

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 MS * Stronger <i>Brandon Mayweather</i>	6:30-7:20 CS * Precision Ride <i>Stephanie Walsh</i>	8:30-9:15 MS * Best Butt Ever <i>Sheila Lee</i>	6:30-7:15 MS * MetCon3 <i>Chris Schram</i>	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Margaret Buckley</i>	8:30-9:15 MS * Cardio Sculpt <i>Dana Perri</i>	9:00-10:00 YS * Vinyasa Yoga (HEATED) <i>Sadie Black</i>
8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Margaret Buckley</i>	8:30-9:15 MS * Cardio Sculpt <i>Dana Perri</i>	8:45-9:45 YS * Slow Flow Yoga (HEATED) <i>Zen Glenn Crocker</i>	8:30-9:15 MS * Athletic Conditioning <i>Scott Haddock</i>	9:00-9:45 CS * Beats Ride <i>Skyler Burke</i>	8:45-9:45 YS * Yin Yoga (HEATED) <i>Shannon Branham</i>	9:45-10:30 MS * Tabata Max <i>Jason Brown</i>
9:00-9:45 CS * Beats Ride <i>Jeremy Peters</i>	9:00-9:50 YS * Pilates Mat <i>Cynthia San Luis</i>	9:00-9:45 CS * Precision Ride <i>Trudy Stevens</i>	8:45-9:30 CS * Beats Ride <i>Stephanie Walsh</i>	9:30-10:20 MS * Stronger <i>Brandon Mayweather</i>	9:00-9:50 CS * Beats Ride <i>Mikel Weiss</i>	10:15-11:00 CS * Beats Ride <i>Dan Rappa</i>
9:30-10:15 MS * MetCon3 <i>Jason Brown</i>	9:30-10:15 MS * Athletic Conditioning <i>Trudy Stevens</i>	9:30-10:15 MS * Body Sculpt <i>Blake Sunshine</i>	9:00-9:50 YS * Pilates Mat <i>Karen Pascual</i>	10:30-11:20 MS * Rhythmic Sculpt <i>Candyce Heather</i>	9:30-10:15 MS * MetCon3 <i>Blake Sunshine</i>	10:30-11:30 YS * Weekend Wind Down Yoga <i>Masha Sapron</i>
10:30-11:20 MS * Bala Bangle Barre Burn <i>Braxton Brooks</i>	10:15-11:15 YS * Gentle Yoga <i>Margaret Buckley</i>	12:00-12:45 MS * Best Butt Ever <i>Natalie Yco</i>	9:30-10:15 MS * Stronger <i>Blake Sunshine</i>	11:30-12:15 MS * Studio Dance: Hip Hop <i>Candyce Heather</i>	10:00-10:45 YS * Off the Barre (HEATED) <i>Natalie Schervish</i>	11:00-11:50 MS * Stronger <i>Jason Brown</i>
12:00-12:45 MS * Stronger <i>Elle Young</i>	10:30-11:15 MS * Stacked <i>Blake Sunshine</i>	12:45-1:30 YS * Off The Barre <i>Maya Gorodetsky</i>	10:30-11:20 MS * Stronger <i>Blake Sunshine</i>	12:30-1:30 YS * Sculpted Yoga™ (HEATED) <i>Shielu Bharwani</i>	10:30-11:00 MS * Best Stretch Ever <i>Linda Fluis</i>	12:30-1:20 YS * Pilates Rise <i>Larisa Lotz</i>
12:45-1:45 YS * Vinyasa Yoga <i>Micki Duran</i>	4:30-5:20 MS * Rhythmic Sculpt <i>Candyce Heather</i>	4:30-5:20 YS * Pilates Rise <i>Amy Malloy</i>	4:30-5:15 YS * Off the Barre (HEATED) <i>Cici Pringle</i>	5:30-6:15 MS * MetCon3 <i>Natalie Yco</i>	11:00-12:00 YS * Power Vinyasa <i>Shielu Bharwani</i>	4:00-5:00 YS * Sound Meditation <i>Saori Soga</i>
4:30-5:20 YS * Pilates Fusion (HEATED) <i>Maya Gorodetsky</i>	5:30-6:20 MS * Stronger <i>Candyce Heather</i>	4:45-5:35 TR * Precision Run® <i>Greg Cohen</i>	5:30-6:15 MS * MetCon3 <i>Natalie Yco</i>	5:30-6:15 MS * Stacked <i>Cody Stoute</i>	11:15-12:00 MS * Best Butt Ever <i>Linda Fluis</i>	
5:15-6:00 MS * Stacked <i>Sheila Lee</i>	6:00-7:00 YS * Yin Yoga (HEATED) <i>Jaclyn Winters</i>	5:45-6:30 MS * Tabata Max <i>Greg Cohen</i>	6:15-7:15 YS * Sculpted Yoga™ (HEATED) <i>Tanja Johnston</i>	6:15-7:00 YS * Sound Meditation <i>Cici Pringle</i>	12:30-1:15 MS * Rounds: Boxing <i>Rufus Dorsey</i>	
5:45-6:45 YS * Power Vinyasa (HEATED) <i>Jaclyn Winters</i>	6:30-7:15 MS * Best Butt Ever <i>Linda Fluis</i>	5:45-6:45 YS * Vinyasa Yoga <i>Cici Pringle</i>	6:30-7:15 MS * Best Butt Ever <i>Natalie Yco</i>			
6:15-7:00 CS * Beats Ride <i>Sheila Lee</i>	7:30-8:20 MS * Studio Dance: Jazz Groove <i>Nico O'Connor</i>	7:15-8:00 YS * Sound Meditation <i>Adrienne Bawa</i>	7:30-8:15 YS * Pilates Fusion <i>Tanja Johnston</i>			
6:30-7:20 MS * Whipped! <i>Chris Schram</i>	7:30-8:15 YS * Pilates Fusion <i>Poirsha Woolfork</i>					
7:15-8:00 YS * Sound Meditation <i>Sydney Burger</i>						

# EQUINOX

## ENCINO

16830 Ventura Boulevard

ENCINO CA 91436

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

**GROUP FITNESS MANAGER**

sheila.lee@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.

## **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.

**Power Vinyasa (HEATED)** 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™ (HEATED)** 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 (HEATED)** 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.

**Vinyasa Yoga (HEATED)** 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 (HEATED)** Releasing tension through prolonged poses, this heated, open class targets deep connective tissue to help open your hips, pelvis, and lower back.

## **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.

**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.

**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.

**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.

**Off the Barre (HEATED)** This heated 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 Fusion (HEATED)** 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: Contemporary** A choreography-driven dance class incorporating styles from jazz to lyrical. Learn a complete combination, improve technique, and unleash your inner dancer.

**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.

**Studio Dance: Jazz Groove** Join Nico O'Connor for a dance class rooted in Jazz Funk. Expect strong lines, grooves, and choreography set to upbeat pop and '90s hip-hop tracks. Build confidence, connect mind and body, and get energized.

## **Boxing**

**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.

## **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**

**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.

**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.