

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 Athletic Conditioning MS* <i>Chris Schram</i>	6:15-7:00 Core6 MS* <i>Todd German</i>	6:30-7:20 Stronger MS* <i>Sophie Grise</i>	6:15-7:00 Stacked MS* <i>Skyler Burke</i>	8:45-9:30 Stronger MS* <i>Elle Young</i>	8:15-9:15 Power Vinyasa YS* <b>Team Equinox</b>	8:30-9:15 Beats Ride CS* <b>Todd German</b>
8:45-9:30 Stacked MS* <i>Molly Bailey</i>	8:45-9:45 Slow Flow Yoga YS* <i>Shannon Branham</i>	8:45-9:30 Rounds: Bags and Mitts MS* <i>Aaron Bryant</i>	9:00-9:50 Beats Ride CS* <i>Molly Bailey</i>	9:00-9:45 Pilates Rise YS* <i>Karen Pascual</i>	8:30-9:15 Stacked MS* <b>Sophie Grise</b>	9:30-10:15 Circuit Training MS* <i>Todd German</i>
9:30-10:20 Beats Ride CS* <i>Trudy Stevens</i>	9:00-9:50 Beats Ride CS* <i>Kerri Scherzay</i>	9:30-10:20 Precision Ride CS* <i>Stephanie Walsh</i>	9:00-9:50 Body Sculpt MS* <i>Trudy Stevens</i>	9:30-10:20 Beats Ride CS* <i>Mikel Weiss</i>	9:30-10:20 Precision Ride CS* <i>Trudy Stevens</i>	10:00-11:00 Vinyasa Yoga YS* <i>Zen Glenn Crocker</i>
9:45-10:30 Stronger MS* <i>Skyler Burke</i>	9:00-9:45 Rhythmic Sculpt MS* <i>Amy Malloy</i>	9:45-10:30 Best Butt Ever MS* <i>Kerri Scherzay</i>	10:00-11:00 Vinyasa Yoga (L2) YS* <i>Shannon Branham</i>	9:45-10:30 Core6 MS* <i>Blake Sunshine</i>	9:30-10:15 Pilates Fusion YS* <b>Kerri Scherzay</b>	10:30-11:15 Stronger MS* <i>Chris Schram</i>
10:30-11:30 Vinyasa Yoga YS* <i>Doug Milliron</i>	10:00-10:50 Pilates Fusion YS* <b>Tatyana Stark</b>	10:30-11:30 Slow Flow Yoga YS* <i>Dhana Stevens</i>	11:00-11:45 Studio Dance: MS* <b>GROOV3 Ben Ayers</b>	10:30-11:30 Vinyasa Yoga YS* <i>Scarlett McCann</i>	9:35-10:20 Athletic Conditioning MS* <i>Laura S. Conley</i>	12:00-12:45 Pilates Mat YS* <i>Chris Stanley</i>
10:45-11:30 Cardio Dance MS* <i>Jodie C. Patterson</i>	12:30-1:00 Best Butt Ever MS* <i>Kerri Scherzay</i>	10:45-11:15 Upper Body Pump MS* <i>Laura S. Conley</i>	12:15-1:00 Pilates Fusion YS* <i>Amy Malloy</i>	12:00-12:50 True Barre: Off the YS* Barre <i>Cici Pringle</i>	10:30-11:30 Yin Yoga YS* <i>Shannon Branham</i>	4:00-4:45 Sound Meditation YS* <i>Skyler Burke</i>
12:15-1:00 Barefoot Sculpt YS* <i>Kerri Scherzay</i>	1:00-1:30 Upper Body Pump MS* <i>Kerri Scherzay</i>	11:15-11:45 Best Abs Ever MS* <i>Laura S. Conley</i>	12:30-1:15 Core6 MS* <i>Trudy Stevens</i>	12:30-1:15 Stacked MS* <i>Skyler Burke</i>	10:45-11:30 Stronger MS* <i>Trudy Stevens</i>	
12:30-1:15 MetCon Monday MS* <i>Laura S. Conley</i>	4:30-5:20 Pilates Mat YS* <i>Tatyana Stark</i>	12:15-1:00 Pilates Mat YS* <i>Carrie Samper</i>	4:30-5:15 True Barre: Off the YS* Barre <i>Kadee Sweeney</i>	4:30-5:30 Slow Flow Yoga YS* <i>Zen Glenn Crocker</i>	12:00-12:50 Barefoot Sculpt YS* <b>Kerri Scherzay</b>	
5:30-6:15 Stacked MS* <i>Trudy Stevens</i>	5:30-6:15 TRX Max MS* <b>Kerri Scherzay</b>	12:30-1:15 Limited Series: Stronger MS* Women <i>Elle Young</i>	5:45-6:30 Body Sculpt MS* <i>Becca Buckalew</i>	5:30-6:15 Athletic Conditioning MS* <i>Rufus Dorsey</i>		
5:45-6:45 Yin Yoga YS* <i>Jennifer Elliott</i>	5:45-6:35 True Barre: Off the YS* Barre <i>Anna Orbison</i>	5:30-6:15 Stronger MS* <i>Chris Schram</i>	5:45-6:45 Gentle Yoga YS* <i>Anna Orbison</i>	5:45-6:30 Sound Meditation YS* <i>Saori Soga</i>		
6:00-7:00 Endurance Ride 60 CS* <i>Laura S. Conley</i>	6:30-7:15 Stacked MS* <i>Mikel Weiss</i>	6:00-6:50 Precision Ride CS* <i>Laura S. Conley</i>	7:00-7:45 Barefoot Sculpt YS* <i>Veronica Mejia</i>			
6:30-7:15 Body Sculpt MS* <i>Trudy Stevens</i>	7:00-7:45 Best Stretch Ever YS* <i>Doug Milliron</i>	6:30-7:20 Studio Dance: MS* <b>GROOV3 Team Equinox</b>	8:00-9:00 Yin Yoga + Sound YS* Meditation <i>Chelsea Elmore</i>			
7:15-8:05 Pilates Mat YS* <i>Tatyana Stark</i>		7:15-8:00 Pilates Fusion YS* <i>Alexis Rojas</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-FRI** 08:00 AM 12:00 PM

**SAT** 08:00 AM 01:00 PM

**SUN** 08:00 AM 12:00 PM

## GROUP FITNESS MANAGER

kerri.scherzay@equinox.com

## SIGNATURE CLASSES.

### ACCLAIMED INSTRUCTORS.

### TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

## 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.

**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.

## 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.

**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.

**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.

**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

## 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.

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

**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.

**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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

## Barre

**True Barre: Off the Barre** 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.

## 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: 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

**Rounds: Bags and Mitts** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in authentic boxing drills as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Regeneration

**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.

**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, light-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.

## Strength

**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.

**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.

**Limited Series: Stronger Women** Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

**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.