

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY   |
|--|---|--|---|--|--|--|
| 6:00-6:45 MS<br><b>Body Challenge</b><br><i>Jada Kelly</i>                     | 6:15-7:00 TR◆<br>Precision Running@<br><i>Ian Culbertson</i>    | 6:15-7:05 MS<br>Ropes and Rowers<br><i>Ian Culbertson</i>        | 6:15-7:00 TR◆<br><b>Precision Running@</b><br><i>Kyra Manayan</i> | 6:15-7:05 MS<br>Full Throttle<br><i>Shereta Middleton</i>      | 8:00-8:45 MS<br>Best Butt Ever<br><i>Shereta Middleton</i>       | 8:30-9:15 MS◆<br>PURE STRENGTH<br><i>Kim Masinter</i>                    |
| 7:00-7:50 CS◆<br><b>The Pursuit: Build</b><br><i>Lisa Munyon</i>               | 6:30-7:20 CS◆<br>Studio Cycling<br><i>Remy Kam</i>              | 7:00-7:50 CS◆<br>Studio Cycling<br><i>Jenn Leitzes</i>           | 6:15-7:15 YS<br>Power Yoga (L2)<br><i>Erika Schnicke</i>          | 7:00-7:50 CS◆<br>Studio Cycling<br><i>Tim Chang</i>            | 8:45-9:35 CS◆<br>Studio Cycling<br><i>Steve Rossmann</i>         | 8:30-9:30 YS<br>Vinyasa Yoga<br><i>Taylor Stutz</i>                      |
| 7:00-8:00 YS<br>Get Up & Flow!<br><i>Jocelyn Solomon</i>                       | 6:30-7:20 MS<br>Metabolic Meltdown<br><i>Derek Capps</i>        | 7:00-8:00 YS<br>Get Up & Flow!<br><i>Jennifer Pastiloff</i>      | 6:30-7:20 MS<br>METCON3<br><i>Tonya Dugger</i>                    | 7:00-8:00 YS<br>Get Up & Flow!<br><i>Dylan Drew</i>            | 9:00-10:15 YS<br><b>Vinyasa Yoga</b><br><i>Logan Cahoon</i>      | 9:00-9:50 CS◆<br>Studio Cycling<br><i>Jen E. Smith</i>                   |
| 8:30-9:20 MS<br>Fit Physique<br><i>Noel Teubner</i>                            | 8:30-9:15 MS◆<br>Full Throttle<br><i>Raneir Pollard</i>         | 7:15-8:00 MS<br>Barre Fit Cardio<br><i>Aubre Winters</i>         | 7:00-7:50 CS◆<br>The Pursuit: Burn<br><i>Brody Hessin</i>         | 7:15-8:00 MS<br>4X4<br><i>Brody Hessin</i>                     | 9:15-10:05 MS<br>Cardio Kick<br><i>Michael Reeves</i>            | 9:30-10:30 MS<br>EQX Barre Burn<br><i>Jennifer Brown</i>                 |
| 9:30-10:20 CS◆<br>Studio Cycling<br><i>Rene Wiley</i>                          | 8:45-9:35 TR◆<br>Precision Running@<br><i>Ian Culbertson</i>    | 8:30-9:10 MS<br>Kettlebell/ViPR<br>Combo<br><i>Derek Beres</i>   | 8:30-9:15 MS<br>Metabolic Meltdown<br><i>Rachel Tonick</i>        | 7:15-8:00 TR◆<br>Elevate<br><i>Shereta Middleton</i>           | 9:15-10:00 TR◆<br>Precision Running@<br><i>Shereta Middleton</i> | 10:00-11:15 YS<br>Spirit Yoga<br><i>Jen E. Smith</i>                     |
| 9:30-10:20 MS<br><b>THE CUT</b><br><i>Kupah James</i>                          | 9:15-9:30 MS<br>Ab Lab<br><i>Raneir Pollard</i>                 | 9:10-9:20 MS<br><b>Ab Lab</b><br><i>Derek Beres</i>              | 9:15-9:30 MS<br>Ab Lab<br><i>Rachel Tonick</i>                    | 8:30-9:20 MS◆<br>Ropes and Rowers<br><i>Matthew Murawski</i>   | 10:00-10:50 CS◆<br>Studio Cycling<br><i>Rene Wiley</i>           | 10:15-11:05 CS◆<br>Studio Cycling<br><i>Gaia Scott-Crouch</i>            |
