

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY   |
|--|---|--|--|--|--|--|
| 6:00-6:45<br>MS *<br>MetCon Monday<br><i>Alexa Lambarri</i>                  | 6:00-6:45<br>CS *<br>Beats Ride<br><i>Zach Fiocca</i>             | 6:00-6:45<br>MS *<br>Stronger<br><i>Trace Faubel</i>                         | 6:00-6:45<br>CS *<br>Anthem Ride<br><i>Trish Kilby</i>                         | 6:00-6:45<br>MS *<br>Pure Strength<br><i>Alexa Lambarri</i>                  | 8:15-9:00<br>BA *<br>Barre<br><i>Rachel Yuter</i>                        | 8:15-9:05<br>CS *<br>Precision Ride<br><i>Monica McCall</i>                    |
| 6:30-7:30<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Merida Van Tyne</i>     | 6:30-7:20<br>BA *<br>Pilates at the Barre<br><i>Lori Anderson</i> | 6:30-7:30<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Danielle Johnston</i>       | 6:15-7:00<br>MS *<br>Tabata Max<br><i>Kim Brutzman</i>                         | 6:15-7:15<br>YS *<br><b>Sculpted Yoga™<br/>Team Equinox</b>                  | 8:30-9:15<br>MS *<br>MetCon3<br><i>Alexa Lambarri</i>                    | 8:15-9:00<br>MS *<br>Stacked<br><i>Kristin Granillo</i>                        |
| 7:15-8:05<br>BA *<br>Barefoot Sculpt<br><i>Alexa Lambarri</i>                | 7:15-8:00<br>MS *<br>Stacked<br><i>Alexa Lambarri</i>             | 7:15-8:05<br>BA *<br>Pilates Fusion<br><i>Karina Fernandez-Ross</i>          | 6:30-7:20<br>BA *<br>Barefoot Sculpt<br><i>Rachel Yuter</i>                    | 7:15-8:00<br>MS *<br>Core6<br><i>Ashley Erickson</i>                         | 9:00-9:45<br>TR *<br>Precision Walk: Elevate<br><i>Bree Mitchell</i>     | 8:30-9:30<br>YS *<br>Yin Yoga + Sound<br>Meditation<br><i>Robert Astalos</i>   |
| 8:15-9:00<br>MS *<br>Tabata Max<br><i>Kristin Granillo</i>                   | 8:30-9:15<br>MS *<br>The Cut<br><i>Alexa Lambarri</i>             | 8:00-8:50<br>CS *<br>Anthem Ride<br><i>Trish Kilby</i>                       | 7:00-8:00<br>YS *<br>Power Vinyasa<br><i>Lara Benusis</i>                      | 8:00-8:30<br>CS *<br>Beats Ride 30<br><i>Zach Fiocca</i>                     | 9:00-10:00<br>YS *<br>Vinyasa Yoga<br><b>Brooke Welty</b>                | 9:00-9:50<br>BA *<br>Barefoot Sculpt<br><i>France-Marie Stiewel</i>            |
| 8:30-9:15<br>BA *<br>Barefoot Sculpt<br><i>Daniela Evseev</i>                | 8:45-9:35<br>BA *<br>True Barre<br><i>Kristina Hagen</i>          | 8:45-9:30<br>MS *<br>Stronger<br><i>Alexa Lambarri</i>                       | 8:30-9:15<br>MS *<br><b>Body Sculpt<br/>Grace Recka</b>                        | 8:15-9:00<br>MS *<br>Cardio Dance<br><i>Daniela Evseev</i>                   | 9:15-10:00<br>BA *<br>Pilates Fusion<br><i>Rachel Yuter</i>              | 9:30-10:15<br>MS *<br>Best Butt Ever<br><i>Monica McCall</i>                   |
| 9:00-9:50<br>TR *<br>Precision Walk: Elevate<br><i>Alexandra Simon</i>       | 9:00-10:00<br>YS *<br>Sculpted Yoga™<br><i>Alexandra Simon</i>    | 8:45-9:45<br>YS *<br><b>Slow Flow Yoga<br/>Jennifer Harpin</b>               | 8:45-9:35<br>BA *<br>Pilates at the Barre<br><i>Lori Anderson</i>              | 8:30-9:30<br>YS *<br>Vinyasa Yoga<br><i>Rebekka Mars</i>                     | 9:15-10:00<br>CS *<br>Anthem Ride<br><i>Natalie Neyman</i>               | 10:00-11:00<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Loren Yandoc</i>            |
| 9:15-10:05<br>MS *<br>Best Butt Ever<br><i>Kristin Granillo</i>              | 9:30-10:15<br>MS *<br>Tabata Max<br><i>Ashley Erickson</i>        | 9:15-10:05<br>BA *<br>Barefoot Sculpt<br><i>Ashlee Cinco</i>                 | 9:00-10:00<br>YS *<br>Sculpted Yoga™<br><i>Karina Fernandez-Ross</i>           | 8:45-9:35<br>BA *<br>Pilates Rise<br><i>Karina Fernandez-Ross</i>            | 9:30-10:15<br>MS *<br>Stronger<br><i>Trace Faubel</i>                    | 10:15-11:05<br>BA *<br>True Barre<br><i>France-Marie Stiewel</i>               |
