

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 Studio Cycling <i>Anabelle Sedas</i> CS♦	6:30-7:30 Boot Camp <i>Anabelle Sedas</i> MS	6:00-6:50 Studio Cycling <i>Emily Maslo</i> CS♦	6:30-7:15 PURE STRENGTH <i>Anabelle Sedas</i> MS♦	6:00-6:50 Studio Cycling <i>Anabelle Sedas</i> CS♦	8:15-9:15 Studio Cycling <i>Linda Griffith</i> CS♦	8:30-9:30 Studio Cycling <i>Todd German</i> CS♦
7:00-7:30 Firestarter <i>Nikki Richardson</i> MS♦	7:00-8:00 Rise and Shine Yoga <i>Sarah Isenberg</i> YS	6:30-7:30 Sunrise Yoga <i>Shielu Bharwani</i> YS	7:00-8:00 Rise and Shine Yoga <i>Sarah Isenberg</i> YS	7:00-7:45 METCON3 <i>Anabelle Sedas</i> MS	8:30-9:20 Chisel'd <i>Ashley Marriott</i> MS	8:30-9:25 Barre Bootcamp <i>Amy Malloy</i> MS
8:30-9:00 Barre Bootcamp <i>Raul Machorro</i> MS	8:30-9:15 Performance Cycling <i>Anabelle Sedas</i> CS♦	8:30-9:00 Best Abs Ever <i>Alex McLean</i> MS	8:30-9:15 Studio Cycling <i>Trudy Stevens</i> CS♦	8:30-9:00 Best Abs Ever <i>Kawanna Lewis</i> MS	9:15-10:30 Vinyasa Yoga (L2) <i>Shielu Bharwani</i> YS	9:30-10:15 METCON3 <i>Todd German</i> MS
9:00-9:50 Studio Cycling <i>Laura S. Conley</i> CS♦	9:00-10:00 Pilates <i>Angela C. Dalmau</i> YS	8:45-9:45 Yoga Chisel <i>Marie Kazadi</i> YS	9:00-10:00 Pilates <i>Angela C. Dalmau</i> YS	9:00-9:50 Studio Cycling <i>Adam Johansson</i> CS♦	9:30-10:30 Studio Cycling <i>Sheila Lee</i> CS♦	9:30-10:45 Vinyasa Yoga <i>Glenn Crocker</i> YS
9:00-9:55 Cardio Dance Fusion <i>Raul Machorro</i> MS	9:15-10:05 Chisel'd <i>Ashley Marriott</i> MS	9:00-9:50 Studio Cycling <i>Adam Johansson</i> CS♦	9:15-10:05 Chisel'd <i>Trudy Stevens</i> MS	9:00-9:55 Cardio Dance Fusion <i>Lamesha Vine</i> MS	9:30-10:30 Boxing Boot Camp <i>Linda Griffith</i> MS	9:45-10:45 Cycle Beats <i>Ryan Murray</i> CS♦
10:00-10:50 Tabata <i>Jennifer Padilla</i> MS	9:30-10:15 Studio Cycling <i>Sheila Lee</i> CS♦	9:00-9:30 Firestarter <i>Alex McLean</i> MS♦	9:30-10:15 Studio Cycling <i>Mikel Weiss</i> CS♦	10:00-10:55 Definitions <i>Elle Young</i> MS	10:45-12:00 Yoga Core <i>Shannon Branham</i> YS	10:30-11:15 Precision Running® <i>Todd German</i> TR♦
10:00-11:15 Yoga Flow <i>Stefan Storace</i> YS	10:15-11:15 Barre Bootcamp <i>Chelsea Hill</i> MS	9:30-9:55 Upper-Cuts <i>Alex McLean</i> MS	9:30-10:15 Upper Body Conditioning <i>Patricia Friberg</i> MS	10:00-11:00 Yoga Core <i>Shannon Branham</i> YS	11:00-11:45 PURE STRENGTH <i>Sheila Lee</i> MS♦	11:00-12:15 Dance Grooves <i>Danielo Mendes</i> MS
12:15-12:45 Firestarter <i>Candyce Heather</i> MS♦	10:30-11:45 Strong & Calm Yoga <i>Laurie Streff</i> YS	10:00-11:00 Zumba® <i>Jhon Gonzalez</i> MS	10:15-10:45 Upper Body Conditioning <i>Patricia Friberg</i> MS	11:00-12:00 Barre Bootcamp <i>Amy Malloy</i> MS	12:00-1:00 Zumba® <i>Marisa Schor</i> MS	11:00-12:15 Yoga Flow (L2) <i>Kristie Rose</i> YS
