

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* MetCon Monday <i>Rufus Dorsey</i>	6:15-7:00 MS* Athletic Conditioning <i>Todd German</i>	6:30-7:20 MS* Whipped! <i>Sophie Grise</i>	6:15-7:00 MS* Stronger <i>Skyler Burke</i>	6:30-7:15 MS* Stacked <i>Molly Bailey</i>	8:15-9:00 YS* Pilates Fusion <i>Amy Malloy</i>	8:30-9:20 CS* Anthem Ride <i>Dan Rappa</i>
8:45-9:30 MS* Stacked <i>Molly Bailey</i>	8:30-9:20 CS* Beats Ride <i>Kerri Scherzay</i>	8:45-9:30 MS* MetCon3 <i>Chris Schram</i>	7:00-7:15 MS* Best Abs Ever <i>Skyler Burke</i>	8:45-9:30 MS* Stronger <i>Elle Young</i>	8:30-9:15 MS* MetCon3 <i>Sophie Grise</i>	8:45-9:30 MS* Stronger <i>Kerri Scherzay</i>
9:30-10:20 CS* Beats Ride <i>Trudy Stevens</i>	8:45-9:45 YS* Slow Flow Yoga <i>Shannon Branham</i>	9:30-10:20 CS* <b>Precision Ride</b> <i>Stephanie Walsh</i>	8:30-9:20 CS* Beats Ride <i>Molly Bailey</i>	9:30-10:20 CS* Beats Ride <i>Mikel Weiss</i>	9:15-10:15 YS* Vinyasa Yoga <i>Anna Orbison</i>	8:45-9:30 TR* <b>Precision Walk:</b> <b>Elevate</b> <i>Todd German</i>
9:45-10:30 MS* Stronger <i>Skyler Burke</i>	9:00-9:50 MS* Body Sculpt <i>Stefanie Brown</i>	9:45-10:30 MS* Best Butt Ever <i>Kerri Scherzay</i>	8:45-9:35 YS* <b>Pilates Mat</b> <b>Robin Sammis</b>	9:45-10:30 MS* Body Sculpt <i>Blake Sunshine</i>	9:30-10:20 CS* Precision Ride <i>Trudy Stevens</i>	9:30-10:30 YS* Vinyasa Yoga <i>Zen Glenn Crocker</i>
10:30-11:30 YS* Vinyasa Yoga <i>Amy Malloy</i>	10:00-10:50 YS* Pilates Fusion <i>Trevor Kent</i>	10:30-11:30 YS* Slow Flow Yoga <i>Dhana Stevens</i>	9:00-9:50 MS* Body Sculpt <i>Trudy Stevens</i>	10:30-11:20 YS* <b>Pilates Fusion</b> <b>Aleesa Lapierre</b>	9:35-10:20 MS* Athletic Conditioning <i>Laura S. Conley</i>	9:45-10:30 MS* Circuit Training <i>Todd German</i>
12:00-12:50 YS* Pilates Rise <i>Aleesa Lapierre</i>	10:30-11:15 MS* Best Butt Ever <i>Trudy Stevens</i>	10:45-11:15 MS* Upper Body Pump <i>Laura S. Conley</i>	10:00-11:00 YS* Vinyasa Yoga (L2) <i>Shannon Branham</i>	10:45-11:35 MS* Studio Dance: GROOV3 <i>Ben Ayers</i>	10:30-11:30 YS* Yin Yoga <i>Shannon Branham</i>	10:45-11:40 MS* Pilates Rise <i>Larisa Lotz</i>
12:30-1:15 MS* MetCon Monday <i>Laura S. Conley</i>	12:30-1:15 MS* Athletic Conditioning <i>Skyler Burke</i>	11:15-11:45 MS* Best Abs Ever <i>Laura S. Conley</i>	10:30-11:15 MS* Bala Bangle Barre Burn <i>Amy Malloy</i>	12:00-12:50 YS* Off The Barre <i>Jeremy Peters</i>	10:45-11:30 MS* Stacked <i>Anna Orbison</i>	11:00-12:00 YS* Weekend Wind Down Yoga <i>Scarlett McCann</i>
4:30-5:15 YS* Barefoot Sculpt <i>Amy Malloy</i>	4:30-5:20 YS* Pilates Mat <i>Robin Sammis</i>	12:00-12:50 YS* Pilates Fusion <i>Zsolt Banki</i>	12:30-1:15 MS* Tabata Max <i>Trudy Stevens</i>	12:30-1:15 MS* MetCon3 <i>Hannah Park</i>	11:45-12:35 MS* EQX Barre Burn <i>Zsolt Banki</i>	1:00-1:45 YS* Pilates Mat <i>Aleesa Lapierre</i>
5:15-6:00 MS* <b>Stacked</b> <b>Trudy Stevens</b>	5:30-6:15 MS* Stronger <i>Sheila Lee</i>	12:30-1:15 MS* Stronger <i>Elle Young</i>	4:30-5:15 YS* Pilates Fusion <i>Amy Malloy</i>	4:30-5:30 YS* Slow Flow Yoga <i>Zen Glenn Crocker</i>	12:45-1:35 YS* Pilates Fusion <i>Maya Gorodetsky</i>	
5:45-6:45 YS* Vinyasa Yoga <i>Jennifer Elliott</i>	5:45-6:45 YS* Sculpted Yoga™ <i>Anna Orbison</i>	4:30-5:15 YS* Bala Bangle Barre Burn <i>Phoebe Raye</i>	5:45-6:45 YS* <b>Gentle Yoga</b> <b>Anna Orbison</b>	5:15-6:00 MS* Best Butt Ever <i>Skyler Burke</i>		
6:00-7:00 CS* Endurance Ride 60 <i>Laura S. Conley</i>	6:00-6:50 CS* Beats Ride <i>Mikel Weiss</i>	5:15-6:00 MS* Body Sculpt <i>Jeremy Peters</i>	6:30-7:15 MS* <b>Circuit Training</b> <b>Chris Schram</b>	5:45-6:30 YS* Sound Meditation <i>Saori Soga</i>		
6:15-6:45 MS* Upper Body Pump <i>Trudy Stevens</i>	6:30-7:20 MS* Rounds: Boxing <i>Rufus Dorsey</i>	6:00-6:50 CS* Precision Ride <i>Laura S. Conley</i>	7:15-8:05 YS* Barefoot Sculpt <i>Cici Pringle</i>			
6:45-7:15 MS* Best Butt Ever <i>Trudy Stevens</i>	7:00-7:45 YS* <b>Best Stretch Ever</b> <b>Doug Milliron</b>	6:15-7:05 MS* Studio Dance: GROOV3 <i>Ben Ayers</i>	8:15-8:45 YS* <b>Sound Meditation</b> <b>Cici Pringle</b>			
7:15-8:05 YS* Off The Barre <i>Jeremy Peters</i>		7:15-8:05 YS* Pilates Fusion <i>Amy Malloy</i>				

# EQUINOX

## WOODLAND HILLS

21530 Oxnard Street

WOODLAND HILLS CA 91367

EQUINOX.COM

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

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

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

**Kids**

**MON-SAT** 08:00 AM 12:00 PM

**GROUP FITNESS MANAGER**

amy.malloy@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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**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.

**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** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## Athletic Training

**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.

**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.

**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.

**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

**Bala Bangle Barre Burn** This off-the-barre 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.

**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

**Studio Dance: GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

## Boxing and Kickboxing

**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.

## Stretch and Recovery

**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.

**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.

**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.