

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 TR * Precision Run + Strength <i>Todd German</i>	6:15-7:00 MS * Stacked <i>Molly Bailey</i>	6:00-6:50 CS * Beats Ride <i>Graham Labass</i>	6:15-7:00 MS * Ropes and Rowers <i>Molly Bailey</i>	6:00-6:50 CS * Precision Ride <i>Graham Labass</i>	8:00-8:50 TR * Precision Run® <i>Todd German</i>	8:45-9:35 MS * Stronger <i>Molly Bailey</i>
7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Andrea Flores-Torphy</i>	7:15-8:05 MS * Whipped! <i>Jeffrey Scott</i>	7:00-8:00 YS * Sculpted Yoga™ (HEATED) <i>Andrea Flores-Torphy</i>	7:00-8:00 YS * Power Vinyasa <i>Poirsha Woolfork</i>	7:00-7:30 MS * Upper Body Pump <i>Robyn Logan</i>	8:00-9:00 YS * Slow Flow Yoga <i>Dhana Stevens</i>	9:00-10:00 YS * Weekend Wind Down Yoga <i>Liz Blanding</i>
8:30-9:15 MS * Stacked <i>Robyn Logan</i>	8:15-9:05 YS * Pilates Fusion <i>Amber McMahon</i>	8:30-9:15 MS * Stronger <i>Robyn Logan</i>	8:15-9:05 YS * Pilates Fusion <i>Poirsha Woolfork</i>	7:30-8:00 MS * Best Abs Ever <i>Robyn Logan</i>	8:45-9:35 CS * Beats Ride <i>Kerri Scherzay</i>	9:30-10:20 CS * Beats Ride <i>Mikel Weiss</i>
8:30-9:20 YS * Pilates Rise <i>Amy Malloy</i>	8:30-9:20 CS * Beats Ride <i>Mikel Weiss</i>	9:15-10:05 YS * Barre <i>Chelsea Hill</i>	8:30-9:20 CS * Beats Ride <i>Skyler Burke</i>	8:30-9:20 MS * Circuit Training <i>Robyn Logan</i>	9:00-9:50 TR * Precision Run + Strength <i>Todd German</i>	9:45-10:15 TR * Precision Run 30 <i>Molly Bailey</i>
9:00-9:50 TR * Precision Run® <i>Kerri Scherzay</i>	8:30-9:15 MS * Best Butt Ever <i>Candyce Heather</i>	9:30-10:20 CS * Beats Ride <i>Robyn Logan</i>	8:30-9:15 MS * MetCon3 <i>Jason Schneider</i>	9:00-9:50 TR * Precision Walk: Elevate <i>Amber McMahon</i>	9:15-10:00 YS * Barre Beyond <i>Zsolt Banki</i>	11:00-11:50 YS * Pilates Fusion <i>Angie Watson</i>
9:30-10:20 CS * Beats Ride <i>Robyn Logan</i>	9:30-10:15 MS * Cardio Sculpt <i>Candyce Heather</i>	10:15-11:05 MS * Best Butt Ever <i>Amber McMahon</i>	9:30-10:15 MS * Body Sculpt <i>Jason Schneider</i>	9:30-10:20 CS * Beats Ride <i>Molly Bailey</i>	9:30-10:20 MS * Rhythmic Sculpt <i>Candyce Heather</i>	4:00-5:00 YS * Yin Yoga <i>Lisa Wildermuth</i>
10:00-10:50 YS * Trilogy Barre <i>Candyce Heather</i>	10:30-11:30 YS * Vinyasa Yoga <i>Krista Kubik</i>	11:30-12:00 CS * Beats Ride 30 <i>Stephanie Barton</i>	10:30-11:30 YS * Vinyasa Yoga <i>Krista Kubik</i>	10:00-10:50 YS * Trilogy Barre <i>Angie Watson</i>	10:15-11:05 YS * Pilates Rise <i>Zsolt Banki</i>	5:15-6:00 YS * Sonic Meditation <i>Lisa Wildermuth</i>
10:15-10:45 MS * Upper Body Pump <i>Amber McMahon</i>	12:00-12:50 YS * Trilogy Barre <i>Phoebe Raye</i>	12:15-12:45 MS * Best Abs Ever <i>Stephanie Barton</i>	12:00-12:50 YS * Pilates Rise <i>Shannon Branham</i>	10:15-10:45 MS * Best Abs Ever <i>Amber McMahon</i>	10:30-11:20 MS * Rounds: Boxing Circuit <i>Candyce Heather</i>	
10:45-11:15 MS * Best Abs Ever <i>Amber McMahon</i>	5:15-6:00 MS * Stacked <i>Sophie Grise</i>	12:30-1:30 YS * Yin Yoga + Sound Meditation <i>Cici Pringle</i>	5:15-6:00 MS * ViPR Sculpt <i>Kerri Scherzay</i>	11:00-11:30 YS * Best Stretch Ever (HEATED) <i>Angie Watson</i>	11:30-12:30 YS * Power Vinyasa (HEATED) <i>Doug Milliron</i>	
11:30-12:20 MS * Stronger <i>Candyce Heather</i>	5:30-6:15 YS * True Barre <i>Braxton Brooks</i>	4:30-5:20 MS * Rhythmic Sculpt <i>Candyce Heather</i>	5:30-6:15 YS * Barre (HEATED) <i>Amy Malloy</i>	4:30-5:20 MS * TRX Max <i>Kerri Scherzay</i>		
12:30-1:30 YS * Sculpted Yoga™ <i>Janelle Johnson</i>	6:15-7:05 MS * Studio Dance: Hip Hop <i>Danielo Mendes</i>	5:15-6:05 CS * Beats Ride <i>Kerri Scherzay</i>	6:15-7:05 MS * Ropes and Rowers <i>Todd German</i>	10:45-11:15 MS * Upper Body Pump <i>Amber McMahon</i>		
4:30-5:15 YS * Trilogy Barre <i>Phoebe Raye</i>	6:15-7:05 TR * Precision Run® <i>Sophie Grise</i>	5:30-6:15 MS * Best Butt Ever <i>Candyce Heather</i>	6:30-7:30 YS * Restorative Yoga <i>Dhana Stevens</i>	5:00-6:00 YS * Yin Yoga <i>Krista Kubik</i>		
5:15-6:05 CS * Beats Ride <i>Jeremy Peters</i>	6:30-7:30 YS * Sculpted Yoga™ <i>Braxton Brooks</i>	5:30-6:30 YS * Vinyasa Yoga <i>Doug Milliron</i>				
5:30-6:20 MS * TRX Max <i>Kerri Scherzay</i>		6:30-7:15 MS * Rounds: Boxing <i>Rufus Dorsey</i>				
5:30-6:30 YS * Vinyasa Yoga (HEATED) <i>Cici Pringle</i>						
6:30-7:00 MS * Best Abs Ever <i>Kerri Scherzay</i>						
6:45-7:30 YS * Sound Meditation <i>Cici Pringle</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

Selena Sempelsz

selena.sempelsz@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.

Beats Ride 30 Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

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 + 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.

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

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.

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.

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.

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 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.

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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.

Athletic Training

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.

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.

Ropes and Rowers Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

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.

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

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

Barre (HEATED) A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

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.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

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.

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

Stretch and Recovery

Best Stretch Ever (HEATED) 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

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.

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.

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.

VIPR Sculpt A moderate intensity, rhythmic workout, exclusively utilizing the VIPR in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.