

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:05 CS◆ Studio Cycling <i>Anabelle Sedas</i>	6:30-7:30 MS Boot Camp <i>Anabelle Sedas</i>	6:00-6:50 CS◆ Studio Cycling <i>Emily Masio</i>	6:30-7:15 MS◆ PURE STRENGTH: SUMMER EDITION <i>Anabelle Sedas</i>	6:00-6:50 CS◆ Studio Cycling <i>Anabelle Sedas</i>	8:15-9:15 CS◆ Studio Cycling <i>Linda Griffith</i>	8:30-9:30 CS◆ Tour de France Ride <i>Todd German</i>	8:30-9:30 CS◆ Tour de France Ride <i>Todd German</i>	6:30-7:30 YS Sunrise Yoga <i>Shielu Bharwani</i>	7:00-7:45 MS METCON3 <i>Anabelle Sedas</i>	8:30-9:20 MS Chisel'd <i>Ashley Marriott</i>	8:30-9:25 MS Barre Bootcamp <i>Amy Malloy</i>	8:30-9:30 CS◆ Barre Bootcamp <i>Raul Machorro</i>	8:30-9:25 MS Barre Bootcamp <i>Amy Malloy</i>
7:00-7:30 MS◆ Firestarter <i>Nikki Richardson</i>	7:00-8:00 YS Rise and Shine Yoga <i>Sarah Isenberg</i>	6:30-7:30 YS Sunrise Yoga <i>Shielu Bharwani</i>	7:00-8:00 YS Rise and Shine Yoga <i>Sarah Isenberg</i>	7:00-7:45 MS METCON3 <i>Anabelle Sedas</i>	9:15-10:30 YS Yoga Bootcamp (L3) <i>Harold Gim</i>	9:30-10:15 MS METCON3 <i>Todd German</i>	8:30-9:00 MS Barre Bootcamp <i>Raul Machorro</i>	8:30-9:00 MS Body Sculpt <i>Kawanna Lewis</i>	9:00-9:50 CS◆ Studio Cycling <i>Adam Johansson</i>	9:30-10:30 CS◆ Studio Cycling <i>Sheila Lee</i>	9:30-10:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	9:00-9:50 CS◆ Tour de France Ride <i>Laura S. Conley</i>	9:30-10:45 YS Vinyasa Yoga <i>Garth Hewitt</i>
8:30-9:00 MS Barre Bootcamp <i>Raul Machorro</i>	8:30-9:15 CS◆ Performance Cycling <i>Anabelle Sedas</i>	8:30-9:00 MS Rock The Plank <i>Alex McLean</i>	8:30-9:15 CS◆ Tour de France Ride <i>Trudy Stevens</i>	9:00-9:50 CS◆ Studio Cycling <i>Adam Johansson</i>	9:30-10:30 MS Boxing Boot Camp <i>Linda Griffith</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>	9:00-9:50 CS◆ Tour de France Ride <i>Laura S. Conley</i>	9:00-9:50 MS Studio Cycling <i>Adam Johansson</i>	9:00-9:55 MS Cardio Dance Fusion <i>Lamesha Vine</i>	9:30-10:30 MS Boxing Boot Camp <i>Linda Griffith</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>	9:00-9:55 MS Cardio Dance Fusion <i>Lamesha Vine</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
9:00-9:50 CS◆ Tour de France Ride <i>Laura S. Conley</i>	9:00-10:00 YS Pilates Band <i>Amy Juda</i>	8:45-9:45 YS Yoga Chisel <i>Marie Kazadi</i>	9:00-10:00 YS Pilates <i>Angela C. Dalmau</i>	9:00-9:50 CS◆ Studio Cycling <i>Adam Johansson</i>	10:00-10:55 MS Definitions <i>Elle Young</i>	10:30-11:15 TR◆ Precision Running® <i>Todd German</i>	9:00-9:55 MS Cardio Dance Fusion <i>Lamesha Vine</i>	9:00-10:00 YS Pilates <i>Angela C. Dalmau</i>	10:00-10:55 MS Definitions <i>Elle Young</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:30-11:15 TR◆ Precision Running® <i>Todd German</i>	9:00-9:55 MS Cardio Dance Fusion <i>Lamesha Vine</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
9:00-9:55 MS Cardio Dance Fusion <i>Raul Machorro</i>	9:15-10:05 MS Chisel'd <i>Ashley Marriott</i>	9:00-9:50 CS◆ Studio Cycling <i>Sheila Lee</i>	9:15-10:05 MS Chisel'd <i>Trudy Stevens</i>	9:00-9:50 MS Studio Cycling <i>Adam Johansson</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:30-11:15 TR◆ Precision Running® <i>Todd German</i>	9:00-9:55 MS Cardio Dance Fusion <i>Lamesha Vine</i>	9:15-10:05 MS Chisel'd <i>Ashley Marriott</i>	9:30-10:20 CS◆ Studio Cycling <i>Adam Johansson</i>	10:45-12:00 YS Yoga Core <i>Shannon Branham</i>	10:30-11:15 TR◆ Precision Running® <i>Todd German</i>	9:00-9:55 MS Cardio Dance Fusion <i>Lamesha Vine</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
10:00-10:50 MS Tabata <i>Jennifer Padilla</i>	9:30-10:20 CS◆ Studio Cycling <i>Adam Johansson</i>	9:30-9:55 MS Upper-Cuts <i>Alex McLean</i>	9:30-10:20 MS Studio Cycling <i>Dan Rappa</i>	9:00-9:55 MS Studio Cycling <i>Adam Johansson</i>	11:00-12:00 MS Barre Bootcamp <i>Amy Malloy</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	10:00-10:50 MS Tabata <i>Jennifer Padilla</i>	9:30-10:20 CS◆ Studio Cycling <i>Adam Johansson</i>	9:30-10:20 CS◆ Studio Cycling <i>Adam Johansson</i>	11:00-12:00 MS Barre Bootcamp <i>Amy Malloy</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	10:00-10:50 MS Tabata <i>Jennifer Padilla</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	10:15-11:15 MS Barre Bootcamp <i>Chelsea Hill</i>	10:00-11:00 MS Zumba® <i>Jhon Gonzalez</i>	10:15-11:30 YS Yoga Flow <i>Stefan Storace</i>	9:00-9:55 MS Studio Cycling <i>Adam Johansson</i>	11:00-11:45 MS◆ PURE STRENGTH: SUMMER EDITION <i>Sheila Lee</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	10:15-11:15 MS Barre Bootcamp <i>Chelsea Hill</i>	10:15-11:30 YS Yoga Flow <i>Stefan Storace</i>	11:00-11:45 MS◆ PURE STRENGTH: SUMMER EDITION <i>Sheila Lee</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
12:15-12:45 MS◆ Firestarter <i>Candyce Heather</i>	10:30-11:45 YS Therapeutic Yoga Flow <i>Laurie Streff</i>	10:00-11:15 YS Vinyasa Yoga (L2) <i>Kishan Shah</i>	10:45-11:15 MS Best Butt Ever <i>Patricia Friberg</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	12:00-1:00 MS Zumba® <i>Marisa Schor</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	12:15-12:45 MS◆ Firestarter <i>Candyce Heather</i>	10:30-11:45 YS Therapeutic Yoga Flow <i>Laurie Streff</i>	10:45-11:15 MS Best Butt Ever <i>Patricia Friberg</i>	12:00-1:00 MS Zumba® <i>Marisa Schor</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	12:15-12:45 MS◆ Firestarter <i>Candyce Heather</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