| 9:30-10:15<br>CS *<br>Beats Ride<br><i>Daniela Evseev</i>                    | 10:30-11:30<br>YS *<br>Slow Flow Yoga<br><i>Rebekka Mars</i>      | 9:45-10:30<br>MS *<br>Core6<br><i>Tiffany Newlin</i>                         | 9:30-10:20<br>MS *<br><b>MetCon3<br/>Grace Recka</b>                           | 9:15-10:00<br>MS *<br>Circuit Training<br><i>Tiffany Newlin</i>              | 10:15-11:00<br>BA *<br>Barefoot Sculpt<br><i>Team Equinox</i>            | 10:15-11:00<br>CS *<br>Beats Ride<br><i>Ashley Erickson</i>                    |
| 10:15-11:15<br>YS *<br>Athletic Stretch<br><i>Dre Santana</i>                | 11:00-11:50<br>BA *<br>Pilates Fusion<br><i>Ashlee Cinco</i>      | 10:15-10:45<br>BA *<br>Athletic Stretch<br><i>Ashlee Cinco</i>               | 10:30-11:30<br>YS *<br>Vinyasa Yoga<br><i>Team Equinox</i>                     | 9:30-10:15<br>CS *<br>Beats Ride<br><i>Zach Fiocca</i>                       | 10:30-11:00<br>MS *<br>Upper Body Pump<br><i>Trace Faubel</i>            | 10:30-11:15<br>MS *<br>Rhythmic Sculpt<br><i>Monica McCall</i>                 |
| 10:30-11:30<br>MS *<br>TRX Max<br><i>Trace Faubel</i>                        | 12:00-12:45<br>CS *<br>Beats Ride<br><i>Ashley Erickson</i>       | 10:30-11:20<br>YS *<br>Pilates Fusion (Heated)<br><i>Chelsea Mapes</i>       | 12:00-12:50<br>YS *<br>Pilates Fusion (Heated)<br><i>Karina Fernandez-Ross</i> | 10:15-11:15<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Karina Fernandez-Ross</i> | 10:45-11:45<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Kelli Russell</i> | 11:30-12:30<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i> |
| 10:45-11:35<br>BA *<br>Pilates at the Barre<br><i>France-Marie Stiewel</i>   | 4:00-5:00<br>YS *<br>Power Vinyasa<br><i>Jake Ferree</i>          | 10:45-11:30<br>MS *<br>Rhythmic Sculpt<br><i>Tiffany Newlin</i>              | 4:00-5:00<br>YS *<br><b>Slow Flow Yoga<br/>(Heated)<br/>Brooke Welty</b>       | 10:30-11:30<br>MS *<br>Best Butt Ever<br><i>Tiffany Newlin</i>               | 11:00-11:30<br>MS *<br>Best Butt Ever<br><i>Trace Faubel</i>             | 12:30-1:30<br>YS *<br>Vinyasa Yoga<br><i>Rebekka Mars</i>                      |
| 11:45-12:30<br>MS *<br>Stronger<br><i>Trace Faubel</i>                       | 4:30-5:00<br>MS *<br>Upper Body Pump<br><i>Trace Faubel</i>       | 12:00-1:00<br>YS *<br><b>Power Vinyasa<br/>Claire Laurie</b>                 | 5:00-5:50<br>BA *<br>Pilates Fusion<br><i>Jessica Janc</i>                     | 10:45-11:35<br>BA *<br>True Barre<br><i>France-Marie Stiewel</i>             | 11:30-12:20<br>BA *<br><b>Pilates Fusion<br/>Dani Parker</b>             | 3:00-4:00<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Taylor Jeanne</i>         |
| 12:00-1:00<br>YS *<br>Vinyasa Yoga<br><i>Taylor Jeanne</i>                   | 5:00-5:50<br>BA *<br>Barefoot Sculpt<br><i>Sue White</i>          | 1:00-1:50<br>BA *<br>Pilates at the Barre<br><i>Ashlee Cinco</i>             | 5:30-6:15<br>MS *<br>Tabata Max<br><i>Bree Mitchell</i>                        | 11:45-12:15<br>MS *<br>Upper Body Pump<br><i>Tiffany Newlin</i>              | 12:45-1:45<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Stacy McCarthy</i> |  |
| 1:00-1:50<br>BA *<br><b>Pilates Fusion<br/>France-Marie Stiewel</b>          | 5:00-5:30<br>MS *<br>Best Butt Ever<br><i>Trace Faubel</i>        | 4:15-5:00<br>CS *<br>Beats Ride<br><i>Monica McCall</i>                      | 6:00-6:50<br>CS *<br>Precision Ride<br><i>Zach Fiocca</i>                      | 12:00-12:50<br>BA *<br>Barefoot Sculpt<br><i>France-Marie Stiewel</i>        |  |  |
