

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS <b>Body Challenge</b> <i>Angela Moore</i>	6:15-7:00 TR◆ Precision Running® <i>Ian Culbertson</i>	6:15-7:05 MS Ropes and Rowers <i>Ian Culbertson</i>	6:15-7:00 TR◆ Precision Running® <i>Ian Culbertson</i>	7:00-7:50 CS◆ Studio Cycling <i>Tim Chang</i>	8:00-9:00 MS Best Butt Ever <i>Shereta Middleton</i>	8:30-9:15 MS◆ PURE STRENGTH <i>Kim Masinter</i>
7:00-7:50 CS◆ The Pursuit: Burn <i>Angela Moore</i>	6:30-7:20 CS◆ Studio Cycling <i>Steve Rossmann</i>	7:00-7:50 CS◆ Studio Cycling <i>Jenn Leitzes</i>	6:15-7:15 YS Power Yoga (L2) <i>Erika Schnicke</i>	7:00-8:00 YS Get Up & Flow! <i>Dylan Drew</i>	8:45-9:35 CS◆ Studio Cycling <i>Steve Rossmann</i>	8:30-9:30 YS Vinyasa Yoga <i>Taylor Stutz</i>
7:00-8:00 YS Get Up & Flow! <i>Jocelyn Solomon</i>	6:30-7:20 MS Metabolic MeltDown <i>Derek Capps</i>	7:00-8:00 YS Get Up & Flow! <i>Jennifer Pastloff</i>	6:30-7:30 MS Kettlebell/ViPR Combo <i>Junior Amazan</i>	7:15-8:00 MS 4X4 <i>Brody Hessin</i>	9:00-10:15 YS Vinyasa Yoga <i>Nathania Stambouli</i>	9:00-9:50 CS◆ Studio Cycling <i>Jen E. Smith</i>
8:30-9:30 MS Fit Physique <i>Noel Teubner</i>	8:30-9:15 MS◆ Full Throttle <i>Raneir Pollard</i>	7:15-8:00 MS Barefoot Body Conditioning <i>Digo Padovan</i>	7:00-7:50 CS◆ The Pursuit: Build <i>Brody Hessin</i>	9:15-10:05 CS◆ Studio Cycling <i>Christopher Schram</i>	9:15-10:05 MS Cardio Kick <i>Michael Reeves</i>	9:30-10:30 MS EQX Barre Burn <i>Jennifer Brown</i>
9:30-10:20 CS◆ Studio Cycling <i>Rene Wiley</i>	8:45-9:35 TR◆ Precision Running® <i>Ian Culbertson</i>	9:15-10:05 CS◆ The Pursuit: Burn <i>Jamie Till</i>	8:30-9:15 MS Metabolic MeltDown <i>Rachel Tonick</i>	9:15-10:15 MS <b>Barre Fit Cardio</b> <i>Jennifer Brown</i>	10:00-10:50 CS◆ Studio Cycling <i>Rene Wiley</i>	10:00-11:15 YS Spirit Yoga <i>Jen E. Smith</i>
9:45-10:30 MS THE CUT <i>Kupah James</i>	9:15-9:30 MS Ab Lab <i>Raneir Pollard</i>	9:15-10:00 MS Kettlebell/ViPR Combo <i>Derek Beres</i>	9:15-9:30 MS Ab Lab <i>Rachel Tonick</i>	10:15-11:30 YS Vinyasa Yoga <i>Malachi Melville</i>	10:15-11:05 MS Barre Fit Cardio <i>Dane Sorensen</i>	10:15-11:05 CS◆ Studio Cycling <i>Gaia Scott-Crouch</i>
10:30-11:30 YS Vinyasa Yoga <i>Nathania Stambouli</i>	9:30-10:20 CS◆ Studio Cycling <i>Shea Manning</i>	10:00-10:15 MS Ab Lab <i>Derek Beres</i>	9:30-10:20 CS◆ Studio Cycling <i>Brody Hessin</i>	10:30-11:30 MS◆ Ropes and Rowers <i>Matthew Murawski</i>	10:30-11:45 YS Power Yoga <i>Jocelyn Solomon</i>	10:45-11:35 MS Fully Loaded <i>Derek Beres</i>
12:15-1:15 MS Barre Fit Cardio <i>Frances Flores</i>	9:30-10:30 YS Vinyasa Yoga <i>Derek Beres</i>	10:30-11:30 MS Pilates <i>Greg Louis</i>	9:30-10:30 YS Vinyasa Yoga <i>Derek Beres</i>	12:15-1:05 TR◆ Precision Running® <i>Brody Hessin</i>	11:15-12:05 CS◆ Studio Cycling <i>Delia Brown</i>	12:00-1:15 YS Vinyasa Yoga <i>Derek Beres</i>
12:30-1:20 TR◆ Precision Running® <i>Junior Amazan</i>	10:00-11:00 MS Barre Fit Cardio <i>Sarah Kusch</i>	10:30-11:30 YS Vinyasa Yoga <i>Jocelyn Solomon</i>	10:00-11:00 MS Body Challenge <i>Sarah Kusch</i>	5:30-6:15 CS◆ Studio Cycling <i>Brody Hessin</i>	11:15-11:45 MS◆ Firestarter <i>Brody Hessin</i>	4:15-5:30 YS Restorative Yoga & Meditation <i>John Sahakian</i>
