

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:15-7:05 CS◆ Studio Cycling <i>Heather Wood</i>	6:30-7:30 MS Boot Camp <i>Amy Malloy</i>	6:00-6:50 CS◆ Studio Cycling <i>Emily Maslo</i>	8:30-9:15 CS◆ Beast n Feast Ride <i>Mikel Weiss</i>	6:00-6:50 CS◆ Studio Cycling <i>Rick Logan</i>	8:15-9:15 CS◆ Studio Cycling <i>Linda Griffith</i>	8:30-9:30 CS◆ Studio Cycling <i>Lisa Martsof (SUB)</i>							
7:00-7:30 MS◆ Firestarter <i>Nikki Richardson</i>	7:00-8:00 YS Rise and Shine Yoga <i>Lotem Porat (SUB)</i>	6:30-7:30 YS Sunrise Yoga <i>Shielu Bharwani</i>	8:30-9:25 MS Shake and Bake <i>Raul Machorro</i>	7:00-7:45 MS METCON3 <i>Rick Logan</i>	8:30-9:20 MS Chisel'd <i>Ashley Marriott</i>	8:30-9:25 MS Barre Bootcamp <i>Amy Malloy</i>							
8:30-9:00 MS Body Sculpt <i>Ilyse Baker</i>	8:30-9:15 CS◆ Cycle Beats <i>Mikel Weiss</i>	8:30-9:00 MS Best Abs Ever <i>Alex McLean</i>	9:30-10:20 CS◆ Fall Gear Up <i>Stephanie Walsh</i>	8:30-9:00 MS Body Sculpt <i>Raul Machorro (SUB)</i>	9:15-10:30 YS Vinyasa Yoga (L2) <i>Shielu Bharwani</i>	9:30-10:15 MS METCON3 <i>Sophia Grise (SUB)</i>							
9:00-9:50 CS◆ Studio Cycling <i>Laura S. Conley</i>	9:00-10:00 YS Pilates <i>Angela C. Dalmau</i>	8:45-9:45 YS Yoga Chisel <i>Marie Kazadi</i>	9:30-10:20 MS Carve and Sculpt <i>Niki Wikstrom</i>	9:00-9:50 CS◆ Studio Cycling <i>Adam Johansson</i>	9:30-10:30 CS◆ Studio Cycling <i>Stephanie Walsh (SUB)</i>	9:30-10:45 YS Vinyasa Yoga <i>Glenn Crocker</i>							
9:00-9:55 MS Dancinate™ <i>Ilyse Baker</i>	9:15-10:05 MS Chisel'd <i>Alex McLean (SUB)</i>	9:00-9:50 CS◆ Studio Cycling <i>Dan Rappa (SUB)</i>	10:30-11:00 MS Upper Body Conditioning <i>Candyce Heather (SUB)</i>	9:00-9:55 MS Cardio Dance Fusion <i>Raul Machorro</i>	10:15-10:45 MS◆ THE CUT: Jump Rope <i>Linda Griffith</i>	9:45-10:45 CS◆ Cycle Beats <i>Dan Rappa</i>							
10:00-11:00 MS STRONG <i>Jennifer Padilla</i>	9:30-10:15 CS◆ Yoga Flow <i>Sheila Lee</i>	9:00-9:30 MS◆ Firestarter <i>Alex McLean</i>	11:00-11:30 MS Best Butt Ever <i>Candyce Heather (SUB)</i>	10:00-10:55 MS Definitions <i>Skyler Burke (SUB)</i>	10:45-12:00 YS Yoga Core <i>Shannon Branham</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>							
10:00-11:15 YS Yoga Flow <i>Stefan Storce</i>	10:15-11:15 MS Barre Bootcamp <i>Chelsea Hill</i>	9:30-9:55 MS Upper-Cuts <i>Alex McLean</i>	11:00-12:15 YS Gratitude Yoga <i>Garth Hewitt</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	11:00-11:45 MS◆ PURE STRENGTH <i>Sophia Grise (SUB)</i>	11:00-12:15 YS Yoga Flow (L2) <i>Kristie Rose</i>							
12:00-12:45 TR◆ Elevate <i>Amy Malloy</i>	10:15-11:30 YS Yoga Flow <i>Masha Sapron</i>	10:00-11:00 MS Zumba® <i>Joey Komara (SUB)</i>		11:00-12:00 MS Barre Bootcamp <i>Amy Malloy</i>	12:00-1:00 MS Zumba® <i>Marisa Schor</i>								
12:15-12:45 MS◆ Firestarter <i>Candyce Heather</i>	12:00-12:45 MS Whipped! <i>Trudy Stevens</i>	10:00-11:15 YS Vinyasa Yoga (L2) <i>Kishan Shah</i>		12:15-1:00 MS◆ PURE STRENGTH <i>Elle Young</i>									
12:45-1:15 MS RIPPED Abs & Arms <i>Candyce Heather</i>	12:00-1:15 YS Vinyasa Yoga <i>Garth Hewitt</i>	12:15-1:00 MS◆ PURE STRENGTH <i>Elle Young</i>											
5:00-5:20 MS Ab Lab <i>Kyra Manayan (SUB)</i>	5:15-5:45 MS◆ THE CUT: Jump Rope <i>Alex McLean</i>	5:30-6:20 CS◆ Cycle Beats <i>Trevor Throop (SUB)</i>		5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>									
5:30-6:15 MS THE CUT <i>Kyra Manayan (SUB)</i>	5:45-6:05 MS Ab Lab <i>Alex McLean</i>	5:30-6:00 MS◆ Firestarter <i>Candyce Heather (SUB)</i>		6:30-7:30 YS Sunset Yoga Flow <i>Shielu Bharwani</i>									
5:45-6:35 CS◆ Studio Cycling <i>Linda Griffith</i>	6:00-7:15 YS Yoga Flow (L2) <i>Glenn Crocker</i>	6:00-6:30 MS RIPPED Abs & Arms <i>Candyce Heather (SUB)</i>											
6:30-7:20 MS Zumba® <i>Raul Arauz (SUB)</i>	6:05-6:50 MS Best Butt Ever <i>Elle Young</i>	6:30-7:30 YS Yoga Flow <i>Trevor Throop</i>											
6:30-7:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	6:15-7:00 CS◆ Studio Cycling <i>Laura S. Conley</i>	6:45-7:45 MS Boxing Boot Camp <i>Linda Griffith</i>											
7:30-8:30 MS Boxing Boot Camp <i>Linda Griffith</i>	6:50-7:50 MS Zumba® <i>Dennis Guzman</i>												
	7:15-8:00 TR◆ Precision Running® <i>Laura S. Conley</i>												
	7:30-8:30 YS Pilates <i>Karolina Zastoupailo (SUB)</i>												

