

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * MetCon Monday <i>Monique Bell</i>	6:15-7:05 MS * Athletic Conditioning <i>Juan Hidalgo</i>	6:30-7:15 MS * Stronger <i>Drea Marchesi</i>	6:15-7:00 MS * Rounds: Kickboxing <i>Steven Dell</i>	6:15-7:00 MS * Core6 <i>Titus-R'icard Baldwin</i>	8:30-9:15 MS * Body Sculpt <i>Karen Voight</i>	9:00-9:45 YS * Barefoot Sculpt <i>Amy Bishop</i>
9:15-10:05 YS * Pilates at the Barre <i>Regina Santos</i>	6:30-7:15 YS * Vinyasa Yoga (Heated) <i>Rachel Ross</i>	7:45-8:45 YS * Vinyasa Yoga <i>Amy Bishop</i>	6:30-7:15 YS * Vinyasa Yoga <i>Jad Kassouf</i>	9:15-10:05 YS * True Barre <i>Yifat Binder</i>	9:15-10:05 YS * Pilates Rise <i>Regina Santos</i>	9:15-10:00 MS * Athletic Conditioning <i>Jill Austin</i>
9:30-10:20 MS * Stronger <i>Andre Aultmon</i>	9:15-10:00 YS * True Barre <i>Amber Adams</i>	9:15-10:05 YS * Pilates at the Barre <i>Amy Bishop</i>	9:30-10:15 CS * Precision Ride <i>Stephanie Walsh</i>	9:30-10:20 MS * Limited Series: Stronger Women <i>Drea Marchesi</i>	9:30-10:20 CS * Beats Ride <i>Eileen O'Connell</i>	10:00-10:15 MS * Best Abs Ever <i>Jill Austin</i>
10:30-11:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	9:30-10:15 CS * Anthem Ride <i>Casey Sines</i>	9:30-10:00 MS * Best Butt Ever <i>Elle Young</i>	9:30-10:15 MS * Stacked <i>Jessica Halford</i>	10:30-11:15 YS * Best Stretch Ever <i>Yifat Binder</i>	9:30-10:15 MS * Rounds: Boxing <i>Ronit Koren</i>	10:00-11:00 YS * Vinyasa Yoga <i>Amy Bishop</i>
10:45-11:30 MS * BootKAMP <i>Kupah James</i>	9:30-10:15 MS * MetCon3 <i>Aaron Bryant</i>	10:00-10:30 MS * Upper Body Pump <i>Elle Young</i>	9:30-10:30 YS * Vinyasa Yoga <i>Joseph Seeman</i>	10:45-11:30 MS * Mind Body Fit <i>Maeve McCaffrey</i>	10:30-11:15 MS * Athletic Conditioning <i>Chris Schram</i>	10:30-11:15 MS * Core6 <i>Tanja Djelevic</i>
12:00-12:45 MS * Best Butt Ever <i>Nicole Steen</i>	10:30-11:15 MS * Body Sculpt <i>Amy Bishop</i>	10:30-11:30 YS * Sculpted Yoga™ <i>Jad Kassouf</i>	10:30-11:15 TR * Precision Walk: Elevate <i>Monique Bell</i>	12:30-1:30 YS * Vinyasa Yoga (Heated) <i>Lucas Varella</i>	10:30-11:30 YS * Vinyasa Yoga <i>Eileen O'Connell</i>	12:00-1:00 YS * Gentle Yoga <i>Lotem Porat</i>
12:30-1:15 YS * Headstrong Reset <i>Amy Bishop</i>	10:30-11:15 TR * Precision Walk: Elevate <i>Cosmo Bertollini</i>	10:45-11:30 MS * Cardio Sculpt <i>Luis Cervantes</i>	10:45-11:35 YS * Pilates Rise <i>Larisa Lotz</i>	5:30-6:30 YS * Gentle Yoga <i>Pia Kamonsit</i>	12:45-1:45 YS * Sculpted Yoga™ <i>Jad Kassouf</i>	1:05-1:50 YS * Sonic Meditation <i>Lotem Porat</i>
4:00-4:45 MS * Body Sculpt <i>Frances Flores</i>	10:45-11:35 YS * Pilates Rise <i>Regina Santos</i>	11:35-12:20 YS * Athletic Stretch <i>Jad Kassouf</i>	12:00-1:00 YS * Vinyasa Yoga <i>Amy Bishop</i>			
4:00-4:45 YS * Pilates at the Barre <i>Amy Bishop</i>	12:00-1:00 YS * Gentle Yoga <i>Pia Kamonsit</i>	4:00-4:50 YS * True Barre: Bala Bangle <i>Cynthia San Luis</i>	12:15-1:00 MS * Stronger <i>Ronit Koren</i>			
5:00-5:45 MS * Athletic Conditioning <i>Juan Hidalgo</i>	4:15-5:00 YS * Headstrong Reset <i>Regina Santos</i>	5:00-5:45 MS * MetCon3 <i>Juan Hidalgo</i>	5:00-5:45 MS * Stacked <i>Ali Farahanny</i>			
5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Frances Flores</i>	5:15-6:00 MS * Rounds: Boxing <i>Steven Dell</i>	5:15-6:15 YS * Yoga Shape Up <i>Frances Flores</i>	5:30-6:20 YS * True Barre <i>Kirstyn Lazur</i>			
6:00-6:50 CS * Beats Ride <i>Wil Ashley</i>	5:30-6:30 YS * Power Vinyasa <i>Dylan Drew</i>	6:00-6:50 CS * Beats Ride <i>Karen Schneider</i>	6:00-6:50 MS * Cardio Dance <i>Ali Farahanny</i>			
6:15-7:00 MS * Stacked <i>Juan Hidalgo</i>	6:15-7:00 MS * Core6 <i>Fiona Hwang</i>	6:15-7:05 MS * Circuit Training <i>Juan Hidalgo</i>	6:45-7:30 YS * Pilates at the Barre <i>Regina Santos</i>			
6:30-7:30 YS * Hatha Yoga <i>Lynn Taylor</i>	6:45-7:30 YS * Pilates Fusion <i>Pia Kamonsit</i>	6:30-7:30 YS * Yin Yoga <i>Lizbeth Vazquez</i>				

# EQUINOX

CENTURY CITY  
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EQUINOX.COM  
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MON-THU 05:00 AM 10:00 PM  
FRI 05:00 AM 09:00 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

**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.

**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 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.

**Hatha Yoga** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**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.

**Yoga Shape Up** Where movement meets strength and stillness. Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretches. Shape Up your body and mind with grounding vinyasa flows, fiery resistance band and bodyweight sculpting, and a stress releasing wind-down. You'll leave class feeling centered, stronger, and energized.

## 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.

**BootKAMP** BootKAMP created by Kupah James and found exclusively at Equinox. This total body workout blends dynamic cardio and intense strength-based movement patterns broken into 4 challenging sequences. Also a gifted pro DJ, Kupah provides motivating beats to get you to the finish line, every time.

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

**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.

**Mind Body Fit** Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

**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** 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

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

## 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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## 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.

**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.

**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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

## 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.

**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.

## 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.

**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.