

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:05 TR * Precision Run® <i>Leah Davis</i>	6:15-7:00 CS * Beats Ride <i>Pacey Hansen</i>	6:15-7:05 TR * Precision Run® <i>Leah Davis</i>	6:15-7:00 CS * Precision Ride <i>Stephanie Czajkowski</i>	6:15-7:05 TR * Precision Run® <i>Leah Davis</i>	8:45-9:30 YS * Barre Beyond <i>Katie Garcia</i>
6:30-7:15 MS * Circuit Training <i>Larisa Lotz</i>	7:15-8:00 YS * Off The Barre <i>Katie Garcia</i>	6:30-7:00 MS * Upper Body Pump <i>Rick Logan</i>	7:15-8:05 YS * Pilates Rise <i>Nora Harris</i>	7:15-8:00 YS * Pilates Fusion <i>Ayanna Contreras</i>	9:30-10:20 TR * Precision Run® <i>Leah Davis</i>
7:00-7:45 YS * Barefoot Sculpt <i>Kate Willson</i>	7:30-8:15 MS * Cardio Dance <i>Kyra Bowser</i>	7:00-7:15 MS * Best Abs Ever <i>Rick Logan</i>	7:30-8:15 MS * MetCon3 <i>Stephanie Czajkowski</i>	8:00-8:45 MS * Stacked <i>Aidan Dayani</i>	10:30-11:15 MS * Athletic Conditioning <i>Leah Davis</i>
7:15-8:00 CS * Beats Ride <i>Stephanie Ho</i>	9:00-9:50 YS * Sculpted Yoga™ <i>Mandee Miller</i>	7:15-8:00 CS * Beats Ride <i>Rashan Hunter</i>	12:00-12:50 YS * Vinyasa Yoga <i>Mandee Miller</i>	12:00-12:45 CS * Beats Ride <i>Eric Orner</i>	11:30-12:15 CS * Beats Ride <i>Nicholas Duran</i>
11:00-11:55 YS * Vinyasa Yoga <i>Mandee Miller</i>	12:00-12:45 YS * Pilates Mat <i>Ayanna Contreras</i>	7:30-8:15 MS * Best Butt Ever <i>Rick Logan</i>	1:00-1:45 MS * MetCon3 <i>Rashan Hunter</i>	12:15-1:00 YS * Vinyasa Yoga <i>Devan Medrano</i>	11:45-12:30 MS * Rounds: Boxing <i>U. B. Sanchez</i>
12:00-12:45 CS * Beats Ride <i>Rashan Hunter</i>	1:00-1:45 MS * Stacked <i>Eric Orner</i>	11:00-11:45 MS * Rounds: Boxing <i>U. B. Sanchez</i>	5:00-5:45 YS * EQX Barre Burn <i>Ayanna Contreras</i>	1:00-1:45 MS * Best Butt Ever <i>Mandee Miller</i>	12:30-1:30 YS * Weekend Wind Down Yoga <i>Kristyn Evelyn</i>
1:00-1:45 MS * MetCon Monday <i>Eric Orner</i>	5:00-6:00 YS * Power Vinyasa <i>Anna Lynch</i>	12:15-1:00 YS * Off The Barre <i>Devan Medrano</i>	5:45-6:30 MS * Stronger <i>Eric Orner</i>	4:30-5:15 YS * Pilates Mat <i>Ayanna Contreras</i>	2:00-2:45 MS * Cardio Dance <i>Willis Hao</i>
4:30-5:15 MS * Rounds: Kickboxing <i>Kayla Goldwag</i>	5:45-6:30 MS * MetCon3 <i>Steven Haahr</i>	1:00-1:45 MS * Athletic Conditioning <i>Orlando Deral</i>	6:00-6:45 CS * Beats Ride <i>Nowani Rattray</i>	5:15-6:00 MS * Athletic Conditioning <i>Kasi Holifield</i>	
5:00-5:45 CS * Beats Ride <i>Eric Orner</i>	6:00-6:45 CS * Beats Ride <i>Sammi Nguyen</i>	5:00-5:45 CS * Beats Ride <i>Eric Orner</i>	6:30-7:30 YS * Hatha Yoga <i>Stephanie Morrell</i>	6:00-6:45 YS * Sound Meditation <i>Stephanie Morrell</i>	
5:30-6:30 YS * Vinyasa Yoga <i>Jose Alvarado</i>	6:30-7:30 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	5:30-6:30 YS * Yin Yoga <i>Chrissy Gonzalez</i>	6:45-7:30 MS * Yin Yoga <i>Eric Orner</i>		
6:00-6:45 MS * Stronger <i>Kasi Holifield</i>	6:45-7:30 MS * Bala Bangle Barre Burn <i>Anna Lynch</i>	6:00-6:45 MS * Stacked <i>Eric Orner</i>			
6:30-7:20 TR * Precision Walk: Elevate <i>Ayanna Contreras</i>		6:50-7:35 YS * Vinyasa Yoga <i>Rocco Stowe</i>			
6:45-7:30 YS * Off The Barre <i>Katie Garcia</i>		7:00-7:50 MS * Circuit Training <i>Eric Orner</i>			
7:00-7:45 MS * Athletic Conditioning <i>Kasi Holifield</i>					

# EQUINOX

## DOWNTOWN LA

444 Flower Street  
LOS ANGELES CA 90071  
EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 09:00 PM

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

**SAT** 08:00 AM 04:00 PM

## GROUP FITNESS MANAGER

eric.ornier@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.

**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

**Hatha Yoga** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**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.

**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.

## 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.

**Barre Beyond** Level up your barre experience 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.

**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

**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 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.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Stretch and Recovery

**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.

**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.