4:30-5:30 YS Hatha Yoga <i>Rachel Jackson</i>	10:35-11:35 YS Gentle Yoga <i>Andres Salcedo</i>	12:15-1:15 CS◆ Cycle In/Yoga Out <i>Gaia Scott-Crouch</i>	10:35-11:35 YS Gentle Yoga <i>Lloyd Jowers</i>	5:30-6:15 MS Shockwave <i>Ian Culbertson</i>	11:45-12:10 MS Above the Belt <i>Brody Hessin</i>	
5:15-6:15 MS Pilates <i>Briana Masson</i>	12:15-1:15 MS Body Challenge <i>Dana McCaw</i>	12:45-1:15 YS Vinyasa Yoga <i>Gaia Scott-Crouch</i>	1:00-1:50 MS Dance! <i>Dane Sorensen</i>	6:00-7:15 YS Yoga and Meditation <i>Heather D.</i>	12:15-1:05 MS Zumba® <i>Melissa Zugell</i>	
5:25-6:15 CS◆ The Pursuit: Build <i>Gaia Scott-Crouch</i>	4:30-5:20 MS Zumba® <i>Abraham Hernandez</i>	4:30-5:30 YS Vinyasa Yoga <i>Laura Myren</i>	5:30-6:00 MS Best Butt Ever <i>Raneir Pollard</i>	6:15-6:30 MS Ab Lab <i>Ian Culbertson</i>	12:15-1:30 YS Yin Yoga <i>Christopher Barbour</i>	
6:00-7:15 YS Vinyasa Yoga <i>Jennifer Galardi</i>	6:00-6:50 CS◆ Studio Cycling <i>Abraham Hernandez</i>	5:30-6:15 CS◆ Studio Cycling <i>Delia Brown</i>	6:00-6:50 CS◆ The Pursuit: Burn <i>Jamie Till</i>			
6:30-7:20 CS◆ Studio Cycling <i>Skip Wilson</i>	6:00-7:15 YS Vinyasa Yoga <i>Papo Caballero</i>	5:30-6:20 MS Cardio Hip Hop Funk <i>Diana Hex</i>	6:00-6:15 MS Ab Lab <i>Raneir Pollard</i>			
6:30-7:15 MS 4X4 <i>Brody Hessin</i>	6:30-7:25 MS Cardio Kick <i>Michael Reeves</i>	6:00-7:00 YS Stiff Guy Yoga <i>Laura Myren</i>	6:00-7:15 YS Vinyasa Yoga <i>Andres Salcedo</i>			
7:30-8:20 MS◆ PURE STRENGTH <i>Steven Reeves</i>	7:30-8:15 MS Tabata <i>Raneir Pollard</i>	6:30-7:20 CS◆ Studio Cycling <i>Rene Wiley</i>	6:15-7:00 MS Full Throttle <i>Raneir Pollard</i>			
7:30-8:45 YS Restorative Yoga & Meditation <i>Christopher Barbour</i>	7:30-8:45 YS Vinyasa Yoga <i>Kali Alexander</i>	6:30-7:20 MS Barefoot Body Conditioning <i>Susannah Hall</i>	7:30-8:15 MS Cardio Sculpt <i>Michael Carson</i>			
	8:15-8:30 MS Ab Lab <i>Raneir Pollard</i>	7:30-8:15 MS Shockwave <i>Ian Culbertson</i>	7:30-8:30 YS Pilates Power <i>Dane Sorensen</i>			
		7:30-8:45 YS Vinyasa Yoga <i>Dylan Drew</i>	8:20-8:30 MS Stretch <i>Michael Carson</i>			
		8:15-8:30 MS Ab Lab <i>Ian Culbertson</i>				

# EQUINOX

## 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

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 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

**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!

**HATHA YOGA** A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

**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

**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

**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.

**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.

**BAREFOOT BODY CONDITIONING** High intensity, mixed with balance challenges to strengthen the body from the ground up. Take your body out of its comfort zone, reap the benefits.

**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!

**FULLY LOADED** Break out of linear workouts with this fitness class that challenges you to move weight in all directions for a full 360 degrees of loaded movement. Push your performance in 3D — the way your body was meant to move.

**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!** 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.