

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 MS* Circuit Training <i>Victoria Ralston</i>	6:15-7:00 MS* Stronger <i>Trevor Kent</i>	6:15-7:05 YS* Pilates Fusion <i>Trevor Kent</i>	6:15-7:00 MS* Body Sculpt <i>Trevor Kent</i>	6:30-7:20 CS* Beats Ride <i>Steven Haahr</i>	7:30-8:20 CS* Beats Ride <i>Devin Swanson</i>	8:15-9:05 MS* Whipped! <i>Collin Sam</i>
6:30-7:20 CS* Beats Ride <i>Collin Sam</i>	7:00-7:50 TR* Precision Run® <i>Orlando Deral</i>	6:30-7:20 CS* Precision Ride <i>Stephanie Czajkowski</i>	7:00-7:50 TR* Precision Run® <i>Orlando Deral</i>	7:45-8:30 MS* The Cut <i>Victoria Ralston</i>	7:30-8:20 MS* Stacked <i>Rick Logan</i>	8:15-9:15 YS* Sculpted Yoga™ <i>Kristyn Evelyn</i>
7:45-8:35 MS* MetCon3 <i>Collin Sam</i>	7:15-8:05 YS* Pilates Fusion <i>Trevor Kent</i>	7:45-8:35 MS* Circuit Training <i>Stephanie Czajkowski</i>	7:15-8:05 YS* Pilates Fusion <i>Trevor Kent</i>	8:15-9:05 CS* Beats Ride <i>Sami Dorman</i>	8:00-9:00 YS* Vinyasa Yoga <i>Anna Lynch</i>	8:45-9:35 CS* Beats Ride <i>Trevor Throop</i>
8:15-9:05 CS* Beats Ride <i>Sami Dorman</i>	8:15-9:05 CS* Beats Ride <i>Orlando Deral</i>	8:45-9:45 YS* Power Vinyasa <i>Sami Dorman</i>	8:15-9:05 CS* Beats Ride <i>Collin Sam</i>	8:45-9:30 MS* Pure Strength <i>Jill Peterson</i>	8:45-9:30 MS* MetCon3 <i>Devin Swanson</i>	9:45-10:30 MS* Tabata Max <i>Clayton Buckaloo</i>
8:45-9:45 YS* Vinyasa Yoga <i>Jennifer Webster</i>	8:15-9:00 MS* Off The Barre <i>Nikita Chaudhry</i>	9:00-9:45 MS* Stronger <i>Jayen Wells</i>	8:15-9:00 MS* MetCon3 <i>Orlando Deral</i>	8:45-9:45 YS* Vinyasa Yoga <i>Jennifer Webster</i>	9:15-10:05 CS* Beats Ride <i>Frank Tavares</i>	10:00-10:50 CS* Beats Ride <i>Collin Sam</i>
9:00-9:45 MS* Best Butt Ever <i>Annie Kelly</i>	9:00-10:00 YS* Vinyasa Yoga <i>Stephanie Morrell</i>	9:45-10:35 CS* Precision Ride <i>Devin Swanson</i>	9:00-10:00 YS* Vinyasa Yoga <i>Jennifer Webster</i>	9:45-10:35 CS* Precision Ride <i>Jill Peterson</i>	9:30-10:15 YS* Pilates Mat <i>Natalia Perzyna</i>	10:00-11:00 YS* Vinyasa Yoga <i>Trevor Throop</i>
9:45-10:35 CS* Beats Ride <i>Devin Swanson</i>	9:15-10:00 MS* MetCon3 <i>Jayen Wells</i>	10:00-10:45 MS* Studio Dance: Hip Hop <i>Jayen Wells</i>	9:15-10:00 MS* Off The Barre <i>Natalia Perzyna</i>	12:15-1:05 YS* Pilates Rise <i>Natalia Perzyna</i>	9:45-10:30 MS* Cardio Boxing <i>Glenn Payne</i>	10:45-11:35 MS* EQX Barre Burn <i>Lori Allen</i>
10:00-10:50 MS* Rhythmic Sculpt <i>Nikita Chaudhry</i>	9:30-10:20 TR* Precision Walk: Elevate <i>Devin Swanson</i>	10:45-11:00 MS* Best Abs Ever <i>Jayen Wells</i>	9:30-10:20 TR* Precision Walk: Elevate <i>Jill Peterson</i>	5:00-6:00 YS* Vinyasa Yoga <i>Anna Lynch</i>	9:45-10:35 TR* Precision Walk: Elevate <i>Devin Swanson</i>	12:00-12:50 YS* Pilates Mat <i>Lori Allen</i>
12:00-1:00 YS* Vinyasa Yoga <i>Janine Bailey</i>	12:15-1:00 MS* MetCon3 <i>Devin Swanson</i>	12:00-1:00 YS* Vinyasa Yoga <i>Shielu Bharwani</i>	12:15-1:00 MS* Tabata Max <i>Devin Swanson</i>	5:15-6:05 TR* Precision Run® <i>Jayen Wells</i>	10:45-11:30 MS* Tabata Max <i>Frank Tavares</i>	3:00-4:00 YS* Vinyasa Yoga <i>Leah Kercheville</i>
