

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS * <b>Best Butt Ever</b> <b>Titus-R'icard Baldwin</b>	6:15-7:00 MS * Pilates Fusion <i>Sharifa Bailey</i>	6:30-7:15 CS * Beats Ride <i>Bernard Colburn</i>	6:15-7:00 MS * Core6 <i>Aaron Bryant</i>	6:30-7:15 MS * Pilates Fusion <i>Dane Sorensen</i>	8:00-8:45 MS * MetCon3 <i>Simone Berry</i>	8:45-9:35 YS * Pilates Fusion <i>Monica Diederich</i>
7:30-8:20 YS * Pilates Rise <i>Rachel King</i>	7:00-8:00 YS * <b>Vinyasa Yoga</b> <b>Elise Joan</b>	6:30-7:15 MS * Stronger <i>Sara McGowan</i>	7:15-8:00 MS * Barefoot Sculpt <i>Elise Joan</i>	7:30-8:30 YS * Power Vinyasa <i>Dylan Drew</i>	8:15-9:05 YS * Pilates Rise <i>Sarah Carr</i>	9:00-9:45 MS * Cardio Sculpt <i>Tracy Washburn</i>
8:30-9:15 MS * BootKAMP <i>Jada Kelly</i>	7:15-8:05 MS * Stronger <i>Ty Mauro</i>	7:30-8:20 YS * Pilates Fusion <i>Sara McGowan</i>	8:30-9:20 MS * Stronger <i>Derek Ringold</i>	8:30-9:15 MS * Stacked <i>Jada Kelly</i>	9:00-9:45 MS * Best Butt Ever <i>Jude Lizama</i>	10:00-10:50 CS * Beats Ride <i>Jenn Leitzes</i>
8:45-9:35 TR * Precision Walk: Elevate <i>Sara McGowan</i>	8:30-9:20 MS * Barefoot Sculpt <i>Elise Joan</i>	8:30-9:15 MS * Core6 <i>Drea Marchesi</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jocelyn Solomon</i>	9:00-10:00 YS * Vinyasa Yoga <i>Sarra Morton</i>	9:15-10:05 CS * Beats Ride <i>Simone Berry</i>	10:00-10:50 MS * Stronger <i>Michaeleen Christakos</i>
9:00-10:00 YS * Vinyasa Yoga <i>Steve Jones</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jess Ray</i>	8:45-9:30 TR * Precision Walk: Elevate <i>Sara McGowan</i>	9:30-10:20 CS * Beats Ride <i>Rene Wiley</i>	9:30-10:20 CS * Beats Ride <i>Sara McGowan</i>	9:30-10:30 YS * Vinyasa Yoga <i>Valeriya Rimer</i>	10:00-11:00 YS * Slow Flow Yoga <i>Aren Wolf</i>
9:30-10:20 CS * Beats Ride <i>Bernard Colburn</i>	9:30-10:20 CS * Beats Ride <i>Sara McGowan</i>	9:00-10:00 YS * Vinyasa Yoga <i>Kishan Shah</i>	9:30-10:20 MS * <b>True Barre: Bala Bangle</b> <b>Sydney Belina</b>	9:30-10:15 MS * Best Butt Ever <i>Tracy Washburn</i>	10:00-10:50 MS * True Barre: Off the Barre <i>Dane Sorensen</i>	11:00-11:45 MS * Core6 <i>Tracy Washburn</i>
9:30-10:20 MS * True Barre: Bala Bangle <i>Sydney Belina</i>	9:30-10:20 MS * Limited Series: Stronger Women <i>Emma Brown</i>	9:30-10:20 CS * Beats Ride <i>Tracy Washburn</i>	10:30-11:15 MS * Best Stretch Ever <i>Sara McGowan</i>	10:30-11:15 MS * The Cut <i>Marzena Janasik</i>	10:00-10:50 TR * Precision Run@ <i>Monique Bell</i>	12:30-1:20 MS * True Barre: Bala Bangle <i>Tessa Southwell</i>
10:30-11:30 YS * Slow Flow Yoga <i>Jocelyn Solomon</i>	10:30-11:15 MS * Best Stretch Ever <i>Sara McGowan</i>	9:30-10:15 MS * Body Sculpt <i>Marzena Janasik</i>	12:15-1:00 MS * Cardio Dance <i>Dane Sorensen</i>	10:30-11:30 YS * Gentle Yoga <i>Lotem Porat</i>	11:00-11:50 MS * Cardio Dance <i>Melissa Zugell</i>	12:30-1:30 YS * Power Vinyasa <i>Jay Cruz</i>
