

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 Precision Run + Strength TR * <i>Todd German</i>	6:00-6:50 Stacked MS * <i>Molly Bailey</i>	6:00-6:50 Beats Ride CS * <i>Graham Labass</i>	6:00-6:45 Core6 MS * <i>Molly Bailey</i>	6:00-6:50 Beats Ride CS * <i>Jason Schneider</i>	7:30-8:15 TRX Max MS * <i>Trent David</i>	8:30-9:20 Stronger MS * <i>Molly Bailey</i>
8:30-9:15 Stacked MS * <i>Robyn Logan</i>	8:15-9:05 Pilates Fusion YS * <i>Amber McMahon</i>	6:00-6:45 TRX Max MS * <i>Trent David</i>	8:15-9:05 Pilates Fusion YS * <i>Poirsha Woolfork</i>	8:30-9:15 Athletic Conditioning MS * <i>Robyn Logan</i>	8:00-8:50 Precision Run® TR * <i>Todd German</i>	8:30-9:20 Barefoot Sculpt YS * <i>Alexis Rojas</i>
8:30-9:00 Headstrong Reset Meditation YS * <i>Liz Blanding</i>	8:30-9:15 Core6 MS * <i>Victoria Ralston</i>	8:30-9:15 Stronger MS * <i>Robyn Logan</i>	8:30-9:15 Stacked MS * <i>Kerri Scherzay</i>	9:15-9:45 Athletic Stretch MS * <i>Robyn Logan</i>	8:30-9:20 Beats Ride CS * <i>Jeffrey Scott</i>	9:30-10:20 Beats Ride CS * <i>Mikel Weiss</i>
9:15-10:05 True Barre: Bala Bangle YS * <i>Amy Malloy</i>	8:45-9:35 Beats Ride CS * <i>Skylar Burke</i>	8:30-9:00 Headstrong Reset Meditation YS * <i>Liz Blanding</i>	8:45-9:35 Beats Ride CS * <i>Stephanie Barton</i>	9:15-10:05 Pilates Mat YS * <i>Tatyana Stark</i>	8:30-9:15 Rhythmic Sculpt MS * <i>Amy Malloy</i>	9:30-10:00 Precision Run 30 TR * <i>Molly Bailey</i>
9:30-10:20 Beats Ride CS * <i>Robyn Logan</i>	9:30-10:15 Best Butt Ever MS * <i>Victoria Ralston</i>	9:15-10:05 True Barre: Cardio YS * <i>Chelsea Hill</i>	9:30-10:15 Rhythmic Sculpt MS * <i>Amy Malloy</i>	9:30-10:20 Beats Ride CS * <i>Molly Bailey</i>	9:15-10:15 Slow Flow Yoga YS * <i>Dhana Stevens</i>	9:30-10:30 Weekend Wind Down Yoga YS * <i>Liz Blanding</i>
10:15-10:45 Upper Body Pump MS * <i>Amber McMahon</i>	10:30-11:30 Vinyasa Yoga YS * <i>Krista Kubik</i>	9:30-10:20 Beats Ride CS * <i>Robyn Logan</i>	10:30-11:30 Vinyasa Yoga YS * <i>Krista Kubik</i>	10:15-11:00 Body Sculpt MS * <i>Amber McMahon</i>	9:30-10:15 MetCon3 MS * <i>Jeffrey Scott</i>	9:45-10:30 Rounds: Bags and Mitts MS * <i>Aaron Bryant</i>
10:30-11:30 Vinyasa Yoga YS * <i>Marisa F. Meyer</i>	12:00-12:50 Pilates at the Barre YS * <i>Amy Malloy</i>	10:15-11:05 Best Butt Ever MS * <i>Amber McMahon</i>	12:00-12:50 Pilates Rise YS * <i>Shannon Branham</i>	12:30-1:20 Barefoot Sculpt YS * <i>Marisa F. Meyer</i>	10:30-11:15 Core6 MS * <i>Sophie Grise</i>	11:00-11:50 Pilates Fusion YS * <i>Phoebe Raye</i>
10:45-11:15 Best Abs Ever MS * <i>Amber McMahon</i>	5:15-6:00 Stacked MS * <i>Sophie Grise</i>	10:30-11:30 Vinyasa Yoga YS * <i>Liz Blanding</i>	5:15-6:00 Core6 MS * <i>Todd German</i>	4:30-5:15 Lower Body Blast MS * <i>Becca Buckalew</i>	10:30-11:15 Pilates Fusion YS * <i>Amy Malloy</i>	4:00-5:15 Yin Yoga + Sound Meditation YS * <i>Lisa Wildermuth</i>
12:30-1:15 Pilates Rise YS * <i>Phoebe Raye</i>	5:30-6:15 True Barre YS * <i>Maya Holbrook</i>	12:30-1:15 True Barre YS * <i>Cici Pringle</i>	5:30-6:15 True Barre: Bala Bangle YS * <i>Amy Malloy</i>	4:30-5:30 Yin Yoga YS * <i>Krista Kubik</i>	11:30-12:30 Power Vinyasa (Heated) YS * <i>Doug Milliron</i>	
4:30-5:15 Pilates at the Barre YS * <i>Phoebe Raye</i>	6:15-7:05 Studio Dance: Hip Hop MS * <i>Danielo Mendes</i>	4:30-5:15 Barefoot Sculpt YS * <i>Amy Malloy</i>	6:15-7:05 Precision Run® TR * <i>Todd German</i>			
5:30-6:20 Beats Ride CS * <i>Mikel Weiss</i>	6:15-7:05 Precision Run® TR * <i>Sophie Grise</i>	5:30-6:20 Beats Ride CS * <i>Stephanie Barton</i>	6:30-7:30 Restorative Yoga YS * <i>Dhana Stevens</i>			
5:30-6:30 Vinyasa Yoga (Heated) YS * <i>Cici Pringle</i>	6:30-7:30 Vinyasa Yoga YS * <i>Ali Kamen</i>	5:30-6:30 Vinyasa Yoga YS * <i>Doug Milliron</i>				
6:00-6:45 MetCon Monday MS * <i>Becca Buckalew</i>		6:00-6:45 Stronger MS * <i>Mikel Weiss</i>				
6:45-7:30 Sound Meditation YS * <i>Cici Pringle</i>		6:45-7:30 Pilates Fusion YS * <i>Andrea Flores-Torphy</i>				

# EQUINOX

## WESTLAKE VILLAGE

112 S. Lakeview Canyon Road  
THOUSAND OAKS CA 91362  
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-SUN** 08:00 AM 12:00 PM

## GENERAL MANAGER

Cesar Perez

cesar.perezcastillo@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 + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

**Precision Run 30** An express version of our signature interval-based treadmill program, created by running expert, David Siik. Perfectly balanced speeds and inclines will have you crushing goals while having fun. An Equinox exclusive, welcome to the express lane. Bring headphones.

**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

**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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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.

**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.

**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.

**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

**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.

**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** This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

**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.

## 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

## Dance

**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.

## 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

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**Headstrong Reset Meditation** An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.

**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.