

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY   |
|---|---|--|---|---|---|--|
| 7:30-8:20 Precision Ride<br>CS *<br><i>Jill Peterson</i>            | 6:30-7:15 Body Sculpt<br>MS *<br><i>Stephanie Czajkowski</i>      | 6:15-7:00 MetCon3<br>MS *<br><i>Hannah Park</i>                        | 6:30-7:20 Pilates Rise<br>YS *<br><i>Larisa Lotz</i>                              | 6:30-7:15 Stronger<br>MS *<br><i>Sarah MacKay</i>                   | 8:30-9:20 Ropes and Rowers<br>MS *<br><i>Victoria Ralston</i>                       | 9:00-10:00 Power Vinyasa<br>YS *<br><i>Gabriella Rubin</i>         |
| 8:30-9:15 Barefoot Sculpt<br>YS *<br><i>Jill Peterson</i>           | 8:30-9:15 Pilates Fusion<br>YS *<br><i>Stephanie Czajkowski</i>   | 8:30-9:20 Pilates Fusion<br>YS *<br><i>Trevor Kent</i>                 | 8:30-9:15 Anthem Ride<br>CS *<br><i>Jill Karrenbrock</i>                          | 8:30-9:15 TRX Max<br>MS *<br><i>Tawna Hutchinson</i>                | 9:15-10:00 Beats Ride<br>CS *<br><i>Sara Perez</i>                                  | 9:15-10:00 Beats + Bands Ride<br>CS *<br><i>Kaylin Zeren</i>       |
| 9:30-10:15 MetCon Monday<br>MS *<br><i>Victoria Ralston</i>         | 9:15-10:00 Barre Beyond<br>MS *<br><i>Zsolt Banki</i>             | 9:30-10:15 Body Sculpt<br>MS *<br><i>Trevor Kent</i>                   | 9:15-10:00 Bala Bangle Barre Burn<br>MS *<br><i>Zsolt Banki</i>                   | 9:30-10:15 Stronger<br>MS *<br><i>Jayen Wells</i>                   | 10:00-10:45 Stacked<br>MS *<br><i>Rick Logan</i>                                    | 10:15-11:00 Athletic Conditioning<br>MS *<br><i>Linda Fluis</i>    |
| 11:00-11:45 Body Sculpt<br>MS *<br><i>Trevor Kent</i>               | 11:00-12:00 Vinyasa Yoga<br>MS *<br>(HEATED)<br><i>Chris Reed</i> | 10:30-11:15 Tabata Max<br>MS *<br><i>Marzena Janasik</i>               | 10:30-11:15 MetCon3<br>MS *<br><i>Jayen Wells</i>                                 | 10:00-10:50 Pilates Rise<br>YS *<br><i>Cynthia San Luis</i>         | 10:30-11:20 Pilates Fusion<br>YS *<br><i>Trevor Kent</i>                            | 12:30-1:30 Gentle Yoga<br>YS *<br><i>Micki Duran</i>               |
| 12:15-1:05 Pilates Fusion<br>YS *<br>(HEATED)<br><i>Trevor Kent</i> | 12:30-1:15 Best Butt Ever<br>MS *<br><i>Mandee Miller</i>         | 11:00-11:45 Beats Ride<br>CS *<br><i>Sara Perez</i>                    | 11:00-11:50 Pilates Mat<br>YS *<br><i>Ana Caban</i>                               | 11:45-12:00 Best Abs Ever<br>MS *<br><i>Victoria Ralston</i>        | 11:30-12:30 Studio Dance:<br>MS *<br>GROOV3<br><i>Brandi Taylor DJ Black Rabbit</i> | 3:30-4:30 Weekend Wind Down<br>YS *<br>Yoga<br><i>Allie Schulz</i> |
| 1:30-2:15 Stronger<br>MS *<br><i>David Pisanich</i>                 | 1:30-2:20 Pilates Rise<br>YS *<br><i>Mandee Miller</i>            | 12:30-1:15 Stronger<br>MS *<br><i>Sheila Lee</i>                       | 12:15-1:00 Rhythmic Sculpt<br>MS *<br><i>Willis Hao</i>                           | 12:15-1:15 Vinyasa Yoga<br>YS *<br>(HEATED)<br><i>Chris Reed</i>    | 1:00-2:00 Vinyasa Yoga<br>YS *<br><i>Christine Mirzayan</i>                         | 5:00-5:50 Pilates Mat<br>MS *<br><i>Larisa Lotz</i>                |