| 4:15-5:15<br>YS *<br>Yin Yoga<br><i>Cynthia Roth</i>                         | 5:45-6:35<br>MS *<br>360 Strength<br><i>Trace Faubel</i>          | 4:30-5:20<br>BA *<br>Pilates Fusion<br><i>Lori Anderson</i>                  | 7:00-8:00<br>YS *<br>Yin Yoga + Sound<br>Meditation<br><i>Taylor Jeanne</i>    | 1:00-2:00<br>YS *<br>Gentle Yoga<br><i>Cynthia Roth</i>                      |  |  |
| 4:30-5:20<br>BA *<br>True Barre: Bala Bangle<br><i>Kristina Hagen</i>        | 6:15-7:05<br>BA *<br>Pilates Fusion<br><i>Sue White</i>           | 5:30-6:20<br>BA *<br>Pilates at the Barre<br><i>Lori Anderson</i>            |  | 4:15-5:05<br>YS *<br>Pilates Fusion (Heated)<br><i>Chelsea Mapes</i>         |  |  |
| 4:30-5:15<br>MS *<br>MetCon Monday<br><i>Monica McCall</i>                   | 7:00-8:00<br>YS *<br>Yin Yoga<br><b>Cynthia Roth</b>              | 5:30-6:20<br>MS *<br>Best Butt Ever<br><i>Monica McCall</i>                  |  | 5:00-5:45<br>MS *<br><b>Stronger<br/>Team Equinox</b>                        |  |  |
| 5:30-6:20<br>MS *<br>Body Sculpt<br><i>Bree Mitchell</i>                     |   | 6:00-7:00<br>YS *<br>Power Vinyasa<br><i>Madeline Griffith</i>               |  | 6:00-7:00<br>YS *<br>Vinyasa Yoga (Heated)<br><i>Sue White</i>               |  |  |
| 5:45-6:35<br>BA *<br>Barefoot Sculpt<br><i>Caitlin Lancon</i>                |   | 6:30-7:45<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i> |  |  |  |  |
| 6:00-7:00<br>YS *<br>Power Vinyasa<br>(Heated)<br><i>Kelli Russell</i>       |   | 7:45-8:30<br>YS *<br>Sound Meditation<br><i>Sue White</i>                    |  |  |  |  |
| 6:30-7:45<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i> |   |  |  |  |  |  |

# EQUINOX

## LA COSTA

7710 El Camino Real

CARLSBAD CA 92009

EQUINOX.COM

@EQUINOX

**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 06:00 PM

## GROUP FITNESS MANAGER

ashley.erickson@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**BA** Barre Studio

**TR** Treadmill Area

## 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 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 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** 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.

**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

**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**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.

**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.

**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

**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.

**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.

**True Barre: Bala Bangle** This sculpt 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.

## 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. An Equinox exclusive.

## Dance

**Cardio Dance** A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

**Studio Dance: Smash Choreo** Shake, shimmy and sweat to your favorite old school hip hop, groovy R&B and fun pop songs with dancer/choreographer Ashley Erickson. A warmup and stretch will prep the mind and body to move through a step-by-step breakdown of our monthly choreography. Always moving, always fun!

## Boxing

**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

**Athletic Stretch** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

**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.

**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, light-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

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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.

**Pure Strength** Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.