

| MONDAY                                                                       | TUESDAY                                                               | WEDNESDAY                                                                       | THURSDAY                                                                       | FRIDAY                                                                       | SATURDAY                                                                 | SUNDAY                                                                         |
|------------------------------------------------------------------------------|-----------------------------------------------------------------------|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| 6:00-6:45<br>MS *<br>MetCon3<br><i>Alexa Lambarri</i>                        | 6:00-6:45<br>CS *<br>Beats Ride<br><i>Zach Fiocca</i>                 | 6:00-6:45<br>MS *<br>Stronger<br><i>Kasey Keener</i>                            | 6:00-6:45<br>CS *<br>Anthem Ride<br><i>Trish Kilby</i>                         | 6:00-6:45<br>MS *<br>Pure Strength<br><i>Alexa Lambarri</i>                  | 8:15-9:00<br>BA *<br>Barre<br><i>Rachel Yuter</i>                        | 8:15-9:05<br>CS *<br>Precision Ride<br><i>Monica McCall</i>                    |
| 6:30-7:30<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Merida Van Tyne</i>     | 6:15-7:00<br>MS *<br>Athletic Conditioning<br><i>Kristin Granillo</i> | 6:30-7:30<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Danielle Johnston</i>          | 6:15-7:00<br>MS *<br>Tabata Max<br><i>Kim Brutzman</i>                         | 6:15-7:15<br>YS *<br>Sculpted Yoga™<br><i>Sedona Tosdal</i>                  | 8:30-9:15<br>MS *<br>MetCon3<br><i>Alexa Lambarri</i>                    | 8:15-9:00<br>MS *<br>Athletic Conditioning<br><i>Kim Brutzman</i>              |
| 7:15-8:05<br>BA *<br>Barefoot Sculpt<br><i>Alexa Lambarri</i>                | 6:30-7:20<br>BA *<br>Pilates at the Barre<br><i>Lori Anderson</i>     | 7:15-8:05<br>BA *<br>Pilates Fusion<br><i>Karina Fernandez-Ross</i>             | 6:30-7:20<br>BA *<br>Barefoot Sculpt<br><i>Rachel Yuter</i>                    | 8:00-8:30<br>CS *<br>Beats Ride 30<br><i>Zach Fiocca</i>                     | 9:00-9:45<br>TR *<br>Precision Walk: Elevate<br><i>Bree Mitchell</i>     | 8:30-9:30<br>YS *<br>Yin Yoga + Sound<br>Meditation<br><i>Robert Astalos</i>   |
| 8:15-9:00<br>MS *<br>Tabata Max<br><i>Kristin Granillo</i>                   | 7:15-8:00<br>MS *<br>Stacked<br><i>Alexa Lambarri</i>                 | 8:00-8:50<br>CS *<br>Anthem Ride<br><i>Trish Kilby</i>                          | 7:00-8:00<br>YS *<br>Power Vinyasa<br><i>Lara Benusis</i>                      | 8:30-9:30<br>YS *<br>Vinyasa Yoga<br><i>Rebekka Mars</i>                     | 9:00-10:00<br>YS *<br>Vinyasa Yoga<br><i>Melissa Rose</i>                | 9:00-9:50<br>BA *<br>Barefoot Sculpt<br><i>France-Marie Stiewel</i>            |
| 8:30-9:15<br>BA *<br>Barefoot Sculpt<br><i>Daniela Evseev</i>                | 8:30-9:15<br>MS *<br>The Cut<br><i>Alexa Lambarri</i>                 | 8:45-9:30<br>MS *<br>Limited Series: Stronger<br>Women<br><i>Alexa Lambarri</i> | 8:45-9:35<br>BA *<br>Pilates at the Barre<br><i>Lori Anderson</i>              | 8:45-9:35<br>BA *<br>Pilates Rise<br><i>Karina Fernandez-Ross</i>            | 9:15-10:00<br>BA *<br>Pilates Fusion<br><i>Team Equinox</i>              | 9:30-10:15<br>MS *<br>Best Butt Ever<br><i>Monica McCall</i>                   |
| 8:45-9:45<br>YS *<br>Power Vinyasa<br><i>Team Equinox</i>                    | 8:45-9:35<br>BA *<br>True Barre<br><i>Kristina Hagen</i>              | 8:45-9:45<br>CS *<br>Power Vinyasa<br>(Heated)<br><i>Jennifer Harpin</i>        | 9:00-10:00<br>YS *<br>Sculpted Yoga™<br><i>Karina Fernandez-Ross</i>           | 9:15-10:00<br>MS *<br>Circuit Training<br><i>Tiffany Newlin</i>              | 9:15-10:00<br>CS *<br>Anthem Ride<br><i>Natalie Neyman</i>               | 10:00-11:00<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Loren Yandoc</i>            |
| 9:00-9:50<br>TR *<br>Precision Walk: Elevate<br><i>Alexandra Simon</i>       | 9:00-10:00<br>YS *<br>Sculpted Yoga™<br><i>Alexandra Simon</i>        | 9:15-10:05<br>BA *<br>Barefoot Sculpt<br><i>Ashlee Cinco</i>                    | 9:30-10:20<br>MS *<br>Grace Recka                                              | 9:30-10:15<br>CS *<br>Beats Ride<br><i>Zach Fiocca</i>                       | 9:30-10:15<br>MS *<br>Stronger<br><i>Trace Faubel</i>                    | 10:15-11:00<br>BA *<br>True Barre<br><i>France-Marie Stiewel</i>               |
| 9:15-10:05<br>MS *<br>Best Butt Ever<br><i>Kristin Granillo</i>              | 9:30-10:15<br>MS *<br>Tabata Max<br><i>Ashley Erickson</i>            | 9:45-10:15<br>MS *<br>Best Abs Ever<br><i>Tiffany Newlin</i>                    | 10:30-11:30<br>YS *<br>Vinyasa Yoga<br><i>Melissa Rose</i>                     | 10:15-11:15<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Karina Fernandez-Ross</i> | 10:15-11:00<br>CS *<br>Barefoot Sculpt<br><i>Team Equinox</i>            | 10:15-11:00<br>CS *<br>Beats Ride<br><i>Ashley Erickson</i>                    |
| 9:30-10:15<br>CS *<br>Beats Ride<br><i>Daniela Evseev</i>                    | 10:30-11:30<br>YS *<br>Slow Flow Yoga<br><i>Team Equinox</i>          | 10:15-10:45<br>BA *<br>Athletic Stretch<br><i>Ashlee Cinco</i>                  | 12:00-12:50<br>YS *<br>Pilates Fusion (Heated)<br><i>Karina Fernandez-Ross</i> | 10:30-11:20<br>MS *<br>Best Butt Ever<br><i>Tiffany Newlin</i>               | 10:30-11:00<br>MS *<br>Upper Body Pump<br><i>Trace Faubel</i>            | 10:30-11:15<br>MS *<br>Rhythmic Sculpt<br><i>Monica McCall</i>                 |
| 10:15-11:15<br>YS *<br>Athletic Stretch<br><i>Dre Santana</i>                | 11:00-11:50<br>BA *<br>Pilates Fusion<br><i>Ashlee Cinco</i>          | 10:15-11:05<br>YS *<br>Pilates Fusion (Heated)<br><i>Kerry Silverstone</i>      | 4:00-5:00<br>YS *<br>Slow Flow Yoga<br>(Heated)<br><i>Melissa Rose</i>         | 10:45-11:35<br>BA *<br>True Barre<br><i>France-Marie Stiewel</i>             | 10:45-11:45<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Kelli Russell</i> | 11:30-12:30<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i> |
