

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:00 CS◆ Studio Cycling <i>Heather Wood</i>	6:30-7:15 MS METCON3 <i>Sophia Grise</i>	6:00-6:50 CS◆ Studio Cycling <i>Stephanie Walsh</i>	6:30-7:15 MS Whipped! <i>Sophia Grise</i>	6:00-6:50 CS◆ ANTHEM™ <i>Rick Logan</i>	8:15-9:15 CS◆ Studio Cycling <i>Linda Griffith</i>	8:30-9:30 CS◆ Studio Cycling <i>Todd German</i>
7:00-7:45 MS Boxing Boot Camp <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 4X4 <i>Rick Logan</i>	8:30-9:20 MS Chisel'd <i>Ashley Marriott</i>	8:30-9:25 MS EQX Barre Burn <i>Amy Malloy</i>
8:30-9:00 MS Body Precision <i>Ilyse Baker</i>	8:30-9:15 CS◆ Cycle Beats <i>Mikel Weiss</i>	8:30-9:00 MS Above the Belt <i>Alex McLean</i>	8:30-9:15 CS◆ Studio Cycling <i>Trudy Stevens</i>	8:30-9:00 MS Body Precision <i>Ilyse Baker</i>	9:15-10:30 YS Vinyasa Yoga (L2) <i>Shielu Bharwani</i>	9:30-10:45 YS Vinyasa Yoga <i>Glenn Crocker</i>
9:00-9:50 CS◆ Studio Cycling <i>Laura S. Conley</i>	8:30-9:15 MS◆ THE MUSE™ <i>Chelsea Hill</i>	8:45-9:45 YS Yoga Chisel <i>Marie Kazadi</i>	8:30-9:20 MS Barre Fit Cardio <i>Raul Machorro</i>	9:00-9:50 CS◆ Studio Cycling <i>Adam Johansson</i>	9:30-10:30 CS◆ Studio Cycling <i>Sheila Lee</i>	9:35-10:20 MS METCON3 <i>Todd German</i>
9:00-9:55 MS Dancinate™ <i>Ilyse Baker</i>	9:15-10:15 YS Pilates <i>Angela C. Dalmau</i>	9:00-9:50 CS◆ Studio Cycling <i>Adam Johansson</i>	9:00-10:00 YS Pilates <i>Angela C. Dalmau</i>	9:00-9:55 MS Dancinate™ <i>Ilyse Baker</i>	9:30-10:25 MS Boxing Boot Camp <i>Linda Griffith</i>	9:45-10:45 CS◆ ANTHEM™ <i>Dan Rappa</i>
10:00-10:45 MS Athletic Conditioning <i>Jennifer Padilla</i>	9:30-10:20 MS Chisel'd <i>Ashley Marriott</i>	9:00-9:30 MS◆ Firestarter <i>Alex McLean</i>	9:30-10:20 MS Chisel'd <i>Trudy Stevens</i>	10:00-10:50 MS Definitions <i>Elle Young</i>	10:35-11:05 MS◆ THE MUSE™ <i>Candyce Heather</i>	10:30-11:15 TR◆ Precision Running® <i>Todd German</i>
10:00-11:15 YS Yoga Flow <i>Stefan Storage</i>	9:30-10:15 TR◆ Elevate <i>Amy Malloy</i>	9:30-9:50 MS Ab Lab <i>Alex McLean</i>	10:15-11:30 YS Yoga Flow <i>Stefan Storage</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:45-12:00 YS Yoga Core <i>Shannon Branham</i>	11:00-12:00 MS Dance Grooves <i>Danielo Mendes</i>
12:00-12:45 TR◆ Elevate <i>Amy Malloy</i>	10:30-11:00 MS Best Butt Ever <i>Delandis McClam</i>	10:00-11:00 MS Zumba® <i>Jhon Gonzalez</i>	10:30-11:00 MS◆ THE MUSE™ <i>Patricia Friberg</i>	11:00-11:45 MS◆ THE MUSE™ <i>Amy Malloy</i>	11:05-11:50 MS Best Butt Ever <i>Candyce Heather</i>	11:00-12:15 YS Yoga Flow (L2) <i>Lotem Porat</i>
12:15-1:00 MS Boxing Boot Camp <i>Candyce Heather</i>	10:30-11:45 YS Slow Flow Yoga <i>Masha Sapron</i>	10:00-11:15 YS Vinyasa Yoga (L2) <i>Kishan Shah</i>	11:00-11:30 MS Best Butt Ever <i>Patricia Friberg</i>	12:15-1:00 MS METCON3 <i>Amy Malloy</i>	12:00-1:00 MS Zumba® <i>Marisa Schor</i>	4:00-5:00 YS Restorative Yoga <i>Amber Voiles</i>
5:30-6:15 MS THE CUT <i>Sheila Lee</i>	11:00-11:30 MS Above the Belt <i>Delandis McClam</i>	12:15-1:00 MS◆ PURE STRENGTH <i>Elle Young</i>	12:00-1:15 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>		
5:45-6:35 CS◆ Studio Cycling <i>Mikel Weiss</i>	12:00-12:45 MS Tabata <i>Trudy Stevens</i>	5:30-6:20 CS◆ Cycle Beats <i>Stephanie Vitorino</i>	5:15-6:00 MS METCON3 <i>Delf Enriquez</i>	6:30-7:30 YS Sunset Yoga Flow <i>Shielu Bharwani</i>		