12:15-1:00 YS * Pilates Fusion <i>Sara McGowan</i>	12:15-1:00 MS * Barefoot Sculpt <i>Maeve McCaffrey</i>	10:30-11:30 YS * Slow Flow Yoga <i>Jess Ray</i>	4:30-5:30 YS * Sculpted Yoga™ <i>Denise Antoine</i>	12:15-1:00 MS * <b>True Barre: Bala Bangle</b> <b>Kari McKillip</b>	11:15-12:15 YS * Yin Yoga <i>Lotem Porat</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Kiyomi Takahashi</i>
4:15-5:00 MS * Cardio Dance <i>Nkechi Okonkwo</i>	4:30-5:30 YS * Vinyasa Yoga <i>Laila Arzouni</i>	12:15-1:00 YS * Pilates Fusion <i>Sarah Carr</i>	5:15-5:45 MS * Best Butt Ever <i>Heidi Carignan</i>	5:15-6:00 YS * Pilates Fusion <i>Drea Marchesi</i>	12:15-1:05 MS * Rounds: Bags and Mitts <i>Cody Stoute</i>	
4:30-5:15 YS * Pilates Fusion <i>Chris Stanley</i>	5:15-6:00 MS * Pilates Fusion <i>Drea Marchesi</i>	4:30-5:30 YS * Vinyasa Yoga <i>Jay Cruz</i>	5:45-6:30 MS * Body Sculpt <i>Heidi Carignan</i>	5:30-6:20 MS * Stronger <i>Titus-R'icard Baldwin</i>	12:30-1:15 YS * Sound Meditation <i>Tiffany Leonardo</i>	
5:15-6:00 MS * MetCon Monday <i>Emma Brown</i>	5:45-6:45 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	5:15-6:00 TR * Precision Run@ <i>Rene Wiley</i>	5:45-6:45 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	6:15-7:15 MS * Weekend Wind Down Yoga <i>Trey Jones</i>		
5:45-6:45 YS * Vinyasa Yoga <i>Raphie Chiaramonte</i>	6:15-7:00 CS * Beats Ride <i>G.G. Aizcorbe</i>	5:30-6:15 MS * Stacked <i>Kathy Habert</i>	6:45-7:30 MS * Best Stretch Ever <i>Jay Cruz</i>		4:00-5:00 YS * Vinyasa Yoga <i>Laila Arzouni</i>	
6:15-7:05 CS * Beats Ride <i>Latif Diop</i>	6:15-7:00 MS * Stronger <i>Ty Mauro</i>	6:15-7:05 CS * Beats Ride <i>Rene Wiley</i>	7:00-7:50 YS * Pilates Fusion <i>Maya Fiorella</i>			
6:15-7:00 MS * Barefoot Sculpt <i>Michelle Razavi</i>	7:00-8:00 YS * <b>Yin Yoga</b> <b>Shazi Usman</b>	6:15-7:00 YS * Pilates Mat <i>Darryl Whiting</i>				
7:00-8:00 YS * Sculpted Yoga™ <i>Kate Stone</i>	7:15-8:00 MS * Best Butt Ever <i>Michaeleen Christakos</i>	6:30-7:15 MS * True Barre: Cardio <i>Dane Sorensen</i>				
		7:30-8:15 YS * Sonic Meditation <i>Pua Hall</i>				

# EQUINOX

## MARINA DEL REY

13455 Maxella Avenue, Suite 204

MARINA DEL REY CA 90292

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

## GROUP FITNESS MANAGER

sara.mcgowan@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.

## **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.

**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.

**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.

## **Hiit**

**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.

**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.

## **Barre**

**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.

**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.

## **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.

**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.

## **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.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. 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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

## **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.

**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.