| 10:30-11:20<br>MS *<br>TRX Max<br><i>Trace Faubel</i>                        | 12:00-12:45<br>CS *<br>Beats Ride<br><i>Ashley Erickson</i>           | 10:30-11:15<br>MS *<br>Rhythmic Sculpt<br><i>Tiffany Newlin</i>                 | 5:00-5:50<br>BA *<br>Pilates Fusion<br><i>Jessica Janc</i>                     | 11:45-12:35<br>MS *<br>MetCon3<br><i>Tiffany Newlin</i>                      | 11:00-11:30<br>MS *<br>Best Butt Ever<br><i>Trace Faubel</i>             | 12:30-1:30<br>YS *<br>Vinyasa Yoga<br><i>Rebekka Mars</i>                      |
| 10:45-11:35<br>BA *<br>Pilates at the Barre<br><i>France-Marie Stiewel</i>   | 4:00-5:00<br>YS *<br>Power Vinyasa<br><i>Jake Ferree</i>              | 12:00-1:00<br>YS *<br>Power Vinyasa<br><i>Jake Ferree</i>                       | 5:30-6:15<br>MS *<br>Tabata Max<br><i>Kasey Keener</i>                         | 12:00-12:50<br>BA *<br>Barefoot Sculpt<br><i>France-Marie Stiewel</i>        | 11:30-12:20<br>BA *<br>Pilates Fusion<br><i>Dani Parker</i>              | 3:00-4:00<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Taylor Jeanne</i>         |
| 11:45-12:30<br>MS *<br>Stronger<br><i>Trace Faubel</i>                       | 4:30-5:00<br>MS *<br>Upper Body Pump<br><i>Trace Faubel</i>           | 1:00-1:50<br>BA *<br>Pilates at the Barre<br><i>Team Equinox</i>                | 5:30-6:30<br>YS *<br>Sculpted Yoga™<br><i>Danielle Johnston</i>                | 1:00-2:00<br>YS *<br>Gentle Yoga<br><i>Team Equinox</i>                      | 12:45-1:45<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Stacy McCarthy</i> |                                                                                |
| 12:00-1:00<br>YS *<br>Vinyasa Yoga<br><i>Taylor Jeanne</i>                   | 5:00-5:50<br>BA *<br>Barefoot Sculpt<br><i>Sue White</i>              | 4:15-5:00<br>CS *<br>Beats Ride<br><i>Monica McCall</i>                         | 6:00-6:50<br>CS *<br>Precision Ride<br><i>Zach Fiocca</i>                      | 4:15-5:05<br>YS *<br>Pilates Fusion (Heated)<br><i>Chelsea Mapes</i>         |                                                                          |                                                                                |
| 1:00-1:50<br>BA *<br>Pilates Fusion<br><i>Kerry Silverstone</i>              | 5:00-5:30<br>MS *<br>Best Butt Ever<br><i>Trace Faubel</i>            | 4:30-5:20<br>BA *<br>Pilates Fusion<br><i>Lori Anderson</i>                     | 7:00-8:00<br>YS *<br>Yin Yoga + Sound<br>Meditation<br><i>Taylor Jeanne</i>    | 5:00-5:45<br>MS *<br>Stronger<br><i>Alexa Lambarri</i>                       |                                                                          |                                                                                |
| 4:15-5:15<br>YS *<br>Yin Yoga<br><i>Cynthia Roth</i>                         | 5:45-6:35<br>MS *<br>TRX Max Circuit<br><i>Trace Faubel</i>           | 5:30-6:20<br>BA *<br>Pilates at the Barre<br><i>Lori Anderson</i>               |                                                                                | 6:00-7:00<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Sue White</i>               |                                                                          |                                                                                |
| 4:30-5:20<br>BA *<br>True Barre: Bala Bangle<br><i>Kristina Hagen</i>        | 6:00-6:50<br>TR *<br>Precision Run®<br><i>Riley Weeks-Wynne</i>       | 5:30-6:20<br>MS *<br>Best Butt Ever<br><i>Monica McCall</i>                     |                                                                                |                                                                              |                                                                          |                                                                                |
| 4:30-5:15<br>MS *<br>MetCon Monday<br><i>Monica McCall</i>                   | 6:15-7:05<br>BA *<br>Pilates Fusion<br><i>Sue White</i>               | 6:00-7:00<br>YS *<br>Power Vinyasa<br><i>Madeline Griffith</i>                  |                                                                                |                                                                              |                                                                          |                                                                                |
| 5:30-6:20<br>MS *<br>Body Sculpt<br><i>Bree Mitchell</i>                     | 7:00-8:00<br>YS *<br>Yin Yoga<br><i>Merida Van Tyne</i>               | 6:30-7:45<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i>    |                                                                                |                                                                              |                                                                          |                                                                                |
| 5:45-6:35<br>BA *<br>Barefoot Sculpt<br><i>Caitlin Lancon</i>                |                                                                       | 7:45-8:30<br>YS *<br>Sound Meditation<br><i>Sue White</i>                       |                                                                                |                                                                              |                                                                          |                                                                                |
| 6:00-7:00<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Kelli Russell</i>       |                                                                       |                                                                                 |                                                                                |                                                                              |                                                                          |                                                                                |
| 6:30-7:45<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i> |                                                                       |                                                                                 |                                                                                |                                                                              |                                                                          |                                                                                |