5:30-6:20 CS* Beats Ride <i>Skyler Burke</i>	5:00-5:45 MS* Tabata Max <i>Sami Dorman</i>	5:15-6:00 MS* Barre Beyond <i>Zsolt Banki</i>	5:00-5:45 MS* MetCon3 <i>Sami Dorman</i>	5:30-6:20 CS* Beats Ride <i>Emily Cruz</i>	12:15-1:05 MS* Rhythmic Sculpt <i>Nikita Chaudhry</i>	
5:30-6:15 MS* Off The Barre <i>Natalia Perzyna</i>	5:15-6:15 YS* Vinyasa Yoga <i>Laurel Kuzins</i>	5:30-6:20 CS* Precision Ride <i>Devin Swanson</i>	5:15-6:15 YS* Vinyasa Yoga <i>Kristyn Evelyn</i>	5:30-6:15 MS* EQX Barre Burn <i>Zsolt Banki</i>	1:30-2:30 YS* Sound Meditation <i>Stephanie Morrell</i>	
5:45-6:35 TR* Precision Walk: Elevate <i>Collin Sam</i>	5:30-6:20 TR* Precision Run® <i>Chris Reed</i>	5:30-6:30 YS* Hatha Yoga <i>Steffany Vance</i>	5:30-6:20 TR* Precision Run® <i>Heather McCallum</i>	6:30-7:20 MS* Cardio Dance <i>Willis Hao</i>		
6:00-7:00 YS* Vinyasa Yoga <i>Paula Rodgers</i>	6:00-6:50 CS* Beats Ride <i>Sami Dorman</i>	5:45-6:35 TR* Precision Walk: Elevate <i>Jayen Wells</i>	6:00-6:50 CS* Beats Ride <i>Sami Dorman</i>	6:30-7:30 YS* Restorative Yoga <i>Jose Alvarado</i>		
6:30-7:15 MS* The Cut <i>Nikita Chaudhry</i>	6:15-7:00 MS* Stronger <i>Jayen Wells</i>	6:15-7:05 MS* Ropes and Rowers <i>Collin Sam</i>	6:15-7:00 MS* The Cut <i>Victoria Ralston</i>			
7:15-8:05 YS* Pilates Rise <i>Natalia Perzyna</i>	6:30-7:30 YS* Vinyasa Yoga <i>Chris Reed</i>	6:45-7:45 YS* Restorative Yoga <i>Jose Alvarado</i>	6:30-7:30 YS* Sculpted Yoga™ <i>Anna Lynch</i>			
		7:00-7:50 CS* Beats Ride <i>Christina Davis</i>	7:00-7:15 MS* Best Abs Ever <i>Victoria Ralston</i>			
		7:15-8:05 MS* Cardio Dance <i>Toney Wilson</i>				

# EQUINOX

## PASADENA

300 E. Colorado Boulevard, Suite 201

PASADENA CA 91101

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 07:00 PM

## GROUP FITNESS MANAGER

devin.swanson@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

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

## Athletic Training

**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.

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

**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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**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.

**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

**Barre Beyond** Level up your barre experience 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.

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**Off The Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

## 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.

## 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.

**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 and Kickboxing

**Cardio Boxing** Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

**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.

## Stretch and Recovery

**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

**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.

**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.