6:30-7:20 MS Zumba® <i>Jhon Gonzalez</i>	12:00-1:15 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:00 MS◆ Firestarter <i>Ashley Marriott</i>	6:00-7:15 YS Vinyasa Yoga (L2) <i>Glenn Crocker</i>			
6:30-7:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	5:15-6:00 MS◆ PURE STRENGTH <i>Alex McLean</i>	6:00-6:30 MS Above the Belt <i>Ashley Marriott</i>	6:05-6:35 MS◆ THE MUSE™ <i>Delandis McClam</i>			
7:30-8:30 MS Boxing Boot Camp <i>Linda Griffith</i>	6:00-6:45 MS THE CUT <i>Candyce Heather</i>	6:30-7:30 YS Yoga Flow <i>Trevor Throop</i>	6:15-7:00 CS◆ ANTHEM™ <i>Delf Enriquez</i>			
	6:00-7:15 YS Yoga Flow (L2) <i>Glenn Crocker</i>	6:45-7:45 MS Boxing Boot Camp <i>Linda Griffith</i>	6:35-7:05 MS Best Butt Ever <i>Delandis McClam</i>			
	6:15-7:00 CS◆ Studio Cycling <i>Laura S. Conley</i>		7:05-7:35 MS◆ Firestarter <i>Delandis McClam</i>			
	6:50-7:50 MS Zumba® <i>Dennis Guzman</i>		7:30-8:45 YS Restorative Yoga <i>Amber Voiles</i>			
	7:15-8:00 TR◆ Precision Running® <i>Laura S. Conley</i>		7:35-7:55 MS Best Abs Ever <i>Delandis McClam</i>			
	7:30-8:30 YS Pilates <i>Angela C. Dalmau</i>					

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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
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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

Graceful. Intense. Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, **THE MUSE**.

CYCLING

ANTHEM™ Turn your cycling up to 11 with a music-fueled indoor ride. Bike to the beat of our hand-picked tracks in a sequence tailored to take you on a journey that's as challenging as it is thrilling. Get lost in every moment and let the power of the playlist drive your performance.

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

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

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!

SLOW FLOW YOGA Slow down and deepen your practice. A vinyasa practice that focuses on quality transitions between posture and awareness of breath and mind.

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

4X4 Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

AB LAB Strength starts at your core. Amp up your core strength, balance, and posture in a focused workout featuring the latest abdominal and lower back exercises.

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

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.

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.

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.

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!

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 FIT CARDIO Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

LONG + LEAN

ABOVE THE BELT Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

BODY PRECISION Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

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 You define you. Tone, sculpt, and shape every muscle in an intense total-body workout.

THE MUSE™ Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

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

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.

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.