

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS♦	Studio Cycling <i>Stephanie Walsh</i>	6:15-7:00 MS♦	PURE STRENGTH <i>Elle Young</i>	6:15-7:00 CS♦	Studio Cycling <i>Anabelle Sedas</i>	6:00-6:50 MS	STRONG <i>Rick Logan</i>	6:15-7:00 CS♦	Studio Cycling <i>Edgar Asars</i>	8:30-9:20 CS♦	Studio Cycling <i>Adam Johansson</i>	9:00-10:15 CS♦	Performance Cycling <i>Tom Ivancie</i>
7:00-8:00 YS	Sunrise Yoga (L2) <i>Alexandra Shepherd</i>	7:00-7:50 CS♦	Studio Cycling <i>Edgar Asars</i>	6:15-7:15 MS	Athletic Conditioning <i>Jennifer Padilla</i>	7:00-7:50 CS♦	Studio Cycling <i>Rick Logan</i>	6:15-7:00 TR♦	Precision Running@ <i>Saori Soga</i>	8:30-9:20 MS	Athletic Conditioning <i>Delf Enriquez</i>	9:00-9:50 MS	Tabata <i>Jennifer Padilla</i>
8:30-9:15 CS♦	Studio Cycling <i>Edgar Asars</i>	7:00-7:30 MS	Best Abs Ever <i>Elle Young</i>	7:00-8:00 YS	Sunrise Yoga (L2) <i>Kristie Rose</i>	8:30-9:00 MS	RIPPED Abs & Arms <i>Scott Haddock</i>	7:00-8:00 YS	Sunrise Yoga (L2) <i>Holli Rabishaw</i>	9:30-10:00 MS	RIPPED Abs & Arms <i>Jesse Rey</i>	9:00-10:00 YS	Yoga Flow (L2) <i>Kristie Rose</i>
8:30-9:20 MS	Cardio Hip Hop Funk <i>Lamesha Vine</i>	8:30-9:20 MS	THE CUT <i>Jason Brown</i>	8:30-9:15 CS♦	Studio Cycling <i>Emily Maslo</i>	8:30-9:30 YS	Pilates <i>Michael Miranda</i>	8:30-9:20 MS	FitBody Workout <i>Andrew Blake Ames</i>	9:30-10:30 YS	Vinyasa Yoga (L2) <i>Alexandra Shepherd</i>	10:00-10:50 MS	Barre Bootcamp <i>Khalia Frazier</i>
9:00-9:30 YS	ABSolution <i>Jennifer Hilton</i>	8:30-9:15 TR♦	Precision Running@ <i>Stephanie Czajkowski</i>	8:30-9:15 MS	STRONG <i>Linda Griffith</i>	9:00-9:50 CS♦	Cycle Beats <i>Julie Aron</i>	9:30-10:20 MS	Studio Cycling <i>Sheila Lee</i>	10:00-10:50 CS♦	Studio Cycling <i>Delf Enriquez</i>	10:15-11:15 YS	Gentle Yoga <i>Sarah Bibbo</i>
9:30-10:20 CS♦	Studio Cycling <i>Dan Rappa</i>	8:30-9:30 YS	Pilates <i>Andrea Flores</i>	9:30-10:20 CS♦	Studio Cycling <i>Trudy Stevens</i>	9:00-9:30 TR♦	Tread and Shred <i>Scott Haddock</i>	10:00-11:00 MS	Barre Bootcamp <i>Jennifer Padilla</i>	10:00-10:25 MS	Best Butt Ever <i>Jesse Rey</i>	10:30-11:20 MS	Cycle Beats <i>Julie Aron</i>
9:30-10:20 MS	METCON3 <i>Elle Young</i>	9:00-9:50 CS♦	Studio Cycling <i>Tiffani Brooks</i>	9:30-10:20 MS	Pilates <i>Carrie Samper</i>	9:30-10:15 MS♦	PURE STRENGTH <i>Alex McLean</i>	10:00-11:00 YS	Yoga Flow <i>Sarah Isenberg</i>	10:30-11:20 MS	METCON3 <i>Steven Reeves</i>	11:30-12:00 MS	Firestarter <i>Saori Soga</i>
10:00-11:00 YS	Yoga Flow <i>Margaret Buckley</i>	9:30-10:20 MS	STRONG <i>Stephanie Czajkowski</i>	10:00-11:00 YS	Yoga Flow <i>Shielu Bharwani</i>	10:00-11:00 YS	Yoga Core <i>Shannon Branham</i>	10:30-11:30 MS	Barre Bootcamp <i>Amy Malloy</i>	10:30-11:20 MS	METCON3 <i>Steven Reeves</i>	11:30-12:30 YS	Vinyasa Yoga <i>Anita Vasan</i>
11:30-12:15 MS	Best Butt Ever <i>Natalie Yco</i>	10:00-11:00 YS	Yoga Core <i>Shannon Branham</i>	10:30-11:30 MS	Dance! <i>Danielo Mendes</i>	12:00-12:45 MS	Hatha Yoga <i>Georgina Purple</i>	12:00-1:00 YS	Yoga Tune Up@ <i>Alexandra Ellis</i>	11:00-12:15 YS	Power Yoga <i>Rahm Sharifi</i>	12:00-12:20 MS	Best Arms Ever <i>Saori Soga</i>
12:15-12:45 MS	RIPPED Abs & Arms <i>Natalie Yco</i>	10:30-11:30 MS	Barre Bootcamp <i>Jake DuPree</i>	12:00-12:45 MS	Best Butt Ever <i>Candyce Heather</i>	12:00-1:00 YS	Yoga Tune Up@ <i>Holli Rabishaw</i>	5:30-6:30 YS	Vinyasa Yoga <i>Kristie Rose</i>	11:30-12:30 MS	Cycle Beats <i>Dan Rappa</i>	12:30-1:30 MS	Dance! <i>Lamesha Vine</i>
5:30-5:55 MS	Ab Lab <i>Jennifer Padilla</i>	12:00-1:00 YS	Hatha Yoga <i>Georgina Purple</i>	12:45-1:00 MS	Best Arms Ever <i>Candyce Heather</i>	5:15-6:00 MS	Best Butt Ever <i>Jesse Rey</i>	5:30-6:30 YS	Vinyasa Yoga <i>Garth Hewitt</i>	11:30-12:30 MS	Zumba@ <i>Dennis Guzman</i>		
5:30-6:30 YS	Vinyasa Yoga (L2) <i>Will Gressman</i>	5:30-6:15 MS	Best Butt Ever <i>Natalie Yco</i>	5:30-6:00 MS	Best Abs Ever <i>Elle Young</i>	5:30-6:50 CS♦	Studio Cycling <i>Tiffani Brooks</i>	6:00-6:50 MS	Studio Cycling <i>Heather Wood</i>	12:30-1:45 YS	Strong & Calm Yoga <i>Amber Voiles</i>		
6:00-6:50 CS♦	Studio Cycling <i>Delf Enriquez</i>	5:30-6:45 YS	Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:30 YS	Vinyasa Yoga (L2) <i>Tanja Johnston</i>	6:00-6:50 MS	Body Challenge <i>Jesse Rey</i>	6:00-7:00 MS	Ultimate Kickboxing <i>Jeremy Shelton</i>	12:45-1:00 MS	Stretch Essentials <i>Equinox Trainers</i>		
6:15-7:00 MS♦	PURE STRENGTH <i>Jennifer Padilla</i>	6:00-6:50 CS♦	Studio Cycling <i>Tom Ivancie</i>	6:00-6:50 CS♦	Studio Cycling <i>Emily Maslo</i>	7:00-8:00 MS	Zumba@ <i>Melissa Chiz</i>			1:00-1:45 MS	Dynamic Strength <i>Josh Hodge</i>		
7:00-8:15 YS	Restorative Yoga & Meditation <i>Amber Voiles</i>	6:15-7:15 MS	Ultimate Kickboxing <i>Natalie Yco</i>	6:00-6:30 MS	Firestarter <i>Elle Young</i>	7:00-8:00 YS	Gentle Yoga <i>Sarah Isenberg</i>						
7:15-8:00 MS	METCON3 <i>Delf Enriquez</i>	7:00-8:00 YS	Pilates Fusion <i>Nikki D'Amico</i>	6:30-7:00 MS	THE CUT: Jump Rope <i>Elle Young</i>								
		7:30-8:30 MS	Dance! <i>Danielo Mendes</i>	7:00-8:15 YS	Restorative Yoga & Meditation <i>Amber Voiles</i>								
				7:15-8:00 MS	Whipped! <i>Delf Enriquez</i>								