| 10:30-11:30 YS<br>Vinyasa Yoga<br><i>Nathania Stambouli</i>                    | 9:30-10:20 CS◆<br><b>Studio Cycling</b><br><i>Amber McMahon</i> | 9:15-10:05 CS◆<br>The Pursuit: Build<br><i>Jamie Till</i>        | 9:30-10:20 CS◆<br>Studio Cycling<br><i>Brody Hessin</i>           | 9:15-10:05 CS◆<br><b>Studio Cycling</b><br><i>Shea Manning</i> | 10:15-11:05 MS<br>Barre Fit Cardio<br><i>Dane Sorensen</i>       | 10:45-11:35 MS<br>Kettlebell/ViPR<br>Combo<br><i>Derek Beres</i>         |
| 12:00-1:00 MS<br><b>Dance!</b><br><i>Dane Sorensen</i>                         | 9:30-10:30 YS<br>Vinyasa Yoga<br><i>Derek Beres</i>             | 9:30-10:20 MS<br><b>THE CUT</b><br><i>Amber McMahon</i>          | 9:30-10:30 YS<br>Vinyasa Yoga<br><i>Derek Beres</i>               | 9:30-10:20 MS<br>Dance It Out<br><i>Tor Campbell</i>           | 10:30-11:45 YS<br>Power Yoga<br><i>Jocelyn Solomon</i>           | 12:00-1:15 YS<br>Vinyasa Yoga<br><i>Derek Beres</i>                      |
| 12:15-1:00 TR◆<br>Precision Running@<br><i>Shereta Middleton</i>               | 10:00-11:00 MS<br>Barre Fit Cardio<br><i>Sarah Kusch</i>        | 9:30-10:20 YS<br><b>Pilates</b><br><i>Marguerite Wheatley</i>    | 10:00-11:00 MS<br>Body Challenge<br><i>Sarah Kusch</i>            | 10:30-11:30 YS<br>Vinyasa Yoga<br><i>Malachi Grieves</i>       | 11:15-12:05 CS◆<br>Studio Cycling<br><i>Delia Brown</i>          | 4:15-5:30 YS<br>Restorative Yoga &<br>Meditation<br><i>John Sahakian</i> |
| 1:15-2:00 MS◆<br><b>PURE STRENGTH</b><br><i>Shereta Middleton</i>              | 10:45-11:45 YS<br>Gentle Yoga<br><i>Andres Salcedo</i>          | 10:30-11:30 YS<br>Vinyasa Yoga<br><i>Jocelyn Solomon</i>         | 10:45-11:45 YS<br>Gentle Yoga<br><i>Lloyd Jowers</i>              | 10:45-11:45 MS<br>Barre Fit Cardio<br><i>Jennifer Brown</i>    | 11:15-11:45 MS◆<br>Firestarter<br><i>Brody Hessin</i>            |  |
| 5:15-6:05 YS<br><b>Pilates</b><br><i>Regina Santos</i>                         | 12:15-1:15 MS<br>Body Challenge<br><i>Dana McCaw</i>            | 12:00-1:00 MS<br><b>Barre Fit Cardio</b><br><i>Susannah Hall</i> | 12:15-1:00 MS<br><b>4X4</b><br><i>Pearl Fu</i>                    | 12:15-1:00 TR◆<br>Precision Running@<br><i>Brody Hessin</i>    | 11:45-12:10 MS<br>Above the Belt<br><i>Brody Hessin</i>          |  |
| 5:30-6:20 CS◆<br>The Pursuit: Burn<br><i>Gaia Scott-Crouch</i>                 | 4:30-5:20 MS<br>Zumba@<br><i>Abraham Hernandez</i>              | 12:15-1:15 CS◆<br>Cycle In/Yoga Out<br><i>Gaia Scott-Crouch</i>  | 4:30-5:20 MS<br><b>Dance!</b><br><i>Dane Sorensen</i>             | 1:00-1:50 YS<br><b>Pilates</b><br><i>Susannah Hall</i>         | 12:15-1:05 MS<br>Zumba@<br><i>Vicky Efsthathiou</i>              |  |
