

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 Precision Run + Strength TR * Todd German	6:00-6:50 Stacked MS * <i>Molly Bailey</i>	6:00-6:50 Beats Ride CS * Graham Labass	6:00-6:50 Stronger MS * <i>Molly Bailey</i>	6:00-6:50 Cycle Power CS * Graham Labass	8:00-8:50 Precision Run® TR * <i>Todd German</i>	8:45-9:35 Stronger MS * <i>Molly Bailey</i>
8:30-9:15 Stacked MS * <i>Robyn Logan</i>	8:15-9:05 Pilates Fusion YS * Amber McMahon	8:30-9:15 Stronger MS * <i>Robyn Logan</i>	8:15-9:15 Sculpted Yoga™ YS * <i>Andrea Flores-Torphy</i>	7:00-7:50 Athletic Conditioning MS * Robyn Logan	8:00-9:00 Slow Flow Yoga YS * <i>Dhana Stevens</i>	9:00-10:00 Weekend Wind Down YS * Yoga <i>Liz Blanding</i>
9:00-9:50 Precision Run® TR * <i>Kerri Scherzay</i>	8:30-9:20 Beats Ride CS * Mikel Weiss	9:15-10:05 Barre YS * <i>Chelsea Hill</i>	8:30-9:20 Beats Ride CS * Skyler Burke	8:30-9:20 Circuit Training MS * <i>Robyn Logan</i>	8:45-9:35 Beats Ride CS * Kerri Scherzay	9:30-10:20 Beats Ride CS * Mikel Weiss
9:30-10:20 Beats Ride CS * Robyn Logan	8:30-9:15 Best Butt Ever MS * Candyce Heather	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 * <i>Amber McMahon</i>	9:00-9:30 Tabata Cardio 30 MS * Skyler Burke	10:30-11:30 Sculpted Yoga™ YS * Jennifer Elliott
10:00-10:50 Trilogy Barre YS * Candyce Heather	9:30-10:15 Cardio Sculpt MS * Candyce Heather	10:15-11:00 Best Butt Ever MS * Amber McMahon	9:30-10:15 Sculpt MS * Jason Schneider	9:30-10:20 Cycle Power CS * Molly Bailey	9:00-9:50 Precision Run + Strength TR * <i>Todd German</i>	11:00-11:50 Pilates Fusion MS * Angie Watson
10:15-10:45 Upper Body Pump MS * Amber McMahon	10:30-11:30 Vinyasa Yoga YS * <i>Krista Kubik</i>	11:30-12:20 Stacked MS * Molly Bailey	10:30-11:30 Vinyasa Yoga YS * <i>Krista Kubik</i>	10:00-10:50 Trilogy Barre YS * Angie Watson	9:15-10:00 Barre Beyond YS * <i>Zsolt Banki</i>	4:00-5:00 Yin Yoga YS * <i>Lisa Wildermuth</i>
10:45-11:15 Best Abs Ever MS * Amber McMahon	12:00-12:50 Trilogy Barre YS * <i>Phoebe Raye</i>	12:00-1:00 Sculpted Yoga™ YS * <i>Emily Sutton</i>	12:00-12:50 Pilates Rise YS * <i>Shannon Branham</i>	10:15-10:45 Best Abs Ever MS * Amber McMahon	9:30-10:00 Upper Body Pump MS * Skyler Burke	5:15-6:00 Sonic Meditation YS * <i>Lisa Wildermuth</i>
11:30-12:20 Stronger MS * Candyce Heather	5:00-6:00 Sculpted Yoga™ YS * <i>Braxton Brooks</i>	4:30-5:15 Barefoot Sculpt YS * <i>Pavel Wine</i>	5:00-6:00 Power Vinyasa YS * (HEATED) <i>Emily Sutton</i>	10:45-11:15 Upper Body Pump MS * Amber McMahon	10:15-11:05 Rounds: Boxing Circuit MS * Candyce Heather	
12:00-1:00 Sculpted Yoga™ YS * <i>Janelle Johnson</i>	5:15-6:00 Stacked MS * <i>Sophie Grise</i>	5:15-6:05 Cycle Power CS * Kerri Scherzay	5:15-6:15 Outdoor Run Club OP * Laura S. Conley	11:00-11:30 Best Stretch Ever YS * (HEATED) <i>Angie Watson</i>	10:15-11:05 Pilates Rise YS * <i>Zsolt Banki</i>	
4:30-5:15 Barre Beyond YS * Phoebe Raye	6:15-7:05 Precision Run® TR * <i>Sophie Grise</i>	5:30-6:15 Best Butt Ever MS * Candyce Heather	6:15-7:05 MetCon3 MS * Todd German	4:30-5:15 TRX Max MS * <i>Kerri Scherzay</i>	10:30-11:20 Beats + Bands Ride CS * <i>Skyler Burke</i>	
5:15-6:05 Beats Ride CS * Kerri Scherzay	6:15-7:05 True Barre YS * <i>Braxton Brooks</i>	5:30-6:30 Vinyasa Yoga YS * (HEATED) <i>Doug Milliron</i>	6:30-7:30 Restorative Yoga YS * <i>Dhana Stevens</i>	5:00-6:00 Yin Yoga YS * <i>Krista Kubik</i>		
5:30-6:15 MetCon3 MS * Jeremy Peters	6:30-7:20 Studio Dance MS * Pavel Wine	6:30-7:15 Rounds: Boxing MS * Candyce Heather			11:15-12:05 Stronger MS * Candyce Heather	
5:30-6:30 Vinyasa Yoga YS * <i>Doug Milliron</i>		6:45-7:35 Pilates Rise YS * Poirsha Woolfork			11:30-12:30 Power Vinyasa YS * (HEATED) <i>Doug Milliron</i>	
6:30-7:20 Stronger MS * Kerri Scherzay						

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

OP Outdoor Patio

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

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.

Cycle Power A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

Running

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

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@ 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 (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.

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.

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.

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.

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.

Tabata Cardio 30 A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. 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 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 A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

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.

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.

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.

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.

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.