

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   | SUNDAY   |
|--|---|--|---|---|--|--|
| 6:00-6:45<br>MS *<br>MetCon3<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>Kasey Keener</i>                         | 6:00-6:45<br>CS *<br>Beats Ride<br><i>Kristin Granillo</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 (HEATED)<br><i>Merida Van Tyne</i>        | 6:15-7:00<br>MS *<br>Athletic Conditioning<br><i>Kristin Granillo</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>Ashley Erickson</i>           | 6:30-7:30<br>YS *<br>Power Vinyasa<br><i>Sedona Tosdal</i>            | 8:30-9:15<br>MS *<br>MetCon3<br><i>Alexa Lambarri</i>                  | 8:15-9:00<br>MS *<br>Tabata Max<br><i>Kim Brutzman</i>                         |
| 7:15-8:05<br>BA *<br>Barefoot Sculpt<br><i>Alexa Lambarri</i>                | 6:30-7:20<br>BA *<br>Trilogy Barre<br><i>Lori Anderson</i>            | 7:15-8:05<br>BA *<br>Pilates Fusion<br><i>Karina Ross</i>                    | 6:30-7:20<br>BA *<br>Barefoot Sculpt<br><i>Rachel Yuter</i>         | 7:15-8:00<br>MS *<br>Tabata Max<br><i>Natalie Neyman</i>              | 9:00-9:45<br>TR *<br>Precision Walk: Elevate<br><i>Bree Mitchell</i>   | 8:30-9:30<br>YS *<br>Restorative Yoga<br><i>Robert Astalos</i>                 |
| 8:15-9:00<br>MS *<br>Tabata Max<br><i>Ashley Erickson</i>                    | 7:15-8:05<br>MS *<br>Stacked<br><i>Alexa Lambarri</i>                 | 8:30-9:30<br>CS *<br>Endurance Ride 60<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><i>Melissa Rose</i>              | 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>                | 8:30-9:15<br>MS *<br>The Cut<br><i>Alexa Lambarri</i>                 | 8:45-9:30<br>MS *<br>Stronger<br><i>Alexa Lambarri</i>                       | 8:30-9:15<br>MS *<br>Rhythmic Sculpt<br><i>Hannah Carmody</i>       | 8:30-9:30<br>YS *<br>Vinyasa Yoga<br><i>Rebekka Mars</i>              | 9:15-10:00<br>BA *<br>Pilates Fusion<br><i>Karina Ross</i>             | 9:30-10:15<br>MS *<br>Best Butt Ever<br><i>Monica McCall</i>                   |
| 8:45-9:45<br>YS *<br>Power Vinyasa<br><i>Alexandra Simon</i>                 | 8:45-9:35<br>BA *<br>True Barre<br><i>Kristina Hagen</i>              | 9:00-10:00<br>YS *<br>Power Vinyasa (HEATED)<br><i>Jennifer Harpin</i>       | 8:45-9:35<br>BA *<br>Trilogy Barre<br><i>Lori Anderson</i>          | 8:45-9:35<br>BA *<br>Pilates Rise<br><i>Karina Ross</i>               | 9:15-10:00<br>CS *<br>Anthem Ride<br><i>Hannah Carmody</i>             | 10:00-11:00<br>YS *<br>Vinyasa Yoga (HEATED)<br><i>Loren Yandoc</i>            |
| 9:00-9:50<br>TR *<br>Precision Walk: Elevate<br><i>Danielle Johnston</i>     | 9:00-10:00<br>YS *<br>Sculpted Yoga™<br><i>Wendy Garafalo</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 Ross</i>          | 9:15-10:05<br>MS *<br>Whipped!<br><i>Tiffany Newlin</i>               | 9:30-10:15<br>MS *<br>Stronger<br><i>Kasey Keener</i>                  | 10:15-11:05<br>BA *<br>True Barre<br><i>France-Marie Stiewel</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>            | 9:45-10:15<br>MS *<br>Upper Body Pump<br><i>Alexandra Simon</i>              | 9:30-10:20<br>MS *<br>MetCon3<br><i>Grace Recka</i>                 | 9:30-10:15<br>CS *<br>Beats Ride<br><i>Zach Fiocca</i>                | 10:15-11:05<br>BA *<br>Barefoot Sculpt<br><i>Karina Ross</i>           | 10:15-11:00<br>CS *<br>Beats Ride<br><i>Ashley Erickson</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>Wendy Garafalo</i>        | 10:30-11:15<br>MS *<br>Rhythmic Sculpt<br><i>Alexandra Simon</i>             | 10:30-11:30<br>YS *<br>Vinyasa Yoga<br><i>Melissa Rose</i>          | 10:30-11:20<br>MS *<br>Best Butt Ever<br><i>Tiffany Newlin</i>        | 10:30-11:00<br>MS *<br>Upper Body Pump<br><i>Trace Faubel</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>          |  | 12:00-12:50<br>BA *<br>Pilates Fusion<br><i>Karina Ross</i>         | 10:45-11:35<br>BA *<br>True Barre<br><i>France-Marie Stiewel</i>      | 10:45-11:45<br>YS *<br>Power Vinyasa (HEATED)<br><i>Kelli Russell</i>  | 11:15-12:05<br>BA *<br>Pilates Fusion<br><i>Jessica Janc</i>                   |
