

MONDAY 11/20	TUESDAY 11/21	WEDNESDAY 11/22	THURSDAY 11/23	FRIDAY 11/24	SATURDAY 11/25	SUNDAY 11/26
6:15-7:05 CS◆ The Pursuit: Burn <i>Emily Maslo</i>	6:00-6:50 MS◆ Ropes and Rowers <i>Jon Gallagher</i>	6:00-6:50 MS Thanks and Planks <i>Evan Flock</i>	8:30-9:25 CS◆ Beast n Feast Ride <i>Ronit Koren</i>	8:30-9:30 YS Pilates <i>Ayanna Contreras</i>	8:15-9:15 MS Barre Bootcamp <i>Ayanna Contreras</i>	9:00-9:50 CS◆ Studio Cycling <i>Tracy Washburn Bradley</i>
7:00-7:50 MS Tabata <i>Raneir Pollard</i>	6:00-7:00 YS Power Yoga <i>Ashley Shubert</i>	7:00-7:30 MS Half Time Hustle <i>Mario Godiva</i>	9:00-9:50 MS Half Time Hustle <i>Pearl Fu</i>	9:00-9:50 MS Thanks and Planks <i>Kyra Manayan</i>	8:30-9:15 CS◆ Beast n Feast Ride <i>Justin Rubin</i>	9:00-9:50 MS Carve and Sculpt <i>Nicole Steen</i>
7:00-8:00 YS Yoga Flow <i>Aree Khodai</i>	7:00-7:50 CS◆ Cycle Beats <i>Karen Schneider (SUB)</i>	7:00-8:00 YS Yoga Flow <i>Vinnie Salemno</i>	10:00-10:50 CS◆ Beast n Feast Ride <i>Justin Rubin</i>	9:30-10:20 CS◆ Beast n Feast Ride <i>Laura Myren</i>	9:30-10:30 MS◆ Ropes and Rowers <i>Jada Kelly</i>	9:00-10:00 YS Power Yoga <i>Logan Cahoon</i>
8:00-8:50 MS Pilates <i>Chris Stanley</i>	8:15-9:00 TR◆ Precision Running® <i>Skip Jennings</i>	7:30-7:50 MS Ab Lab <i>Mario Godiva</i>	10:00-11:15 YS Gratitude Yoga <i>Clio Manuelian</i>	10:00-11:15 YS Gratitude Yoga <i>Scott Nelson</i>	9:30-11:00 YS Vinyasa Yoga Clio Manuelian	10:00-10:55 MS Zumba® <i>Nicole Steen</i>
9:00-9:50 MS METCON3 <i>Matthew Murawski</i>	9:00-10:00 MS Cardio Blast <i>Sergio Carbajal</i>	8:30-9:30 YS Pilates <i>Greg Louis</i>	10:15-11:05 MS EQX Barre Burn <i>Matt Ross</i>	10:15-11:15 MS Carve and Sculpt <i>Jill Austin</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◆ Beast n Feast Ride <i>Mario Godiva</i>	9:30-10:20 CS◆ Studio Cycling <i>Marc Montemerlo</i>	9:00-9:55 MS Barre Fit Cardio <i>Susannah Hall</i>		1:00-2:15 YS Vinyasa Yoga <i>Derek Beres</i>	10:45-11:30 MS VIPR™ <i>Jada Kelly</i>	10:30-11:45 YS Gratitude Yoga <i>Tasha Rose</i>
10:15-11:00 MS Carve and 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>		5:30-6:15 MS Half Time Hustle <i>Raneir Pollard</i>	11:15-12:30 YS Spirit Yoga <i>Jen E. Smith</i>	4:30-5:45 YS Restorative Yoga <i>Pete Lee</i>
11:00-11:15 MS Ab Lab <i>Pearl Fu</i>	10:15-11:00 MS Half Time Hustle <i>Anja Murawski</i>	10:15-11:00 MS METCON3 <i>Anja Murawski</i>		5:30-6:45 YS Vinyasa Yoga <i>Tasha Rose</i>		
12:15-1:00 TR◆ Precision Running® <i>Justin Rubin</i>	12:00-12:45 MS◆ Best Butt Ever <i>Nicole Steen</i>	12:00-12:30 MS◆ Firestarter <i>Nicole Steen</i>				
1:00-2:00 YS Vinyasa Yoga <i>Austin Hollingshead</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>				
5:30-6:20 CS◆ Studio Cycling <i>Anja Murawski</i>	1:00-2:00 YS Yoga Flow <i>Clio Manuelian</i>	1:00-2:00 YS Vinyasa Yoga <i>Tasha Rose</i>				
5:30-6:30 MS◆ Cardio Blast <i>Sergio Carbajal</i>	5:15-5:30 MS Ab Lab <i>Raneir Pollard</i>	5:30-6:20 MS◆ Kettlebell Power <i>Matthew Murawski</i>				
5:30-6:45 YS Yoga Core <i>Erika Schnicke</i>	5:30-6:20 CS◆ Cycle Beats <i>Justin Rubin</i>	5:45-6:45 YS Gratitude Yoga <i>Derek Beres</i>				
6:30-7:20 CS◆ Studio Cycling <i>Marc Montemerlo</i>	5:30-6:20 MS 4X4 <i>Raneir Pollard</i>	6:00-6:50 CS◆ ANTHEM <i>Pearl Fu</i>				
6:30-6:45 MS◆ Ab Lab <i>Sergio Carbajal</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>				
7:00-7:30 MS Booty Blast <i>Derek Capps</i>	6:45-7:35 CS◆ Cycle Beats <i>Laura Myren</i>	7:00-8:15 YS Yoga Flow <i>Scott Nelson</i>				
7:00-8:15 YS Gratitude Yoga <i>Erin Haynes</i>	6:45-7:30 MS Stacked! <i>Pearl Fu</i>	7:45-8:45 MS Shake and Bake <i>Loretta Minett, Ava Minett</i>				
7:30-8:00 MS Best Abs Ever <i>Derek Capps</i>	6:45-8:00 YS Power Yoga <i>Robert Astalos</i>					
	7:30-7:45 MS Ab Lab <i>Pearl Fu</i>					

WESTWOOD

10960 WILSHIRE BLVD.
LOS ANGELES CALIFORNIA
90024
310.954.8950
EQUINOX.COM
@EQUINOX

THANKSGIVING MODIFIED HOURS
NOVEMBER 23: 07:00 AM - 02:00 PM

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

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

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO 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.

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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: 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

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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 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?

FIRESTARTER Prepare for the next generation of cardio HIIT training. Every second is recharged 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.

HALF TIME HUSTLE Unleash your inner athlete with a high-intensity interval workout that will leave you feeling fit, fierce and ready for the big leagues.

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 with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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.

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

CONDITIONING

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.

BOOTY BLAST Dedicated to the bottom half: glutes, hips, thighs and abs. Burning buns and a blast!

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.

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

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.

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

SHAKE AND BAKE A holiday dance class with all the right moves. Get fired up in this heart-pounding, non-stop cardio workout. Let the rhythm be your guide as you grind, sweat and unleash your dancer within.

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.