12:45-1:05 MS Best Arms Ever <i>Candyce Heather</i>	12:00-12:45 MS THE CUT <i>Jason Brown</i>	12:15-1:00 MS◆ PURE STRENGTH: SUMMER EDITION <i>Anabelle Sedas</i>	12:00-12:45 MS THE CUT <i>Candyce Heather</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	12:00-1:00 MS Zumba® <i>Marisa Schor</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	12:45-1:05 MS Best Arms Ever <i>Candyce Heather</i>	12:00-12:45 MS THE CUT <i>Jason Brown</i>	12:00-12:45 MS THE CUT <i>Candyce Heather</i>	12:00-1:00 MS Zumba® <i>Marisa Schor</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	12:45-1:05 MS Best Arms Ever <i>Candyce Heather</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
5:30-6:15 MS THE CUT <i>Sheila Lee</i>	12:00-1:15 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:20 CS◆ Cycle Beats <i>Stephanie Vitorino</i>	12:00-12:45 MS THE CUT <i>Candyce Heather</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	5:30-6:15 MS THE CUT <i>Sheila Lee</i>	12:00-1:15 YS Vinyasa Yoga <i>Garth Hewitt</i>	12:00-12:45 MS THE CUT <i>Candyce Heather</i>	5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	5:30-6:15 MS THE CUT <i>Sheila Lee</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
5:45-6:35 CS◆ Studio Cycling <i>Tania Russell</i>	5:15-6:00 MS METCON3 <i>Alex McLean</i>	5:30-6:00 MS◆ Firestarter <i>Ashley Marriott</i>	12:00-1:00 YS Meditation <i>Garth Hewitt</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	6:30-7:30 YS Sunset Yoga Flow <i>Shielu Bharwani</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>	5:15-6:00 MS METCON3 <i>Alex McLean</i>	12:00-1:00 YS Meditation <i>Garth Hewitt</i>	6:30-7:30 YS Sunset Yoga Flow <i>Shielu Bharwani</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
6:30-7:20 MS Zumba® <i>Jhon Gonzalez</i>	6:00-6:45 MS Best Butt Ever <i>Elle Young</i>	5:30-6:00 MS◆ Firestarter <i>Ashley Marriott</i>	5:15-6:00 MS◆ PURE STRENGTH: SUMMER EDITION <i>Delf Enriquez</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	6:00-6:30 MS◆ Firestarter <i>Delandis McClam</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	6:30-7:20 MS Zumba® <i>Jhon Gonzalez</i>	6:00-6:45 MS Best Butt Ever <i>Elle Young</i>	5:15-6:00 MS◆ PURE STRENGTH: SUMMER EDITION <i>Delf Enriquez</i>	6:00-6:30 MS◆ Firestarter <i>Delandis McClam</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	6:30-7:20 MS Zumba® <i>Jhon Gonzalez</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
6:30-7:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	6:00-7:15 YS Yoga Flow (L2) <i>Glenn Crocker</i>	5:30-6:15 YS Yoga Fundamentals <i>Karolina Zastoupailo</i>	6:00-6:30 MS◆ Firestarter <i>Delandis McClam</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	6:00-7:15 YS Vinyasa Yoga (L2) <i>Glenn Crocker</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	6:30-7:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	6:00-7:15 YS Yoga Flow (L2) <i>Glenn Crocker</i>	6:00-6:30 MS◆ Firestarter <i>Delandis McClam</i>	6:00-7:15 YS Vinyasa Yoga (L2) <i>Glenn Crocker</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	6:30-7:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
7:30-8:30 MS Boxing Boot Camp <i>Linda Griffith</i>	6:15-7:00 CS◆ Studio Cycling <i>Laura S. Conley</i>	5:30-6:15 YS Yoga Fundamentals <i>Karolina Zastoupailo</i>	6:00-7:15 YS Vinyasa Yoga (L2) <i>Glenn Crocker</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	6:15-7:00 CS◆ Studio Cycling <i>Delf Enriquez</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	7:30-8:30 MS Boxing Boot Camp <i>Linda Griffith</i>	6:15-7:00 CS◆ Studio Cycling <i>Laura S. Conley</i>	6:00-7:15 YS Vinyasa Yoga (L2) <i>Glenn Crocker</i>	6:15-7:00 CS◆ Studio Cycling <i>Delf Enriquez</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	7:30-8:30 MS Boxing Boot Camp <i>Linda Griffith</i>	9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
	6:45-7:45 MS Zumba® <i>Dennis Guzman</i>	6:00-6:20 MS Best Arms Ever <i>Ashley Marriott</i>	6:15-7:00 CS◆ Studio Cycling <i>Delf Enriquez</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	6:30-7:30 YS Best Arms Ever <i>Delandis McClam</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>		6:45-7:45 MS Zumba® <i>Dennis Guzman</i>	6:15-7:00 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:30-7:30 YS Best Arms Ever <i>Delandis McClam</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>		9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>
	7:30-8:30 YS Pilates <i>Angela C. Dalmau</i>	6:30-7:30 YS Yoga Flow <i>Trevor Throop</i>	6:30-6:50 MS Boxing Boot Camp <i>Linda Griffith</i>	10:00-11:15 YS Yoga Flow <i>Stefan Storace</i>	7:30-8:30 YS Pilates <i>Karolina Zastoupailo</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>		7:30-8:30 YS Pilates <i>Angela C. Dalmau</i>	6:30-6:50 MS Boxing Boot Camp <i>Linda Griffith</i>	7:30-8:30 YS Pilates <i>Karolina Zastoupailo</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>		9:45-10:45 CS◆ Cycle Beats <i>Ryan Murray</i>

