

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

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

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

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 Improve your core strength, balance and posture. A focused workout with cutting edge 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 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.

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.

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.

🏋️ LONG + LEAN

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.

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.

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.

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.