

THURSDAY 5/25	FRIDAY 5/26	SATURDAY 5/27	SUNDAY 5/28	MONDAY 5/29	TUESDAY 5/30	WEDNESDAY 5/31
6:30-7:15 MS◆ PURE STRENGTH <i>Anabelle Sedas</i>	6:00-6:50 CS◆ Studio Cycling <i>Anabelle Sedas</i>	8:15-9:15 CS◆ Studio Cycling <i>Heather Wood (SUB)</i>	8:30-9:30 CS◆ Studio Cycling <i>Todd German</i>	9:00-9:50 CS◆ Red, Ride and Blue <i>Laura S. Conley</i>	6:30-7:30 MS Boot Camp <i>Anabelle Sedas</i>	6:00-6:50 CS◆ Studio Cycling <i>Emily Maslo</i>
7:00-8:00 YS Rise and Shine Yoga <i>Sarah Isenberg</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>	9:00-9:55 MS Dancinerate™ <i>Ilyse Baker</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>
8:30-9:15 CS◆ Cycle Beats <i>Mikei Weiss</i>	8:30-9:00 MS Body Sculpt <i>Ilyse Baker</i>	9:15-10:30 YS Yoga Bootcamp (L3) <i>Tanja Johnston (SUB)</i>	9:30-10:15 MS METCON3 <i>Todd German</i>	10:00-10:30 MS Upper Body Conditioning <i>Jennifer Padilla</i>	8:30-9:15 CS◆ Performance Cycling <i>Anabelle Sedas</i>	8:30-9:00 MS Rock The Plank <i>Alex McLean</i>
9:00-10:00 YS Pilates <i>Angela C. Dalmau</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>Rahm Sharifi (SUB)</i>	10:00-11:15 YS Memorial Day Warrior Yoga <i>Shielu Bharwani</i>	9:00-10:00 YS Pilates Band <i>Amy Juda</i>	8:45-9:45 YS Yoga Chisel <i>Marie Kazadi</i>
9:15-10:05 MS Chisel'd <i>Ashley Marriott</i>	9:00-9:55 MS Dancinerate™ <i>Ilyse Baker</i>	9:30-10:30 MS Boxing Boot Camp <i>Equinox Trainers (SUB)</i>	9:45-10:45 CS◆ Cycle Beats <i>Mikei Weiss (SUB)</i>	10:30-11:00 MS Best Butt Ever <i>Jennifer Padilla</i>	9:15-10:05 MS Chisel'd <i>Ashley Marriott</i>	9:00-9:50 CS◆ Studio Cycling <i>Sheila Lee</i>
9:30-10:20 CS◆ Studio Cycling <i>Dan Rappa</i>	10:00-11:00 MS Definitions <i>Elle Young</i>	10:45-12:00 YS Yoga Core <i>Shannon Branham</i>	11:00-12:15 MS Dance Grooves <i>Danielo Mendes</i>	12:15-12:45 MS◆ Firestarter <i>Candyce Heather</i>	9:30-10:20 CS◆ Studio Cycling <i>Adam Johansson</i>	9:00-9:30 MS◆ Firestarter <i>Alex McLean</i>
10:15-10:45 MS Upper Body Conditioning <i>Patricia Friberg</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	11:00-11:45 MS◆ PURE STRENGTH <i>Jill DeLeon</i>		12:45-1:15 MS Upper-Cuts <i>Candyce Heather</i>	10:15-11:15 MS Barre Bootcamp <i>Amy Malloy</i>	9:30-9:55 MS Upper-Cuts <i>Alex McLean</i>
10:15-11:30 YS Yoga Flow <i>Stefan Storage</i>	12:15-1:00 MS METCON3 <i>Sheila Lee (SUB)</i>				10:15-11:30 YS Therapeutic Yoga Flow <i>Laurie Streff</i>	10:00-11:00 MS Zumba® <i>Jhon Gonzalez</i>
10:45-11:15 MS Best Butt Ever <i>Patricia Friberg</i>					12:00-12:45 MS THE CUT <i>Sheila Lee (SUB)</i>	10:00-11:15 YS Vinyasa Yoga (L2) <i>Dawn Stillo</i>
12:00-12:45 MS THE CUT <i>Candyce Heather</i>					12:00-1:15 YS Vinyasa Yoga <i>Masha Sapron (SUB)</i>	12:15-1:00 MS◆ PURE STRENGTH <i>Anabelle Sedas</i>
12:00-1:00 YS Meditation <i>Shielu Bharwani (SUB)</i>					5:15-6:00 MS METCON3 <i>Alex McLean</i>	5:15-6:00 YS Pilates <i>Nikki D'Amico</i>
5:15-6:00 MS◆ PURE STRENGTH <i>Delf Enriquez</i>					6:00-6:45 MS Best Butt Ever <i>Elle Young</i>	5:30-6:20 CS◆ Cycle Beats <i>Stephanie Vitorino</i>
6:00-6:30 MS◆ Firestarter <i>Delandis McClam</i>					6:00-7:15 YS Yoga Flow (L2) <i>Glenn Crocker</i>	5:30-6:00 MS◆ Firestarter <i>Ashley Marriott</i>
6:00-7:15 YS Vinyasa Yoga (L2) <i>Glenn Crocker</i>					6:15-7:00 CS◆ Studio Cycling <i>Laura S. Conley</i>	6:00-6:30 MS Upper-Cuts <i>Ashley Marriott</i>
6:15-7:00 CS◆ Studio Cycling <i>Delf Enriquez</i>					6:45-7:45 MS Zumba® <i>Dennis Guzman</i>	6:30-7:45 YS Therapeutic Yoga Flow <i>Laurie Streff</i>
6:30-7:00 MS Upper Body Conditioning <i>Delandis McClam</i>					7:30-8:30 YS Pilates <i>Angela C. Dalmau</i>	6:45-7:45 MS Boxing Boot Camp <i>Linda Griffith</i>
7:30-8:30 YS Pilates <i>Karolina Zastoupailo</i>						

EQUINOX

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 05:00 PM

MAY 29: 07:00 AM - 07:00 PM

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

MS	Main Studio
YS	Yoga Studio
CS	Cycling Studio

WHAT'S NEW THIS MONTH

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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.

RED, RIDE AND BLUE 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.

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.

YOGA

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

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.

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.

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 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 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.

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

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.

ACTIVE REGENERATION

MEDITATION Create stillness for self-transformation. Various methods of breathwork combined with disciplined self-observation of the mind and body. Conscious exploration of thoughts, feelings, and expectations bring clarity of purpose. Themes may explore happiness, peace, health, abundance and prosperity.