| 5:30-6:15 MS<br>THE CUT<br><i>Amber McMahon</i>                                | 5:30-6:20 MS<br>METCON3<br><i>Heidi Carignan</i>                | 12:45-1:15 YS<br>Vinyasa Yoga<br><i>Gaia Scott-Crouch</i>        | 4:30-5:20 TR◆<br>Precision Running@<br><i>Rene Wiley</i>          | 5:30-6:15 CS◆<br>Studio Cycling<br><i>Brody Hessin</i>         | 12:15-1:30 YS<br>Yin Yoga<br><i>Christopher Barbour</i>          |  |
| 6:15-7:15 YS<br>Vinyasa Yoga<br><i>Austin Hollingshead</i>                     | 6:00-6:50 CS◆<br>Studio Cycling<br><i>Abraham Hernandez</i>     | 4:30-5:30 YS<br>Vinyasa Yoga<br><i>Laura Myren</i>               | 5:30-6:00 MS<br>Best Butt Ever<br><i>Raneir Pollard</i>           | 5:30-6:15 MS<br>Shockwave<br><i>Ian Culbertson</i>             |  |  |
| 6:30-7:20 CS◆<br><b>ANTHEM</b><br><i>Tim Chang</i>                             | 6:00-7:15 YS<br>Vinyasa Yoga<br><i>Austin Hollingshead</i>      | 5:30-6:15 CS◆<br>Studio Cycling<br><i>Delia Brown</i>            | 5:30-6:30 YS<br><b>Pilates Power</b><br><i>Dane Sorensen</i>      | 6:00-7:15 YS<br>Yoga and Meditation<br><i>Heather D.</i>       |  |  |
| 6:30-7:15 MS<br>4X4<br><i>Brody Hessin</i>                                     | 6:30-7:20 MS<br>Cardio Kick<br><i>Michael Reeves</i>            | 5:30-6:20 MS<br><b>Cardio Hip Hop</b><br><i>Funk Odell</i>       | 6:00-6:50 CS◆<br>The Pursuit: Build<br><i>Jamie Till</i>          | 6:15-6:30 MS<br>Ab Lab<br><i>Raneir Pollard</i>                |  |  |
| 7:30-8:20 MS◆<br><b>PURE STRENGTH</b><br><i>Brody Hessin</i>                   | 7:30-8:15 MS<br>Tabata<br><i>Raneir Pollard</i>                 | 6:00-7:00 YS<br>Stiff Guy Yoga<br><i>Laura Myren</i>             | 6:00-6:15 MS<br>Ab Lab<br><i>Raneir Pollard</i>                   | 6:15-7:00 MS<br>Full Throttle<br><i>Raneir Pollard</i>         |  |  |
| 7:30-8:45 MS<br>Restorative Yoga &<br>Meditation<br><i>Christopher Barbour</i> | 7:30-8:45 YS<br><b>Vinyasa Yoga</b><br><i>Logan Cahoon</i>      | 6:30-7:20 CS◆<br>Studio Cycling<br><i>Rene Wiley</i>             | 6:15-7:00 MS<br>Full Throttle<br><i>Raneir Pollard</i>            | 6:45-8:00 YS<br><b>Vinyasa Yoga</b><br><i>Andres Salcedo</i>   |  |  |
|  | 8:15-8:30 MS<br>Ab Lab<br><i>Raneir Pollard</i>                 | 6:30-7:20 MS<br><b>Barre Fit Cardio</b><br><i>Matt Ross</i>      | 6:45-8:00 YS<br><b>Vinyasa Yoga</b><br><i>Andres Salcedo</i>      | 7:00-7:50 CS◆<br>Studio Cycling<br><i>Rene Wiley</i>           |  |  |
|  |   | 7:30-8:15 MS<br>Shockwave<br><i>Ian Culbertson</i>               | 7:00-7:50 CS◆<br>Studio Cycling<br><i>Rene Wiley</i>              | 7:30-8:15 MS<br>Cardio Sculpt<br><i>Michael Carson</i>         |  |  |
|  |   | 7:30-8:45 YS<br>Vinyasa Yoga<br><i>Dylan Drew</i>                | 7:30-8:15 MS<br>Cardio Sculpt<br><i>Michael Carson</i>            | 8:20-8:30 MS<br>Stretch Essentials<br><i>Michael Carson</i>    |  |  |
|  |   | 8:15-8:30 MS<br>Ab Lab<br><i>Ian Culbertson</i>                  | 8:20-8:30 MS<br>Stretch Essentials<br><i>Michael Carson</i>       |  |  |  |

