

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 MS* Athletic Conditioning <i>Kim Masinter</i>	6:30-7:20 MS* Stronger <i>Dallas Haupt</i>	6:00-6:45 CS* Beats Ride <i>George Wyhinny</i>	6:00-6:30 MS* Best Butt Ever <i>Nik Andrews</i>	6:30-7:15 MS* <b>Stacked</b> <i>Lyo Reneau</i>	8:30-9:30 YS* Vinyasa Yoga <i>Scarlett McCann</i>	8:30-9:20 YS* Pilates Fusion <i>Be Solomon</i>
7:00-8:00 YS* Vinyasa Yoga (Heated) <i>Buddy Macuha</i>	6:30-7:20 YS* Pilates Mat <i>Catt Yiu</i>	6:30-7:20 MS* Tabata Max <i>Valintine Baker</i>	6:30-6:45 MS* Best Abs Ever <i>Nik Andrews</i>	7:15-8:15 YS* Power Vinyasa <i>Joseph Seeman</i>	8:45-9:30 MS* Whipped! <i>Orlando Deral</i>	9:00-9:50 MS* Athletic Conditioning <i>Stephanie Carter</i>
8:00-8:30 MS* Best Butt Ever <i>Jessica Halford</i>	7:00-7:50 CS* Beats Ride <i>Latif Diop</i>	7:00-8:00 YS* Vinyasa Yoga (Heated) <i>Scarlett McCann</i>	6:30-7:20 YS* True Barre (Heated) <i>Sharifa Bailey</i>	8:00-8:50 MS* 360 Strength <i>Kate Willson</i>	9:00-9:50 CS* Beats Ride <i>Bernard Colburn</i>	9:45-10:35 CS* Beats Ride <i>Ronit Koren</i>
8:30-8:45 MS* Upper Body Pump <i>Jessica Halford</i>	8:00-8:50 MS* Athletic Conditioning <i>Dallas Haupt</i>	8:00-8:45 MS* Stronger Women <i>Elle Young</i>	7:00-7:50 CS* Beats Ride <i>Cosmo Bertollini</i>	8:30-9:20 CS* Beats Ride <i>Joseph Seeman</i>	9:45-10:35 MS* MetCon3 <i>Jules Gomez</i>	10:00-10:50 TR* Precision Walk: Elevate <i>Yifat Binder</i>
8:45-9:00 MS* Best Abs Ever <i>Jessica Halford</i>	8:15-9:05 YS* True Barre: Bala Bangle <i>Kirstyn Lazur</i>	8:45-9:35 TR* Precision Walk: Elevate <i>Yifat Binder</i>	8:00-9:00 MS* Switch Up: Run + Strength <i>Yifat Binder Cosmo Bertollini</i>	9:00-9:50 YS* Pilates Fusion <i>Devan Medrano</i>	10:00-10:45 YS* Pilates Mat <i>Chris Stanley</i>	10:00-10:50 YS* Pilates at the Barre <i>Stephanie Carter</i>
8:45-9:35 TR* Precision Walk: Elevate <i>Yifat Binder</i>	8:30-9:15 CS* Beats Ride <i>Joseph Seeman</i>	9:00-9:45 YS* True Barre <i>Taylor Marie</i>	8:30-9:20 YS* Pilates Fusion <i>Julianne Volpe</i>	10:30-11:20 YS* Pilates at the Barre <i>Kate Willson</i>	10:30-11:20 CS* Beats Ride <i>Wil Ashley</i>	10:30-11:15 MS* Rhythmic Sculpt <i>Be Solomon</i>
9:00-9:50 YS* <b>Pilates Mat</b> <i>Chris Stanley</i>	9:30-10:30 YS* Power Vinyasa <i>Joseph Seeman</i>	9:45-10:30 MS* Core6 <i>Yifat Binder</i>	9:35-10:35 YS* Vinyasa Yoga <i>Chrissy Gonzalez</i>	10:45-11:35 MS* Body Sculpt <i>Frances Flores</i>	11:00-11:50 MS* The Cut <i>Fiona Hwang</i>	
9:30-10:20 MS* Stronger Women <i>Simone Berry</i>	10:00-10:50 MS* Rhythmic Sculpt <i>Be Solomon</i>	10:30-11:00 MS* Best Stretch Ever <i>Yifat Binder</i>	10:00-10:50 MS* Rhythmic Sculpt <i>Andre Aultmon</i>	12:00-1:00 YS* Vinyasa Yoga <i>Frances Flores</i>	11:00-11:45 YS* True Barre <i>Kirstyn Lazur</i>	11:15-11:30 MS* Best Abs Ever <i>Be Solomon</i>
10:30-11:20 MS* Best Stretch Ever <i>Yifat Binder</i>	12:15-1:00 MS* Stacked <i>Derek Ringold</i>	10:45-11:35 YS* Pilates Fusion <i>Devan Medrano</i>	12:15-1:00 MS* Rounds: Kickboxing <i>Steven Dell</i>	12:15-1:00 MS* Rounds: Bags and Mitts <i>Frank Dunn</i>	12:00-1:00 YS* Slow Flow Yoga <i>Rachel Ross</i>	11:45-1:00 YS* Vinyasa Yoga <i>Lynn Taylor</i>
10:45-11:35 YS* True Barre <i>Taylor Marie</i>	12:30-1:20 YS* Pilates Mat <i>Lesley Greer</i>	12:00-1:00 YS* Yoga Shape Up <i>Frances Flores</i>	12:30-1:20 YS* Pilates Fusion <i>Be Solomon</i>	1:00-1:50 CS* Beats Ride <i>Cosmo Bertollini</i>	12:30-1:20 MS* Stronger <i>Andre Aultmon</i>	12:30-1:20 MS* Cardio Dance <i>Nkechi Okonkwo</i>
12:00-1:00 YS* Vinyasa Yoga <i>Erin Grossman</i>	4:15-5:05 YS* Pilates Fusion <i>Ayanna Contreras</i>	12:15-1:05 MS* Circuit Training <i>Juan Hidalgo</i>	4:15-5:00 YS* Barefoot Sculpt <i>Sharifa Bailey</i>	4:15-5:05 YS* Pilates Fusion (Heated) <i>Patty Wortham</i>	1:30-2:00 MS* Best Stretch Ever <i>Andre Aultmon</i>	3:00-4:00 YS* Weekend Wind Down Yoga <i>Scarlett McCann</i>
