

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

# 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 additive 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

**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 (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.

**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** 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

**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.

## 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

**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.

## Regeneration

**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 additive 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 additive music and inspiring coaching.