## MARINA DEL REY

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**MON - THU:** 5:30AM - 10:30PM

**FRI:** 5:30AM - 9:30PM

**SAT & SUN:** 7:00AM - 7:00PM

## GROUP FITNESS MANAGER

AMBER MCMAHON

Amber.McMahon@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

|    |                |
|----|----------------|
| MS | Main Studio    |
| CS | Cycling 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.

**CYCLE IN/YOGA OUT** Train your mind and body with this intense two-for-one! Begin with a A vigorous, motivating cycle leads right into a challenging but centering yoga session that focuses on releasing and lengthening where you need it most after your ride. Energized and motivated - that's how you'll leave!

**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

**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

**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.

**GET UP & FLOW!** An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

**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 & MEDITATION** Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

**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.

**YIN YOGA** A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

**YOGA AND MEDITATION** Heat and wake the body with a thoughtful yoga flow. Then get centered and energized with a meditation. Relax, regenerate and re-focus!

## 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 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.

**FULL THROTTLE** Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

**KETTLEBELL/VIPR COMBO** Combine Kettlebells with VIPRs for a no-holds-barred equipment based class with high intensity interval training and progressive strength combinations. Double your results in this non-stop powerful workout!

**METABOLIC MELTDOWN** An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

**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!

**SHOCKWAVE** Extreme cross training at its best! This total body circuit challenge combines the WaterRower machines for high-intensity calorie burn with dynamic, functional exercises using VIPR, Body Bars, BOSUs and Kettlebells to sculpt and transform the body! Max effort, and EXTREME results!

**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 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.

**ABOVE THE BELT** A complete upper body workout in one session. Chest, back, shoulders, and arms are exercised along with abdominals for the most efficient workout ever.

**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 CHALLENGE** High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

**CARDIO SCULPT** A total body workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat-drenched sculpting session.

**FIT PHYSIQUE** Cutting-edge exercises are drawn from traditional strength training, dancer's conditioning and Pilates inspired movements with the goal of long lean toned body. No bulky muscles. Extra stretching geared for perfect posture and you'll leave feeling like a work of art!

**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.

## 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 POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

## DANCE

**CARDIO HIP HOP FUNK** This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

**DANCE IT OUT** A high energy total body workout, developed by Billy Blanks Jr.'s, that maximizes your stamina and sculpts your body with 20+ styles of dance.

**DANCE!** Equinox dance instructors teach you fun combinations to popular dance music. Styles may include jazz, modern, funk and hip hop.

**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.