12:15-1:05 CS* <b>Anthem Ride</b> <i>Yifat Binder</i>	5:15-6:00 MS* True Barre <i>Monique Bell</i>	1:00-1:50 CS* Precision Ride <i>Yifat Binder</i>	5:15-6:00 MS* Stronger <i>Derek Ringold</i>	5:15-6:05 MS* Athletic Conditioning <i>Juan Hidalgo</i>	3:00-3:50 YS* Yoga Tune Up® <i>Philip Anderson</i>	
4:15-5:00 YS* True Barre <i>Tara Zinnamon</i>	5:30-6:20 YS* True Barre <i>Stephanie Carter</i>	5:00-5:45 MS* Stacked <i>Cosmo Bertollini</i>	5:15-6:00 MS* Stronger <i>Derek Ringold</i>	5:30-6:30 MS* Sculpted Yoga™ (Heated) <i>Lesley Greer</i>		
5:00-5:50 MS* Circuit Training <i>Lyo Reneau</i>	6:00-6:15 MS* <b>Best Abs Ever</b> <i>Monique Bell</i>	5:15-6:00 YS* True Barre: Bala Bangle <i>Jessica Halford</i>	5:30-6:20 YS* Pilates at the Barre <i>Andre Aultmon</i>	6:30-7:15 MS* Rounds: Kickboxing <i>Fiona Hwang</i>		
5:15-6:15 YS* Sculpted Yoga™ <i>Chris Youmans</i>	6:30-7:20 CS* Beats Ride <i>Wil Ashley</i>	6:00-6:30 MS* Upper Body Pump <i>Kate Willson</i>	6:00-6:15 MS* Best Abs Ever <i>Derek Ringold</i>			
6:15-7:05 CS* Beats Ride <i>Lyo Reneau</i>	6:45-7:30 MS* Core6 <i>Stephanie Carter</i>	6:15-7:00 CS* Beats Ride <i>Cosmo Bertollini</i>	6:30-7:20 CS* Beats Ride <i>Andre Aultmon</i>			
6:15-7:00 MS* Stronger Women <i>Fiona Hwang</i>	7:00-8:00 YS* Slow Flow Yoga <i>Buddy Macuha</i>	6:30-7:00 MS* Best Butt Ever <i>Kate Willson</i>	6:45-7:35 MS* The Cut <i>Fiona Hwang</i>			
6:30-7:20 YS* Pilates Fusion <i>Pia Kamonsit</i>	8:00-8:50 MS* Cardio Dance <i>Nkechi Okonkwo</i>	6:30-7:15 YS* Pilates Mat (Heated) <i>Cynthia San Luis</i>	7:00-8:00 YS* Power Vinyasa (Heated) <i>Gina Brown</i>			
7:15-8:00 MS* Rounds: Boxing <i>Steven Dell</i>	8:15-9:00 YS* Sound Meditation <i>Buddy Macuha</i>	7:15-8:05 MS* Stronger <i>Branden Roth</i>	8:15-9:00 YS* Sound Meditation <i>Buddy Macuha</i>			
		7:30-8:45 YS* Yin Yoga Meditation (Heated) <i>Kate Willson</i>				

# EQUINOX

## MIRACLE MILE

5750 Wilshire Boulevard

LOS ANGELES CA 90036

EQUINOX.COM

@EQUINOX

**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

yifat.binder@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**

**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.

**Switch Up: Run + Strength** Flip the switch between cardio and strength with this full body workout that takes you from treadmill to studio. Alternate between Precision Run treadmill intervals and Main Studio strength work for the ultimate time efficient workout. An Equinox exclusive.

## **Yoga**

**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 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.

**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.

**Yoga Tune Up®** Release muscle and fascial tension to address your mobility and movement patterns with unique equipment in this signature open class created by Jill Miller.

## **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.

**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.

**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.

**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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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 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 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**

**Bounds: 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.

**Bounds: Boxing Gloves** on, guard up. Step into the ring with Bounds: 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.

**Bounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Bounds: 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.

**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**

**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.

**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**

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**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.