	Sculpted Yoga™ *Annie Kelly*
8:30-9:00 MS *	Upper Body Pump *Trevor Kent*
9:00-9:30 MS *	Best Abs Ever *Trevor Kent*
9:30-10:15 YS *	Barefoot Sculpt *Kaylin Zeren*
11:00-12:00 YS *	Vinyasa Yoga (Heated) *Chris Reed*
12:00-12:30 MS *	**Quick HIIT** ***Tanja Djelevic***
12:30-1:00 MS *	**Best Abs Ever** ***Tanja Djelevic***
4:15-5:00 YS *	Pilates Mat *Eka Ekong*
5:15-6:15 YS *	Sculpted Yoga™ *Kristyn Evelyn*
6:00-6:45 MS *	**Rounds: Boxing** ***Aaron Bryant***
7:00-7:30 MS *	Best Abs Ever *Victoria Ralston*
7:00-7:50 YS *	Pilates Mat *Anna Petrisko*
7:30-8:00 MS *	Upper Body Pump *Victoria Ralston*
8:15-9:05 YS *	Yin Yoga *Scarlett McCann*

WEDNESDAY

6:15-7:00 MS *	MetCon3 *Hannah Park*
8:30-9:15 YS *	Pilates Fusion *Trevor Kent*
9:00-9:45 TR *	Precision Walk: Elevate *Sarah MacKay*
10:30-11:30 YS *	Vinyasa Yoga *Tanja Johnston*
11:00-11:45 MS *	Stronger Women *Stephanie Czajkowski*
12:15-1:00 TR *	Precision Run® *Chris Reed*
4:15-5:05 YS *	Pilates Rise *Natalia Perzyna*
5:30-6:15 MS *	Stronger *Kaylin Zeren*
6:00-7:00 YS *	Vinyasa Yoga *Newton Campbell*
7:00-7:45 MS *	Best Butt Ever *Linda Fluis*
7:30-8:30 YS *	Slow Flow Yoga (Heated) *Scarlett McCann*

THURSDAY

6:30-7:15 YS *	Barefoot Sculpt: The Ring *Larisa Lotz*
8:30-9:30 MS *	**Cardio Sculpt** ***Sarah MacKay***
9:30-10:15 YS *	**True Barre: Off the Barre** ***Kristyn Evelyn***
10:00-10:30 MS *	Best Butt Ever *Annie Kelly*
10:30-11:00 MS *	Upper Body Pump *Annie Kelly*
11:00-12:00 MS *	Pilates Mat *Janine Bailey*
12:15-1:00 MS *	Stronger *Hannah Park*
4:15-5:00 MS *	Body Sculpt *Kaylin Zeren*
5:15-6:15 YS *	Vinyasa Yoga (Heated) *Chris Reed*
5:30-6:15 MS *	Leg Day *Kaylin Zeren*
6:30-7:15 CS *	Beats Ride *Colette Bowen*
6:30-7:30 MS *	**Studio Dance: GROOV3** ***Brandi Taylor DJ Black Rabbit***
7:00-8:00 YS *	Gentle Yoga *Jose Alvarado*

FRIDAY

7:15-8:00 CS *	Beats Ride *Lyo Reneau*
8:30-9:15 MS *	Stacked *Lyo Reneau*
10:30-11:20 YS *	Pilates Rise *Cynthia San Luis*
11:00-11:45 MS *	Best Butt Ever *Victoria Ralston*
11:45-12:00 MS *	Best Abs Ever *Victoria Ralston*
12:15-1:15 YS *	Vinyasa Yoga (Heated) *Chris Reed*
5:15-6:15 YS *	Sculpted Yoga™ *Kristyn Evelyn*

SATURDAY

8:45-9:30 MS *	Stronger *Jason Brown*
9:00-10:00 YS *	Power Vinyasa *Shielu Bharwani*
9:30-10:15 CS *	Beats + Bands Ride *Kaylin Zeren*
10:00-10:45 MS *	Stacked *Victoria Ralston*
10:15-11:05 YS *	Pilates Fusion *Trevor Kent*
11:00-11:30 MS *	**Best Abs Ever** ***Victoria Ralston***
12:00-1:00 MS *	Studio Dance: GROOV3 *Brandi Taylor*
1:15-2:15 YS *	Weekend Wind Down Yoga *Jose Alvarado*
5:15-6:15 YS *	Slow Flow Yoga (Heated) *Micki Duran*

SUNDAY

9:15-10:15 YS *	Power Vinyasa *Gavriella Rubin*
9:30-10:15 MS *	Athletic Conditioning *Ashlee Brown*
10:30-11:00 MS *	Upper Body Pump *Delandis McClam*
10:30-11:15 YS *	Barefoot Sculpt: The Ring *Jill Aebli*
11:00-11:30 MS *	Core6 Express *Delandis McClam*
12:30-1:30 YS *	Gentle Yoga *Micki Duran*
4:00-4:45 MS *	Stronger *Larisa Lotz*
5:00-5:50 YS *	Pilates Fusion *Larisa Lotz*

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.

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.
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.

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.

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: 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.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.
Barefoot Sculpt: The Ring A low-impact sculpt class built around a weighted ring. Press, hold, and sweep to build functional strength, control, and endurance in one full-body format. Grounded, athletic, and intentional. An Equinox exclusive.
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.

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.
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.

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 Express Explore six distinct core pathways in this 30-minute structured interval flow with bursts of high intensity. 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.
Quick HIIT A fast and effective full-body HIIT workout. A mix of strength, cardio, and core will bring the heat in just 30 minutes. 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.

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.

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.

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.
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.
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. 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.