WOODLAND HILLS

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT & SUN: 7:00AM - 7:00PM

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

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

WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

STUDIO CYCLING

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

PERFORMANCE CYCLING Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

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.

TOUR DE FRANCE RIDE Celebrate the most prestigious bike race in the world in this indoor cycling experience, inspired by the 104th Le Tour de France. Pedal like a pro through France and it's bordering countries and see how much of the 3,540 kilometers of the 2017 route you can cover in just 45 minutes.

RUNNING

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

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.

THERAPEUTIC YOGA FLOW Merging classical yoga, asanas (poses), and meditation with modern principles of alignment and biomechanics, this class will therapeutically harmonize your body, heart and soul. Open to all levels of practitioners from beginners to advanced.

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 BOOTCAMP A vinyasa power yoga approach where all movements are linked with breath for a non-stop fluid, seamless yoga workout; designed to keep the heart rate up and burn more fat, these eclectic yoga postures are choreographed to strengthen the body, energize the spirit, and unclutter the mind.

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.

YOGA FUNDAMENTALS For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

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.

TABATA A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

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

BEST ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

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: SUMMER EDITION Unleash your potential in an innovative circuit that mixes weights and bodyweight exercises, grooming your body for a day (or week) on the beach. With an all-new playlist and summer goals in mind, get ready to rock out and get shredded.

ROCK THE PLANK A dynamic mind body workout designed to acutely train, strengthen, and seriously define every inch of your core inside and out.

Connect your center to every movement, improving overall performance, form, endurance, and confidence and prepare to see definition and feel strength like never before.

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.

PILATES BAND Enhance your Pilates workout with the addition of a resistance band. Challenges core stability in new ways while toning the arms and legs for a total body workout.

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!

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.

ACTIVE REGENERATION

MEDITATION Higher awareness. Higher performance. Create a powerful space for real change to happen in a dedicated Meditation setting. You'll cycle through focused breath work and disciplined observation of body and mind, owning the stillness of the moment to restore and rise higher.