

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:15 MS* MetCon Monday <i>Monique Bell</i>	6:15-7:05 MS* Athletic Conditioning <i>Juan Hidalgo</i>	6:30-7:15 MS* Stronger <i>Piper Natoli</i>	6:15-7:00 MS* Rounds: Kickboxing <i>Steven Dell</i>	6:15-7:00 MS* Core6 <i>Titus-R'icard Baldwin</i>	8:30-9:15 MS* Body Sculpt <i>Karen Voight</i>	9:00-9:45 YS* Barefoot Sculpt <i>Rachel King</i>
9:15-10:05 YS* Pilates at the Barre <i>Regina Santos</i>	9:15-10:00 YS* True Barre <i>Amber Adams</i>	7:45-8:45 YS* Vinyasa Yoga <i>Gina Brown</i>	9:30-10:15 CS* Precision Ride <i>Stephanie Walsh</i>	9:15-10:05 YS* True Barre <i>Yifat Binder</i>	9:15-10:05 YS* Pilates Mat Regina Santos	9:15-10:00 MS* Athletic Conditioning <i>Jill Austin</i>
9:30-10:20 MS* Stronger <i>Andre Aultmon</i>	9:30-10:15 CS* Anthem Ride <i>Christina Davis</i>	9:15-10:05 YS* Pilates at the Barre <i>Kirstyn Lazur</i>	9:30-10:15 MS* Stacked <i>Jessica Halford</i>	9:30-10:20 MS* Limited Series: Stronger Women <i>Drea Marchesi</i>	9:30-10:20 CS* Beats Ride <i>Eileen O'Connell</i>	10:00-10:15 MS* Best Abs Ever <i>Jill Austin</i>
10:30-11:30 YS* Vinyasa Yoga <i>Joseph Seeman</i>	9:30-10:15 MS* MetCon3 <i>Aaron Bryant</i>	9:30-10:00 MS* Best Butt Ever <i>Elle Young</i>	9:30-10:30 YS* Vinyasa Yoga <i>Joseph Seeman</i>	10:30-11:15 YS* Best Stretch Ever <i>Yifat Binder</i>	9:30-10:15 MS* Athletic Conditioning <i>Chris Schram</i>	10:00-11:00 YS* Vinyasa Yoga <i>Rachel King</i>
10:45-11:30 MS* MetCon Monday <i>Austin Williams</i>	10:30-11:15 MS* Body Sculpt <i>Sarah Kusch</i>	10:00-10:30 MS* Upper Body Pump <i>Elle Young</i>	10:30-11:15 MS* Rhythmic Sculpt <i>Be Solomon</i>	10:45-11:30 MS* Mind Body Fit <i>Maeve McCaffrey</i>	10:30-11:15 MS* Rounds: Boxing <i>Ronit Koren</i>	10:30-11:15 MS* Whipped! Tanja Djelevic
12:00-12:45 MS* Best Butt Ever <i>Nicole Steen</i>	10:30-11:15 TR* Precision Walk: Elevate <i>Cosmo Bertollini</i>	10:30-11:30 YS* Sculpted Yoga™ <i>Jad Kassouf</i>	10:30-11:15 TR* Precision Walk: Elevate <i>Monique Bell</i>	12:30-1:30 YS* Vinyasa Yoga (Heated) <i>Lucas Varella</i>	10:30-11:30 YS* Vinyasa Yoga <i>Eileen O'Connell</i>	11:45-12:30 MS* Studio Dance: GROOV3 <i>Ben Ayers</i>
4:00-4:45 MS* Body Sculpt <i>Frances Flores</i>	10:45-11:35 YS* Pilates Rise <i>Regina Santos</i>	10:45-11:30 MS* Core6 Monique Bell	10:45-11:35 YS* Pilates Rise <i>Larisa Lotz</i>	5:00-5:45 MS* Stronger Ronit Koren	12:45-1:45 YS* Sculpted Yoga™ <i>Jad Kassouf</i>	MS* 12:00-1:00 YS* Gentle Yoga <i>Lotem Porat</i>
4:15-5:00 YS* Pilates at the Barre Drea Marchesi	12:00-1:00 YS* Gentle Yoga <i>Pia Kamonsit</i>	12:00-12:45 YS* Best Stretch Ever Jad Kassouf	12:00-1:00 YS* Vinyasa Yoga <i>Eileen O'Connell</i>	5:30-6:30 YS* Gentle Yoga <i>Pia Kamonsit</i>	2:00-3:00 YS* Yin Yoga Meditation Shazi Usman	1:05-1:50 YS* Sonic Meditation <i>Lotem Porat</i>
5:00-5:45 MS* Athletic Conditioning <i>Juan Hidalgo</i>	5:15-6:00 MS* Rounds: Boxing <i>Steven Dell</i>	4:00-4:45 MS* Body Sculpt Frances Flores	5:00-5:45 MS* Stacked <i>Ali Farahanny</i>			
5:15-6:15 YS* Vinyasa Yoga (Heated) <i>Frances Flores</i>	5:30-6:30 YS* Power Vinyasa <i>Dylan Drew</i>	5:00-5:45 MS* MetCon3 <i>Juan Hidalgo</i>	5:30-6:20 YS* Pilates at the Barre Regina Santos			
6:15-7:00 MS* Stacked <i>Juan Hidalgo</i>	6:15-7:00 MS* Stronger Fiona Hwang	5:15-6:15 YS* Yoga Shape Up <i>Frances Flores</i>	6:00-6:50 MS* Cardio Dance <i>Ali Farahanny</i>			
6:30-7:30 YS* Hatha Yoga <i>Lynn Taylor</i>	6:45-7:30 YS* Pilates Fusion <i>Pia Kamonsit</i>	6:15-7:05 MS* Circuit Training <i>Juan Hidalgo</i>	6:45-7:30 YS* Headstrong Reset Meditation Regina Santos			
		6:30-7:30 YS* Yin Yoga <i>Lizbeth Vazquez</i>				

EQUINOX

CENTURY CITY

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga 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.

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.

Hatha Yoga A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

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.

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.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Yoga Shape Up Where movement meets strength and stillness. Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretches. Shape Up your body and mind with grounding vinyasa flows, fiery resistance band and bodyweight sculpting, and a stress releasing wind-down. You'll leave class feeling centered, stronger, and energized.

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.

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.

Mind Body Fit Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

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.

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

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 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.

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: 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: 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: Kickboxing Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

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.

Headstrong Reset Meditation An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.

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

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.

Limited Series: Stronger Women Introducing Stronger Women. Designed for women. Taught by women. Heavier weights. All strength. Maximize strength, balance, and power with our new Signature Group Fitness Class. Born from EQX ARC, our women's performance program. Optimized for women, but open to all.

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.