EQUINOX

WOODLAND HILLS

21530 OXNARD STREET
WOODLAND HILLS
CALIFORNIA 91367
818.887.6450
EQUINOX.COM
@EQUINOX

THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 PM

GROUP FITNESS MANAGER

SHEILA LEE
sheila.lee@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

L1	Beginner
L2	Intermediate
L3	Advanced

STUDIO KEY

CS	Cycling Studio
MS	Main Studio
YS	Yoga Studio
TR	Treadmill Area

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

CYCLE BEATS Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

FALL GEAR UP Gear up for fall with this indoor ride that will take you through climbs & sprints for a challenging cycling workout.

STUDIO CYCLING A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

RUNNING

ELEVATE Start taking your stride to new heights in this 45-minute incline based treadmill workout. Improve your cardio fitness and challenge your physical ability across a variety of treadmill terrains, powering up hills and recovering on flats.

PRECISION RUNNING® You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

YOGA

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

RESTORATIVE YOGA Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

RISE AND SHINE YOGA Wake your body gently with sun salutations and nourishing vinyasa. Flow from posture to posture using the breath to guide you. Leave you feeling refreshed and ready for your day. It's better than a double latte to start your morning!

SUNRISE YOGA Start your morning off with sun salutations and begin your day with a balanced body and mind.

SUNSET YOGA FLOW A new kind of "Happy Hour", Sunset Flow celebrates our inner bliss and happens every Friday after work. Release any stress or tension from your week in this body-warming, mind-centering, heart-opening yoga flow class.

VINYASA YOGA A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

YOGA CHISEL Experience the best of both worlds! Combine fundamental lower body yoga movements; with upper body muscle conditioning exercises. Include cardio, core strength, balance, and flexibility for a total body workout. Yoga experience not required.

YOGA CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

YOGA FLOW A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

ATHLETIC TRAINING

BOOT CAMP You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

METCON3 This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

BARRE

BARRE BOOTCAMP Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

CONDITIONING

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

BEST ABS EVER Chisel your core and ignite your metabolism with a challenging, 30-minute six-pack of exercises that builds abdominal muscles and enhances total-body performance.

BEST BUTT EVER Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes, build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

BODY SCULPT A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

CHISEL'D A total body workout with exercises that transition from one muscle group to the next. Continuous movement and great music to keep the heart rate up for a sweat drenched session.

DEFINITIONS An intense total body workout designed to define & tone every muscle in every way & improve muscular strength & endurance.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

RIPPED ABS & ARMS Get ready to show some skin with this 30 minute sculpt class focused on tightening the abs and sculpting the upper body.

STRONG Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

UPPER BODY CONDITIONING In 30 minutes shape and define your upper body with effective, time-efficient methods using a variety of equipment. Workout ends with core training.

UPPER-CUTS Sculpt and strengthen your arms, shoulders and back while working through a powerful cardio blast.

PILATES

PILATES An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & mobility.

DANCE

CARDIO DANCE FUSION A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

DANCE GROOVES Unique mix of jazz dance, global rhythms and hip hop for all levels. Sweat, dance and get your groove on!

DANCINERATE™ Dance Fitness Expert Ilyse Baker's national dance fitness method "Dancinerate™" teaches you to burn with the beat. Dance step by step in an accessible workout that will tighten and tone, and empower you to reach beyond your comfort zone, have fun and lose yourself in the movement.

SHAKE AND BAKE A holiday dance class with all the right moves. Get fired up in this heart-pounding, non-stop cardio workout. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

ZUMBA® Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.

BOXING & MARTIAL ARTS

BOXING BOOT CAMP Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.