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

GROUP FITNESS MANAGER
DELFINRIQUEZ
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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

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.

SCHEDULE EFFECTIVE
09.05.17-9.30.17

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.

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.

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.

TREAD AND SHRED Rev up your run in a thrilling treadmill class with real ups and downs. Challenge your cardio endurance with varied speed and incline levels customized to your level. Effective coaching helps you maximize calorie burning and strength with every stride.

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.

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.

STRONG & CALM YOGA This hatha yoga class improves strength and calms your mind. Increase your mental and physical flexibility while releasing stress and enhancing body awareness. It's perfect for beginners, as well, as advanced students who wish to deepen their practice.

SUNRISE YOGA Start your morning off with sun salutations and begin your day with a balanced body and mind.

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.

YOGA TUNE UP A whole body/mind reset integrating precise myofascial release, core conditioning, and functional movement to improve your coordination and performance. Designed by Jill Miller.

ATHLETIC TRAINING

ATHLETIC CONDITIONING Using different intervals of cardio and strength, this class will have you pushing your cardio to new limits using weights and your own body weight.

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.

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!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

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

AB LAB Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ABSOLUTION Short but intense abdominal workout fusing Pilates with classic abdominal 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 ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

DYNAMIC STRENGTH Develop signature strength. Load the body and move through 3 planes of motion. Have fun while you build strength and muscle week after week.

FITBODY WORKOUT A cardiovascular workout that uses a variety of equipment to great music. Timeless and effective fun for all fitness levels.

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.

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!

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 FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

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.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Meet your need for speed as you fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.

ULTIMATE KICKBOXING An amazing kickboxing class using punches & kicks interwoven with cardio & boot camp style strength drills. All levels will work intensely! Hit it hard--sweat and sculpt, absolutely no holding back anything in this class!

ACTIVE REGENERATION

STRETCH ESSENTIALS Power down to power further. Reset properly with guided self-massage as well as mobility and flexibility training for a restored range of motion, enhanced flexibility, and reduced stress.