| 5:15-6:00 MetCon Monday<br>MS *<br><i>Kaylin Zeren</i>              | 4:15-5:00 TRX Max<br>MS *<br><i>Skyler Burke</i>                  | 1:30-2:30 Sculpted Yoga™<br>YS *<br>(HEATED)<br><i>Tanja Johnston</i>  | 1:30-2:30 Yin Yoga<br>YS *<br><i>Christine Mirzayan</i>                           | 4:15-5:00 Rounds: Boxing<br>YS *<br>Circuit<br><i>U. B. Sanchez</i> | 5:15-6:15 Slow Flow Yoga<br>YS *<br>(HEATED)<br><i>Micki Duran</i>                  |  |
| 5:30-6:30 Vinyasa Yoga<br>YS *<br><i>Chrissy Gonzalez</i>           | 5:15-6:15 Sculpted Yoga™<br>YS *<br><i>Kristyn Evelyn</i>         | 4:15-5:05 Pilates Rise<br>MS *<br><i>Natalia Perzyna</i>               | 4:15-5:00 Rounds: Boxing<br>MS *<br>Circuit<br><i>U. B. Sanchez</i>               | 5:15-6:15 Vinyasa Yoga<br>YS *<br>(HEATED)<br><i>Chris Reed</i>     |   |  |
| 6:15-7:00 Beats Ride<br>CS *<br><i>Kaylin Zeren</i>                 | 5:30-6:20 Circuit Training<br>MS *<br><i>Victoria Ralston</i>     | 5:30-6:30 Vinyasa Yoga<br>YS *<br><i>Eka Ekong</i>                     | 5:30-6:15 Vinyasa Yoga<br>YS *<br>(HEATED)<br><i>Chris Reed</i>                   | 5:30-6:30 Yin Yoga<br>YS *<br><i>Chrissy Gonzalez</i>               |   |  |
| 7:00-8:00 Gentle Yoga<br>YS *<br><i>Anna Palms</i>                  | 6:30-7:15 Best Stretch Ever<br>MS *<br><i>Victoria Ralston</i>    | 6:30-7:15 Stronger<br>MS *<br><i>Kaylin Zeren</i>                      | 5:30-6:15 Stronger<br>MS *<br><i>Kim Waldauer</i>                                 | 5:45-6:30 Beats Ride<br>CS *<br><i>Kaylin Zeren</i>                 |   |  |
| 7:30-8:15 Rounds: Boxing Circuit<br>MS *<br><i>Glenn Payne</i>      | 7:00-7:50 Pilates Mat<br>YS *<br><i>Anna Palms</i>                | 7:30-8:15 Best Butt Ever<br>MS *<br><i>Linda Fluis</i>                 | 6:30-7:30 Studio Dance:<br>MS *<br>GROOV3<br><i>Brandi Taylor DJ Black Rabbit</i> |   |   |  |
| 8:15-9:00 Sound Meditation<br>YS *<br><i>Anna Palms</i>             | 8:15-9:05 Yin Yoga<br>YS *<br><i>Rocco Stowe</i>                  | 8:00-9:00 Slow Flow Yoga<br>YS *<br>(HEATED)<br><i>Scarlett McCann</i> | 7:15-8:15 Gentle Yoga<br>YS *<br><i>Jose Alvarado</i>                             |   |   |  |

# EQUINOX

## GLENDALE

207 Goode Avenue

GLENDALE CA 91203

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

## GROUP FITNESS MANAGER

pariserrault.mulkey@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.

**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.

**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.

## 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** 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.

**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 (HEATED)** 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.

## 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.

**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.

**Tabata Max** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

## 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.

## 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 Fusion (HEATED)** 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

**Studio Dance: GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

## Boxing and Kickboxing

**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** 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.

**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.

**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, 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.