

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 MS * MetCon Monday Victoria Ralston	6:30-7:30 YS * Sculpted Yoga™ <i>Annie Kelly</i>	6:30-7:15 MS * MetCon3 Jenny Ferrero	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>	9:15-10:15 YS * Power Vinyasa Gabriella Rubin
9:00-9:45 TR * Precision Walk: Elevate <i>Jill Karrenbrock</i>	8:30-9:00 MS * Upper Body Pump Trevor Kent	8:30-9:15 YS * Pilates Fusion Trevor Kent	8:30-9:15 MS * Stronger <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>	9:30-10:15 MS * Athletic Conditioning Kaylin Zeren
9:15-10:05 YS * Sculpted Yoga™ Mandee Miller	9:00-9:30 MS * Best Abs Ever Trevor Kent	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 * Core6 <i>Victoria Ralston</i>	11:00-12:00 MS * Studio Dance: Hip Hop Delandis McClam
11:00-11:45 MS * Body Sculpt <i>Trevor Kent</i>	9:15-10:00 YS * Barefoot Sculpt <i>Kaylin Zeren</i>	9:15-10:00 MS * Leg Day Jill Peterson	11:00-11:45 MS * Core6 Jenny Ferrero	11:00-11:45 MS * Best Butt Ever <i>Victoria Ralston</i>	10:15-11:05 YS * Pilates Fusion <i>Trevor Kent</i>	
12:15-1:05 YS * Pilates Fusion (Heated) <i>Trevor Kent</i>	11:00-12:00 YS * Vinyasa Yoga (Heated) <i>Chris Reed</i>	11:00-11:45 MS * Stronger Women Stephanie Czajkowski	12:15-1:00 TR * Precision Run® Chris Reed	11:45-12:00 MS * Best Abs Ever <i>Victoria Ralston</i>	10:30-11:15 MS * Stacked <i>Kaylin Zeren</i>	12:30-1:30 YS * Gentle Yoga <i>Micki Duran</i>
1:30-2:30 YS * Vinyasa Yoga <i>Eka Ekong</i>	12:15-1:00 MS * Best Butt Ever <i>Mandee Miller</i>	12:15-1:00 MS * MetCon3 Blake Sunshine	5:15-6:00 MS * Leg Day Kaylin Zeren	12:15-1:15 YS * Vinyasa Yoga (Heated) <i>Chris Reed</i>	11:30-12:30 MS * Studio Dance: GROOV3 <i>Brandi Taylor</i>	4:00-4:45 MS * Stronger <i>Larisa Lotz</i>
5:15-6:00 MS * Leg Day Kim Waldauer	1:30-2:20 YS * Pilates Rise <i>Mandee Miller</i>	1:30-2:30 YS * Sculpted Yoga™ (Heated) Tanja Johnston	5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Chris Reed</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>	5:00-5:50 YS * Pilates Mat <i>Larisa Lotz</i>
5:30-6:30 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	4:15-5:00 YS * Barefoot Sculpt Willis Hao	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>		
6:15-7:00 CS * Beats Ride <i>Kaylin Zeren</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Kristyn Evelyn</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>		
6:30-7:15 MS * Best Butt Ever <i>Linda Fluis</i>	5:30-6:20 MS * Ropes and Rowers <i>Victoria Ralston</i>	5:45-6:45 YS * Vinyasa Yoga <i>Eka Ekong</i>	7:00-8:00 YS * Gentle Yoga Jose Alvarado	5:15-6:15 YS * Sculpted Yoga™ <i>Kristyn Evelyn</i>		
7:00-8:00 YS * Yin Yoga <i>Kristyn Evelyn</i>	6:30-7:00 MS * Best Abs Ever <i>Victoria Ralston</i>	7:00-7:45 MS * Best Butt Ever <i>Linda Fluis</i>				
7:30-8:15 MS * Rounds: Bags and Mitts <i>Glenn Payne</i>	7:00-7:30 MS * Best Stretch Ever <i>Victoria Ralston</i>	7:30-8:30 YS * Slow Flow Yoga (Heated) <i>Scarlett McCann</i>				
8:15-9:00 YS * Sound Meditation <i>Anna Petrisko</i>	7:00-7:50 YS * Pilates Mat <i>Anna Petrisko</i>					
	7:45-8:30 MS * Body Sculpt Willis Hao					
	8:15-9:05 YS * Yin Yoga <i>Rocco Stowe</i>					

EQUINOX

GLENDALE

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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 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.

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, 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.

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.

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!

Studio Dance: Hip Hop A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

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.

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.

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.