12:45-1:15 RIPPED Abs & Arms <i>Candyce Heather</i> MS	12:00-12:45 Boot Camp <i>Jason Brown</i> MS	10:00-11:15 Vinyasa Yoga (L2) <i>Kishan Shah</i> YS	10:45-11:15 Best Butt Ever <i>Patricia Friberg</i> MS	12:15-1:00 METCON3 <i>Amy Malloy</i> MS		4:00-5:00 Restorative Yoga <i>Amber Voiles</i> YS
5:00-5:30 Best Abs Ever <i>Sheila Lee</i> MS	12:00-1:15 Vinyasa Yoga <i>Garth Hewitt</i> YS	12:15-1:00 PURE STRENGTH <i>Anabelle Sedas</i> MS♦	12:00-12:45 THE CUT <i>Candyce Heather</i> MS	5:45-6:35 Studio Cycling <i>Mikel Weiss</i> CS♦		
5:30-6:15 THE CUT <i>Sheila Lee</i> MS	5:15-6:00 METCON3 <i>Alex McLean</i> MS	5:30-6:20 Cycle Beats <i>Stephanie Vitorino</i> CS♦	12:00-1:15 Vinyasa Yoga <i>Garth Hewitt</i> YS	6:30-7:30 Sunset Yoga Flow <i>Shielu Bharwani</i> YS		
5:45-6:35 Studio Cycling <i>Tania Russell</i> CS♦	6:00-6:45 Best Butt Ever <i>Elle Young</i> MS	5:30-6:00 Firestarter <i>Ashley Marriott</i> MS♦	5:15-6:00 PURE STRENGTH <i>Delf Enriquez</i> MS♦			
6:30-7:20 Zumba® <i>Jhon Gonzalez</i> MS	6:00-6:45 Best Butt Ever <i>Elle Young</i> MS	6:00-6:30 RIPPED Abs & Arms <i>Ashley Marriott</i> MS	6:00-6:30 Firestarter <i>Delandis McClam</i> MS♦			
6:30-7:30 Vinyasa Yoga (L2) <i>Tanja Johnston</i> YS	6:00-7:15 Yoga Flow (L2) <i>Glenn Crocker</i> YS	6:30-7:30 Yoga Flow <i>Trevor Throop</i> YS	6:00-7:15 Vinyasa Yoga (L2) <i>Glenn Crocker</i> YS			
7:30-8:30 Boxing Boot Camp <i>Linda Griffith</i> MS	6:15-7:00 Studio Cycling <i>Laura S. Conley</i> CS♦	6:45-7:45 Boxing Boot Camp <i>Linda Griffith</i> MS	6:15-7:00 Studio Cycling <i>Delf Enriquez</i> CS♦			
	6:45-7:45 Zumba® <i>Dennis Guzman</i> MS		6:30-7:00 RIPPED Abs & Arms <i>Delandis McClam</i> MS			
	7:15-8:00 Precision Running® <i>Laura S. Conley</i> TR♦		7:30-8:30 Pilates <i>Karolina Zastoupailo</i> YS			
	7:30-8:30 Pilates <i>Angela C. Dalmau</i> YS					

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

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.

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!

STRONG & CALM YOGA This hatha yoga class improves strength and calms your mind. Increase your mental and physical flexibility while releasing stress and enhancing body awareness. It's perfect for beginners, as well, as advanced students who wish to deepen their practice.

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.

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 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.

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.

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!

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.