

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * Stronger <i>Katie Brummer</i>	6:15-7:00 MS * Athletic Conditioning <i>Kim Masinter</i>	6:30-7:20 MS * BootKAMP <i>Jada Kelly</i>	6:15-7:00 MS * True Barre: Bala Bangle <i>Kristina DelGrosso</i>	6:30-7:20 MS * Athletic Conditioning <i>Bibi Mama</i>	8:15-9:00 CS * Beats Ride <i>Eileen O'Connell</i>	8:30-9:15 MS * Stronger <i>Andre Aultmon</i>
7:00-7:45 CS * Beats Ride <i>Erika Foster</i>	6:30-7:15 CS * Beats Ride <i>Bernard Colburn</i>	7:00-7:45 CS * Beats Ride <i>Karen Schneider</i>	6:30-7:15 CS * Beats Ride <i>Amy Robertson</i>	7:00-7:45 CS * Beats Ride <i>Wii Ashley</i>	8:30-9:20 MS * True Barre: Cardio <i>Dane Sorensen</i>	8:30-9:20 TR * Precision Walk: Elevate <i>Amy Robertson</i>
8:00-8:45 YS * Pilates Mat <i>Dane Sorensen</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Kate Stone</i>	7:30-8:15 YS * Pilates at the Barre <i>Stephanie Carter</i>	7:30-8:30 YS * Power Vinyasa (Heated) <i>Austin Hollingshead</i>	7:30-8:30 YS * Vinyasa Yoga <i>Laurel Erlane</i>	9:00-9:50 YS * Pilates Mat <i>Kat Colla</i>	8:45-9:35 YS * Pilates Rise <i>Maya Fiorella</i>
8:15-9:00 MS * Rounds: Boxing <i>Steven Dell</i>	8:30-9:15 MS * MetCon3 <i>Jada Kelly</i>	8:00-8:50 MS * Athletic Conditioning <i>Ali Farahanny</i>	8:30-9:15 MS * MetCon3 <i>Emma Brown</i>	8:00-8:45 MS * Rounds: Boxing <i>Nupeir Garret</i>	9:30-10:15 CS * Beats Ride <i>Stephanie Carter</i>	9:30-10:15 CS * Beats Ride <i>Andre Aultmon</i>
9:30-10:30 YS * Vinyasa Yoga <i>Kishan Shah</i>	9:30-10:15 YS * True Barre <i>Samarah Williams</i>	9:00-9:45 MS * Stronger <i>Sarah Kusch</i>	9:30-10:15 YS * Pilates at the Barre <i>Joyce Ivonne</i>	9:00-9:45 MS * Feel Good Friday: Studio Dance <i>Nupeir Garret</i>	10:00-10:45 MS * Tabata Max <i>Derek Ringold</i>	9:30-10:15 MS * MetCon3 <i>Valeriya Rimer</i>
10:00-10:50 MS * MetCon Monday <i>Valeriya Rimer</i>	10:00-10:50 MS * BootKAMP <i>Kupah James</i>	9:30-10:30 YS * Vinyasa Yoga (Heated) <i>Sarra Morton</i>	10:00-10:45 MS * Body Sculpt <i>Sarah Kusch</i>	9:30-10:20 YS * Pilates Mat <i>Kendall Baab</i>	10:30-11:30 YS * Vinyasa Yoga (Heated) <i>Sarra Morton</i>	10:00-11:15 YS * Vinyasa Yoga (Heated) <i>Lotem Porat</i>
12:30-1:30 YS * Vinyasa Yoga <i>Sarra Morton</i>	10:30-11:30 YS * Gentle Yoga <i>Sarra Morton</i>	10:30-11:20 MS * True Barre: Bala Bangle <i>Susannah Hake</i>	10:30-11:30 YS * Gentle Yoga <i>Sarra Morton</i>	10:00-10:45 MS * Body Sculpt <i>Amanda Taylor</i>	11:00-11:45 MS * Stronger <i>Sarah Kusch</i>	10:30-11:15 MS * True Barre: Bala Bangle <i>Susannah Hake</i>
4:00-4:45 MS * Stronger <i>Andre Aultmon</i>	12:00-1:00 YS * Sculpted Yoga™ (Heated) <i>Joyce Ivonne</i>	12:00-12:45 MS * Body Sculpt <i>Amber Adams</i>	12:00-12:45 YS * Vinyasa Yoga (Heated) <i>Sarra Morton</i>	12:00-12:45 MS * MetCon3 <i>Ali Farahanny</i>	12:00-1:00 YS * Vinyasa Yoga (Heated) <i>Dan Ward</i>	12:15-1:00 MS * Cardio Dance <i>Dane Sorensen</i>
5:00-5:50 TR * Precision Run® <i>Rene Wiley</i>	12:30-1:00 MS * Best Butt Ever <i>Monique Bell</i>	12:30-1:20 YS * Pilates Rise <i>Maya Fiorella</i>	12:30-1:15 MS * Core6 <i>Drea Marchesi</i>	12:30-1:30 YS * Vinyasa Yoga <i>Valeriya Rimer</i>	12:15-1:00 MS * Body Sculpt <i>Sarah Kusch</i>	1:00-2:00 YS * Weekend Wind Down Yoga <i>Kiyomi Takahashi</i>
