

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 YS * Barefoot Sculpt <i>Jill Peterson</i>	6:30-7:15 YS * Pilates Fusion <i>Stephanie Czajkowski</i>	6:15-7:00 MS * MetCon3 <i>Aaron Bryant</i>	6:30-7:20 YS * Pilates Rise <i>Larisa Lotz</i>	8:30-9:15 CS * Beats Ride <i>Paris Perrault</i>	8:15-9:00 CS * Beats Ride <i>Glenn Payne</i>	9:00-10:00 YS * Power Vinyasa <i>Gabriella Rubin</i>
9:30-10:15 MS * MetCon Monday <i>Paris Perrault</i>	8:30-9:15 CS * Beats Ride <i>Sarah MacKay</i>	8:30-9:20 YS * Pilates Fusion <i>Trevor Kent</i>	8:30-9:15 CS * Anthem Ride <i>Jill Karrenbrock</i>	9:30-10:15 MS * Rhythmic Sculpt <i>Cynthia San Luis</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jose Alvarado</i>	9:15-10:00 CS * Beats + Bands Ride <i>Kaylin Zeren</i>
11:00-11:45 MS * Body Sculpt <i>Trevor Kent</i>	9:30-10:15 MS * Stacked <i>Paris Perrault</i>	9:30-10:15 MS * Body Sculpt <i>Trevor Kent</i>	9:30-10:15 MS * True Barre: Off the Barre <i>Kristyn Evelyn</i>	10:30-11:20 YS * Pilates Rise <i>Cynthia San Luis</i>	9:15-10:00 MS * The Cut <i>Victoria Ralston</i>	10:15-11:00 MS * Athletic Conditioning <i>Linda Fluis</i>
12:15-1:05 YS * Pilates Fusion (Heated) <i>Trevor Kent</i>	11:00-12:00 YS * Vinyasa Yoga (Heated) <i>Chris Reed</i>	11:00-11:45 YS * Barefoot Sculpt <i>Stephanie Czajkowski</i>	10:30-11:15 MS * MetCon3 <i>Paris Perrault</i>	11:00-11:45 MS * Best Butt Ever <i>Victoria Ralston</i>	10:15-10:45 MS * Upper Body Pump <i>Rick Logan</i>	11:30-12:15 MS * True Barre: Off the Barre <i>Shielu Bharwani</i>
1:30-2:15 MS * Stacked <i>Paris Perrault</i>	12:30-1:15 MS * Best Butt Ever <i>Mandee Miller</i>	12:30-1:15 MS * Stronger <i>Willis Hao</i>	11:00-11:50 YS * Pilates Mat <i>Ana Caban</i>	11:45-12:00 MS * Best Abs Ever <i>Victoria Ralston</i>	10:30-11:20 YS * Pilates Fusion <i>Trevor Kent</i>	12:30-1:30 YS * Gentle Yoga <i>Micki Duran</i>
4:15-5:00 YS * Pilates Fusion <i>Be Solomon</i>	1:30-2:20 YS * Pilates Rise <i>Mandee Miller</i>	1:30-2:30 YS * Sculpted Yoga™ (Heated) <i>Tanja Johnston</i>	12:15-1:15 YS * Power Vinyasa <i>Christine Mirzayan</i>	12:15-1:15 YS * Vinyasa Yoga (Heated) <i>Chris Reed</i>	10:45-11:15 MS * Best Butt Ever <i>Rick Logan</i>	4:00-4:45 YS * Tai Chi <i>Sandra Kim</i>
5:15-6:00 MS * MetCon Monday <i>Kaylin Zeren</i>	4:15-5:00 YS * Barefoot Sculpt <i>Skyler Burke</i>	4:15-5:05 YS * Pilates Rise <i>Natalia Perzyna</i>	1:30-2:00 MS * Upper Body Pump <i>Stephanie Czajkowski</i>	1:30-2:15 MS * Best Butt Ever <i>Nik Andrews</i>	11:30-12:30 MS * Studio Dance: GROOV3 <i>Brandi Taylor DJ Black Rabbit</i>	5:00-5:50 YS * Pilates Mat <i>Larisa Lotz</i>
5:30-6:30 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Kristyn Evelyn</i>	5:30-6:30 YS * Vinyasa Yoga <i>Eka Ekong</i>	2:00-2:30 MS * Best Abs Ever <i>Stephanie Czajkowski</i>	4:15-5:00 YS * Pilates Fusion <i>Lori Allen</i>	5:15-6:15 YS * Slow Flow Yoga (Heated) <i>Micki Duran</i>	
6:15-7:00 CS * Beats Ride <i>Kaylin Zeren</i>	5:30-6:20 MS * Ropes and Rowers <i>Victoria Ralston</i>	6:00-6:45 MS * Stronger <i>Kaylin Zeren</i>	4:15-5:00 MS * Off the Barre <i>Team Equinox</i>	5:30-6:15 YS * Yin Yoga <i>Jasmine Castillo</i>		
6:30-7:15 MS * Best Butt Ever <i>Linda Fluis</i>	6:30-7:15 MS * Best Stretch Ever <i>Victoria Ralston</i>	7:00-7:45 MS * Best Butt Ever <i>Linda Fluis</i>	5:15-6:15 YS * Vinyasa Yoga (Heated) <i>Chris Reed</i>	5:45-6:30 CS * Beats Ride <i>Colette Bowen</i>		
7:00-8:00 YS * Yin Yoga <i>Kristyn Evelyn</i>	7:00-7:50 YS * Pilates Mat <i>Anna Palms</i>	8:00-9:00 YS * Slow Flow Yoga (Heated) <i>Scarlett McCann</i>	5:30-6:15 MS * Stronger <i>Kim Waldauer</i>	6:15-7:00 YS * Sound Meditation <i>Jasmine Castillo</i>		
7:30-8:15 MS * Rounds: Bags and Mitts <i>Glenn Payne</i>	8:15-9:05 YS * Yin Yoga <i>Rocco Stowe</i>		6:30-7:30 MS * Studio Dance: GROOV3 <i>Brandi Taylor DJ Black Rabbit</i>			
8:15-9:00 YS * Sound Meditation <i>Anna Palms</i>			7:15-8:15 YS * Gentle Yoga <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

parispermault.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.



## 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.

**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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.



## 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.

**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.



## Barre

**Off the Barre** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

**True Barre: Off the Barre** 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 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

**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.

**The Cut** A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.



## Regeneration

**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.

**Tai Chi** A slow-moving martial art that emphasizes balance, alignment, and relaxation. Open to all levels, this class includes Qigong Tai Chi, and related exercises to build coordination, increased body awareness, and a focused mind.



## 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, 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.



## 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.