

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:05 CS ◆ <b>The Pursuit: Burn</b> <i>Emily Maslo</i>	6:00-6:50 MS ◆ Ropes and Rowers <i>Jon Gallagher</i>	6:00-6:50 MS Tabata <i>Evan Flock</i>	6:00-6:50 MS <b>4X4</b> <i>Elle Young</i>	6:00-6:45 MS STRONG <i>Evan Flock</i>	8:15-9:15 MS <b>Barre Bootcamp</b> <i>Ayanna Contreras</i>	8:30-9:30 YS Spirit Yoga <i>Christopher Barbour</i>
7:00-7:50 MS Tabata <i>Raneir Pollard</i>	6:00-7:00 YS Power Yoga <i>Ashley Shubert</i>	6:15-7:00 CS ◆ Studio Cycling <i>Edgar Asars</i>	6:00-7:00 YS Power Yoga <i>Ashley Shubert</i>	6:15-7:00 CS ◆ Studio Cycling <i>Alex Casini</i>	8:30-9:20 CS ◆ Studio Cycling <i>Marc Montemerlo</i>	9:00-9:50 CS ◆ Studio Cycling <i>Tracy Washburn</i> <i>Bradley</i>
7:00-8:00 YS Yoga Flow <i>Aree Khodai</i>	7:00-7:50 CS ◆ Cycle Beats <i>Ronit Koren</i>	7:00-7:30 MS ◆ Firestarter <i>Delandis McClam</i>	7:00-7:50 CS ◆ Cycle Beats <i>Ronit Koren</i>	7:00-8:00 MS Power Sculpt <i>Sergio Carbajal</i>	9:30-10:30 MS ◆ Ropes and Rowers <i>Matthew Murawski</i>	9:00-9:50 MS Power Sculpt <i>Delandis McClam</i>
8:00-8:50 MS Pilates <i>Chris Stanley</i>	8:15-9:00 TR ◆ Precision Running® <i>Skip Jennings</i>	7:00-8:00 YS Yoga Flow <i>Vinnie Salemno</i>	8:15-9:00 TR ◆ Precision Running® <i>Skip Jennings</i>	7:00-8:15 YS Yoga Flow <i>Scott Nelson</i>	9:30-11:00 YS Vinyasa Yoga <i>Alex Dawson</i>	10:00-10:55 MS Zumba® <i>Nicole Steen</i>
9:00-9:50 MS <b>METCON3</b> <i>Matthew Murawski</i>	9:00-10:00 MS Barre Bootcamp <i>Sergio Carbajal</i>	7:30-7:45 MS Ab Lab <i>Delandis McClam</i>	9:00-10:00 MS Cardio Blast <i>Sergio Carbajal</i>	7:15-8:05 CS ◆ <b>The Pursuit: Burn</b> <i>Jamie Till</i>	10:00-10:50 CS ◆ Cycle Beats <i>Pearl Fu</i>	10:15-11:15 CS ◆ Studio Cycling <i>Raphy Landovitz</i>
9:30-10:20 CS ◆ <b>The Pursuit: Build</b> <i>Jeffrey Scott</i>	9:30-10:20 CS ◆ Studio Cycling <i>Marc Montemerlo</i>	8:30-9:30 YS Pilates <i>Greg Louis</i>	9:30-10:20 CS ◆ Cycle Beats <i>Skip Jennings</i>	8:30-9:30 YS Pilates <i>Ayanna Contreras</i>	10:45-11:30 MS VIPR™ <i>Anja Murawski</i>	10:30-11:45 YS Yoga Flow (L2) <i>Meredith Liebross</i>
10:15-11:05 MS Power Sculpt <i>Pearl Fu</i>	9:30-10:30 YS Power Yoga <i>Lauren Taus</i>	9:30-10:15 CS ◆ Studio Cycling <i>Justin Rubin</i>	9:30-10:30 YS Gentle Yoga <i>Lauren Taus</i>	9:00-9:30 MS ◆ Firestarter <i>Tracy Washburn</i> <i>Bradley</i>	11:15-12:45 YS Gentle Yoga <i>Clio Manuelian</i>	11:00-12:00 MS Pilates <i>Brigitta Dau</i>
12:15-1:00 TR ◆ Precision Running® <i>Justin Rubin</i>	10:15-11:00 MS Tabata <i>Anja Murawski</i>	10:15-11:00 MS <b>METCON3</b> <i>Anja Murawski</i>	10:15-11:00 MS Stacked! <i>Pearl Fu</i>	9:30-10:20 CS ◆ Cycle Beats <i>Jamie Till</i>	11:30-12:00 MS Best Abs Ever <i>Anja Murawski</i>	4:30-5:45 YS Restorative Yoga <i>Pete Lee</i>
1:00-2:00 YS Vinyasa Yoga <i>Stephanie Crochet</i>	12:00-12:45 MS Best Butt Ever <i>Nicole Steen</i>	12:00-12:30 MS ◆ Firestarter <i>Nicole Steen</i>	12:15-1:05 CS ◆ <b>The Pursuit: Build</b> <i>Brody Hessin</i>	9:30-9:45 MS Ab Lab <i>Tracy Washburn</i> <i>Bradley</i>	10:15-11:15 MS Power Sculpt <i>Jill Austin</i>	
5:30-6:20 CS ◆ Studio Cycling <i>Anja Murawski</i>	12:45-1:00 MS Best Abs Ever <i>Nicole Steen</i>	12:30-1:00 MS RIPPED Abs & Arms <i>Nicole Steen</i>	12:15-1:00 TR ◆ Precision Running® <i>Justin Rubin</i>	10:15-11:15 MS Power Sculpt <i>Jill Austin</i>	12:00-1:00 MS ◆ 4X4 <i>Natalie Yco</i>	
5:30-6:30 MS ◆ Cardio Blast <i>Sergio Carbajal</i>	1:00-2:00 YS Yoga Flow <i>Clio Manuelian</i>	1:00-2:00 YS <b>Vinyasa Yoga</b> <i>Robert Astalos</i>	1:00-2:00 YS Yoga Flow <i>Clio Manuelian</i>	12:00-1:00 MS ◆ 4X4 <i>Natalie Yco</i>	1:00-2:15 YS Vinyasa Yoga <i>Derek Beres</i>	
5:30-6:45 YS Vinyasa Yoga <i>Clio Manuelian</i>	5:15-5:30 MS Ab Lab <i>Raneir Pollard</i>	5:30-6:20 MS ◆ Kettlebell Power <i>Matthew Murawski</i>	5:30-6:20 MS METCON3 <i>Anja Murawski</i>	12:00-1:00 MS ◆ 4X4 <i>Natalie Yco</i>		
6:30-7:20 CS ◆ Studio Cycling <i>Marc Montemerlo</i>	5:30-6:20 CS ◆ Cycle Beats <i>Justin Rubin</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:30 YS Yoga Bootcamp <i>Harold Gim</i>	1:00-2:15 YS Vinyasa Yoga <i>Derek Beres</i>		
6:30-6:45 MS ◆ Ab Lab <i>Sergio Carbajal</i>	5:30-6:20 MS 4X4 <i>Raneir Pollard</i>	6:00-6:50 CS ◆ <b>The Pursuit: Build</b> <i>Pearl Fu</i>	6:30-7:20 MS Barre Bootcamp <i>Nicole Steen</i>	5:30-6:00 MS Tabata <i>Raneir Pollard</i>		
7:00-7:30 MS Best Butt Ever <i>Derek Capps</i>	5:30-6:30 YS Stiff Guy Yoga <i>Laura Myren</i>	6:30-7:30 MS ◆ Ropes and Rowers <i>Anja Murawski</i>	6:45-7:30 CS ◆ Cycle Beats <i>Kyra Manayan</i>	5:30-6:45 YS <b>Vinyasa Yoga</b> <i>Jahmelia Lindsay</i>		
7:00-8:15 YS Alignment Flow Yoga <i>Meagan McCrary</i>	6:45-7:35 CS ◆ Cycle Beats <i>Laura Myren</i>	7:00-8:15 YS Yoga Flow <i>Scott Nelson</i>	6:45-8:00 YS <b>Vinyasa Yoga</b> <i>Erin Haynes</i>	6:00-6:50 CS ◆ Studio Cycling <i>Catherine Urbanek</i>		
7:30-8:00 MS Best Abs Ever <i>Derek Capps</i>	6:45-7:30 MS Tabata <i>Mandee Miller</i>	7:45-8:45 MS Cardio Dance Fusion <i>Loretta Minnett, Ava Minnett</i>	7:30-8:15 MS THE CUT <i>Nicole Steen</i>	6:00-6:30 MS Cycle Beats 4X4 <i>Raneir Pollard</i>		