5:15-6:00 MS * Best Butt Ever <i>Pearl Fu</i>	1:00-1:15 MS * Upper Body Pump <i>Monique Bell</i>	4:00-4:45 YS * True Barre <i>Dane Sorensen</i>	4:00-4:45 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	4:00-4:45 YS * Sound Meditation <i>Pua Hall</i>	3:00-3:50 YS * Pilates Rise <i>Lori Allen</i>	3:30-4:20 MS * Stronger <i>Michaeleen Christakos</i>
5:30-6:30 YS * Power Vinyasa (Heated) <i>Austin Hollingshead</i>	4:00-5:00 YS * Vinyasa Yoga (Heated) <i>Sarra Morton</i>	5:00-5:45 MS * Cardio Dance <i>Dane Sorensen</i>	4:15-5:00 CS * Beats Ride <i>Bernard Colburn</i>	4:15-5:05 MS * Body Sculpt <i>Frances Flores</i>	4:30-5:15 YS * Yin Yoga <i>Regina Santos</i>	
6:00-6:45 CS * Beats Ride <i>Rene Wiley</i>	5:15-6:00 MS * Core6 <i>Emma Brown</i>	6:00-6:45 MS * Stronger <i>Lindsey Hutterer</i>	5:00-6:00 YS * Power Vinyasa <i>Raphie Chiaramonte</i>	5:30-6:15 MS * Stronger <i>Derek Ringold</i>	5:20-5:50 YS * Headstrong Reset Meditation <i>Regina Santos</i>	
6:30-7:20 MS * Studio Dance: Hip Hop <i>Nkechi Okonkwo</i>	5:30-6:15 YS * Pilates Fusion <i>Maya Fiorella</i>	6:15-7:00 CS * Beats Ride <i>G.G. Aizcorbe</i>	5:15-6:00 MS * Body Sculpt <i>Pearl Fu</i>	6:00-6:45 MS * True Barre <i>Stephanie Carter</i>		
7:00-7:45 YS * Pilates Fusion <i>Cynthia San Luis</i>	6:00-6:45 CS * Beats Ride <i>Greg Davis</i>	6:30-7:30 YS * Hatha Yoga <i>Sarah Girard</i>	6:00-6:45 CS * Beats Ride <i>Rene Wiley</i>			
	6:30-7:15 MS * Tabata Max <i>Derek Ringold</i>	7:00-7:45 MS * Athletic Stretch <i>Titus-R'icard Baldwin</i>	6:30-7:15 MS * Best Butt Ever <i>Stephanie Carter</i>			
	7:00-7:45 YS * True Barre <i>Kristina DelGrosso</i>		7:00-7:45 YS * Pilates Fusion <i>Dane Sorensen</i>			

# EQUINOX

## CULVER CITY

10000 W. Washington Boulevard

CULVER CITY CA 90232

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

**Kids**

**MON-SAT** 09:00 AM 01:30 PM

## GROUP FITNESS MANAGER

sarra.morton@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 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.

**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.

**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.

## **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.

**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.

**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** 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.

**True Barre: Cardio** Give your barre workout a cardio boost with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. 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.

**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.

**Feel Good Friday: Studio Dance** Fridays are all about the "feels". Start your weekend with a feel-good choreography-driven dance class. Unleash your inner dancer and prepare for the dance floor with playlists and moves that will keep you coming back.

**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: 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.

## **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 Meditation** 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.

**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**

**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 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.