| 10:45-11:35<br>BA *<br>Trilogy Barre<br><i>Karina Ross</i>                   | 12:00-12:45<br>CS *<br>Beats Ride<br><i>Ashley Erickson</i>           | 12:00-1:00<br>YS *<br>Power Vinyasa<br><i>Jake Ferree</i>                    | 4:00-5:00<br>YS *<br>Slow Flow Yoga (HEATED)<br><i>Melissa Rose</i> | 11:45-12:35<br>MS *<br>MetCon3<br><i>Tiffany Newlin</i>               | 11:00-11:20<br>MS *<br>Best Abs Ever<br><i>Trace Faubel</i>            | 11:30-12:30<br>MS *<br>Studio Dance: Smash<br>Choreo<br><i>Ashley Erickson</i> |
| 11:45-12:35<br>MS *<br>TRX Max<br><i>Trace Faubel</i>                        | 4:00-5:00<br>YS *<br>Vinyasa Yoga<br><i>Jake Ferree</i>               | 1:00-1:45<br>MS *<br>Best Stretch Ever<br><i>Wendy Garafalo</i>              | 5:00-5:50<br>BA *<br>Barre<br><i>Daniela Evseev</i>                 | 12:00-12:50<br>BA *<br>Barefoot Sculpt<br><i>France-Marie Stiewel</i> |  | 12:30-1:30<br>YS *<br>Vinyasa Yoga<br><i>Rebekka Mars</i>                      |
| 12:00-1:00<br>YS *<br>Vinyasa Yoga<br><i>Taylor Jeanne</i>                   | 4:30-5:00<br>MS *<br>Upper Body Pump<br><i>Grace Recka</i>            | 4:00-4:45<br>CS *<br>Beats Ride<br><i>Monica McCall</i>                      | 5:30-6:15<br>MS *<br>Tabata Max<br><i>Kasey Keener</i>              | 1:00-1:50<br>YS *<br>Gentle Yoga<br><i>Wendy Garafalo</i>             |  | 3:00-4:00<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Taylor Jeanne</i>         |
| 1:00-1:50<br>BA *<br>Pilates Rise<br><i>Karina Ross</i>                      | 5:00-5:50<br>BA *<br>Barefoot Sculpt<br><i>Sue White</i>              | 4:30-5:15<br>BA *<br>Pilates Rise<br><i>Lori Anderson</i>                    | 6:00-6:50<br>CS *<br>Precision Ride<br><i>Zach Fiocca</i>           |   | 11:30-12:15<br>MS *<br>Rhythmic Sculpt<br><i>Ashley Erickson</i>       |  |
| 4:15-5:15<br>YS *<br>Yin Yoga<br><i>Cynthia Roth</i>                         | 5:00-5:20<br>MS *<br>Best Abs Ever<br><i>Grace Recka</i>              | 5:15-6:05<br>MS *<br>Best Butt Ever<br><i>Monica McCall</i>                  | 6:30-7:30<br>YS *<br>Restorative Yoga<br><i>Taylor Jeanne</i>       | 5:00-5:45<br>MS *<br>Stronger<br><i>Alexa Lambarri</i>                | 12:30-1:30<br>YS *<br>Weekend Wind Down<br>Yoga<br><i>Cynthia Roth</i> |  |
| 4:30-5:20<br>BA *<br>True Barre<br><i>Kristina Hagen</i>                     | 5:30-6:20<br>MS *<br>Whipped!<br><i>Grace Recka</i>                   | 5:30-6:20<br>BA *<br>Trilogy Barre<br><i>Lori Anderson</i>                   |   | 6:00-7:00<br>YS *<br>Vinyasa Yoga (HEATED)<br><i>Sue White</i>        |  |  |
| 5:00-5:50<br>MS *<br>MetCon Monday<br><i>Monica McCall</i>                   | 6:00-6:45<br>TR *<br>Precision Run®<br><i>Bree Mitchell</i>           | 6:00-7:00<br>YS *<br>Power Vinyasa (HEATED)<br><i>Rebekka Mars</i>           |   |   |  |  |
| 5:45-6:35<br>BA *<br>Barefoot Sculpt<br><i>Caitlin Lancon</i>                | 6:15-7:05<br>BA *<br>Pilates Fusion<br><i>Sue White</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 (HEATED)<br><i>Kelli Russell</i>          | 7:00-8:00<br>YS *<br>Yin Yoga<br><i>Merida Van Tyne</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.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**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** 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** 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.

**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.

**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.

**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.

## 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.

**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.

**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.

**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.

**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.

**Whipped!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. 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.

**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: 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.

**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.

## 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.

**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.