# EQUINOX

## WESTWOOD

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

**GROUP FITNESS MANAGER**  
PEARL FU  
pearl.fu@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

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

**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.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

## 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

**ALIGNMENT FLOW YOGA** This flowing structure includes sun salutations, standing poses, forward bends, twists, hip openers, backbends, and inversions balanced between the power of breath and the freedom of health that evolves from anatomical precision and alignment from Iyengar and Anusara Yoga.

**GENTLE YOGA** Deep stretches for increased range of motion benefit all fitness levels. Gentle enough to attend every day and ideal for students looking to begin their practice or for those concerned with injury.

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**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.

**SPIRIT YOGA** Wondering how yoga can uplift your physical, emotional and spiritual life? Experience the spirit of yoga through music, poetry, asana and meditation, and find clarity and conviction in mind and spirit. Leave inspired, refreshed, awakened, healed.

**STIFF GUY YOGA** This class rocks yoga with a light attitude and cool tunes yet offers a workout worthy of a fitness-loving guy! Special attention is paid to areas where most guys are tight: hamstrings, hips and shoulders. Gals are welcome too!

**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 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

**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.

**KETTLEBELL POWER** Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

**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.

**ROPES AND ROWERS** A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals

**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

**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.

**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.

**CARDIO BLAST** Looking for an incredible, fat-burning, heart-pumping workout? Then this class is for you! Using combinations of athletic-based aerobic moves, step, body bars, hand weights, medicine balls and tubes, this high-energy, multi-intensity class is the ultimate in cardiovascular workouts.

**POWER SCULPT** An intense conditioning class utilizing various equipment such as weights, body bars and tubing to sculpt and strengthen your body

**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.

**STRONG** Feel your power after completing this non-stop series of complex strength exercises and complementary plyometrics with no organized breaks. You'll be ready to take on the world!

**VIPTM** Vitality, Performance & Reconditioning for more energy, enhanced movement skills, & incredible strength. ViPR delivers a progressive & fun variety of real-life movement & whole body integration for maximum metabolic rate & increased caloric expenditure, resistance, endurance & strength.

## 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.

**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

**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.