

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

# 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.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.



## 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, 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.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.



## 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

**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.

**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, light-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.

**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.