

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>	8:45-9:45 YS * Slow Flow Yoga <i>Shannon Branham</i>	8:45-9:30 MS * MetCon3 <i>Hannah Park</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 * MetCon3 <i>Chris Schram</i>
9:30-10:20 CS * Beats Ride <i>Trudy Stevens</i>	9:00-9:50 CS * Beats Ride <i>Kerri Scherzay</i>	9:30-10:20 CS * Precision Ride <i>Stephanie Walsh</i>	9:00-9:50 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>Jennifer Elliott</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Todd German</i>
9:45-10:30 MS * Stronger <i>Skyler Burke</i>	9:00-9:50 MS * Best Butt Ever <i>Stefanie Brown</i>	9:45-10:30 MS * ViPR Sculpt <i>Kerri Scherzay</i>	9:00-9:50 MS * Body Sculpt <i>Trudy Stevens</i>	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>Doug Milliron</i>	10:00-10:50 YS * Pilates Fusion <i>Trevor Kent</i>	10:30-11:30 YS * Slow Flow Yoga <i>Dhana Stevens</i>	10:00-11:00 YS * Vinyasa Yoga (L2) <i>Shannon Branham</i>	10:30-11:20 YS * Pilates Fusion <i>Team Equinox</i>	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>Amy Malloy</i>	10:30-11:15 MS * <b>Rhythmic Sculpt</b> <i>Amy Malloy</i>	10:45-11:15 MS * Upper Body Pump <i>Laura S. Conley</i>	12:15-1:05 YS * Pilates Fusion <i>Amy Malloy</i>	10:45-11:35 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	10:30-11:30 YS * Yin Yoga <i>Shannon Branham</i>	10:45-11:15 MS * ViPR Sculpt <i>Larisa Lotz</i>
12:30-1:15 MS * MetCon Monday <i>Laura S. Conley</i>	12:15-1:15 YS * Vinyasa Yoga <i>Liz Blanding</i>	11:15-11:45 MS * Best Abs Ever <i>Laura S. Conley</i>	12:30-1:15 MS * Tabata Max <i>Trudy Stevens</i>	12:00-12:50 YS * Off The Barre <i>Jeremy Peters</i>	10:45-11:30 MS * Stronger <i>Trudy Stevens</i>	1:00-1:45 YS * Pilates Mat <i>Aleesa Lapierre</i>
4:30-5:15 YS * Barefoot Sculpt <i>Amy Malloy</i>	12:30-1:15 MS * Athletic Conditioning <i>Alicia Garrity</i>	12:00-12:50 YS * Bala Bangle Barre Burn <i>Zsolt Banki</i>	4:30-5:15 YS * Pilates Fusion <i>Team Equinox</i>	12:30-1:15 MS * <b>Rhythmic Sculpt</b> <i>Natalie Schervish</i>	11:45-12:35 MS * EQX Barre Burn <i>Zsolt Banki</i>	
5:15-6:00 MS * Stacked <i>Trudy Stevens</i>	4:30-5:20 YS * Pilates Mat <i>Robin Sammis</i>	12:30-1:15 MS * Stronger <i>Elle Young</i>	5:45-6:45 YS * Gentle Yoga <i>Anna Orbison</i>	4:30-5:30 YS * Slow Flow Yoga <i>Zen Glenn Crocker</i>	12:00-12:50 YS * Pilates Fusion <i>Maya Gorodetsky</i>	
5:45-6:45 YS * Vinyasa Yoga <i>Jennifer Elliott</i>	5:30-6:15 MS * Stronger <i>Sheila Lee</i>	5:15-6:00 MS * Body Sculpt <i>Jeremy Peters</i>	6:30-7:15 MS * Whipped! <i>Chris Schram</i>	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>	5:45-6:45 YS * Sculpted Yoga™ <i>Anna Orbison</i>	6:00-6:50 CS * Precision Ride <i>Laura S. Conley</i>	7:00-7:45 YS * Barefoot Sculpt <i>Cici Pringle</i>	5:45-6:30 YS * Sound Meditation <i>Saori Soga</i>		
6:15-6:45 MS * Upper Body Pump <i>Trudy Stevens</i>	6:00-6:50 CS * Beats Ride <i>Mikel Weiss</i>	6:15-7:05 MS * Studio Dance: GROOV3 <i>Ben Ayers</i>	8:00-8:30 YS * Sound Meditation <i>Cici Pringle</i>			
6:45-7:15 MS * Best Butt Ever <i>Trudy Stevens</i>	6:30-7:20 MS * Rounds: Boxing <i>Rufus Dorsey</i>	7:15-8:05 YS * Pilates Fusion <i>Amy Malloy</i>				
7:15-8:05 YS * Off The Barre <i>Jeremy Peters</i>	7:00-7:45 YS * Best Stretch Ever <i>Doug Milliron</i>					

# EQUINOX

## WOODLAND HILLS

21530 Oxnard Street

WOODLAND HILLS CA 91367

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

**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.

**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.

**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.

**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.

**VIPR Sculpt** A moderate intensity, rhythmic workout, exclusively utilizing the VIPR in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.