

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

VISIT EQUINOX.COM OR DOWNLOAD THE APP TO MANAGE YOUR CALENDAR AND FIND NEW OBSESSIONS | CLASSES &amp; INSTRUCTORS ARE SUBJECT TO CHANGE

# 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.

**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.

**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 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

**Cardio Kickboxing** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**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** 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 soothng 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 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.