# EQUINOX

LA COSTA  
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CARLSBAD CA 92009  
EQUINOX.COM  
@EQUINOX

MON-THU 05:00 AM 10:00 PM  
FRI 05:00 AM 08:00 PM  
SAT-SUN 07:00 AM 06:00 PM

GROUP FITNESS MANAGER  
ashley.erickson@equinox.com

SIGNATURE CLASSES.  
ACCLAIMED INSTRUCTORS.  
TRANSFORMED BODIES.

STUDIO KEY  
CS Cycling Studio  
MS Main Studio  
YS Yoga Studio  
BA Barre Studio  
TR Treadmill Area

CLASS LEVEL GUIDE  
(All levels welcome unless otherwise noted.)  
All All Levels Welcome  
L1 Beginner  
L2 Intermediate  
L3 Advanced



## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An 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.

**Beats Ride 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.



## 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.

**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.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.



## 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.

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**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.

**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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**TRX Max Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge your core.

**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

**Barre** A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**True Barre** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**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.



## 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 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.



## Dance

**Studio Dance: Smash Choreo** Shake, shimmy and sweat to your favorite old school hip hop, groovy R&B and fun pop songs with dancer/choreographer Ashley Erickson. A warmup and stretch will prep the mind and body to move through a step-by-step breakdown of our monthly choreography. Always moving, always fun!



## Boxing

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.



## Regeneration

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

**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.

**Limited Series: Stronger Women** Introducing 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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.