

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31	
6:00-6:50 MS	<b>STRONG</b> <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>	8:30-9:15 CS◆	Studio Cycling <i>Edgar Asars</i>	6:15-7:00 MS◆	<b>PURE STRENGTH</b> <i>Elle Young (SUB)</i>	6:15-7:00 CS◆	Studio Cycling <i>Anabelle Sedas</i>
7:00-7:50 CS◆	Studio Cycling <i>Rick Logan</i>	6:30-7:00 MS◆	Firestarter <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>	8:30-9:20 MS	Cardio Hip Hop Funk <i>Danielo Mendes</i>	7:00-7:50 CS◆	Studio Cycling <i>Edgar Asars</i>	7:00-7:30 MS	<b>RIPPED Abs &amp; Arms</b> <i>Anabelle Sedas</i>
8:30-9:00 MS	<b>RIPPED Abs &amp; Arms</b> <i>Scott Haddock</i>	7:00-7:30 MS	Best Abs Ever <i>Saori Soga</i>	9:30-10:00 MS	<b>RIPPED Abs &amp; Arms</b> <i>Jesse Rey</i>	10:00-10:30 MS	<b>Best Butt Ever</b> <i>Steven Reeves</i>	9:30-10:20 CS◆	<b>Red, Ride and Blue</b> <i>Dan Rappa</i>	8:30-9:20 MS	<b>THE CUT</b> <i>Sheila Lee (SUB)</i>	7:00-8:00 YS	Sunrise Yoga (L2) <i>Kristie Rose</i>
8:30-9:30 YS	Pilates <i>Michael Miranda</i>	7:00-8:00 YS	Sunrise Yoga (L2) <i>Holli Rabishaw</i>	9:30-10:30 YS	Vinyasa Yoga (L2) <i>Alexandra Shepherd</i>	10:15-11:15 YS	Gentle Yoga <i>Sarah Bibbo</i>	9:30-10:20 MS	<b>Summer Slam</b> <i>Elle Young</i>	8:30-9:15 TR◆	Precision Running® <i>Amy Malloy</i>	8:30-9:15 CS◆	Studio Cycling <i>Emily Maslo</i>
9:00-9:50 CS◆	Cycle Beats <i>Heather Wood (SUB)</i>	8:30-9:20 MS	FitBody Workout <i>Andrew Blake Ames</i>	10:00-10:50 CS◆	Studio Cycling <i>Delf Enriquez</i>	10:30-11:20 CS◆	Cycle Beats <i>Emily Maslo (SUB)</i>	10:00-11:00 YS	<b>Memorial Day Warrior Yoga</b> <i>Philip Anderson</i>	8:30-9:30 YS	Pilates <i>Andrea Flores</i>	8:30-9:15 MS	<b>STRONG</b> <i>Linda Griffith</i>
9:00-9:30 TR◆	Tread and Shred <i>Scott Haddock</i>	9:30-10:20 MS	Barre Bootcamp <i>Jennifer Padilla</i>	10:00-10:25 MS	Best Butt Ever <i>Jesse Rey</i>	10:30-11:00 MS	<b>Best Abs Ever</b> <i>Steven Reeves</i>	10:00-11:00 YS	<b>Memorial Day Warrior Yoga</b> <i>Philip Anderson</i>	9:00-9:50 CS◆	Studio Cycling <i>Tiffani Brooks</i>	9:30-10:20 CS◆	Studio Cycling <i>Heather Wood</i>
9:30-10:15 MS◆	<b>PURE STRENGTH</b> <i>Alex McLean</i>	10:00-11:00 YS	Yoga Flow <i>Sarah Isenberg</i>	10:30-11:20 MS	<b>METCON3</b> <i>Steven Reeves</i>	11:30-12:45 YS	Vinyasa Yoga <i>Rahm Sharifi (SUB)</i>	10:30-11:00 MS◆	Firestarter <i>Elle Young</i>	9:30-10:20 MS	Body Challenge <i>Jesse Rey</i>	9:30-10:20 MS	Pilates <i>Carrie Samper</i>
10:00-11:00 YS	Yoga Core <i>Shannon Branham</i>	10:30-11:30 MS	Dance! <i>Delandis McClam</i>	11:00-12:15 YS	Power Yoga <i>Rahm Sharifi</i>					10:00-11:00 YS	Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS	Yoga Flow <i>Shielu Bharwani</i>
10:30-11:30 MS	Barre Bootcamp <i>Raul Machorro (SUB)</i>	12:00-1:00 YS	Yoga Tune Up® <i>Alexandra Ellis</i>	11:30-12:20 CS◆	Cycle Beats <i>Dan Rappa</i>					10:30-11:30 MS	Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS	Dancinate™ <i>Ilyse Baker</i>
12:00-4:00 MS	Studio In Use <i>Amy Dixon</i>			11:30-12:30 MS	Zumba® <i>Melissa Chiz</i>					12:00-1:00 YS	Hatha Yoga <i>Georgina Purple</i>	12:00-12:45 MS	Best Butt Ever <i>Candyce Heather</i>
12:00-1:00 YS	Hatha Yoga <i>Georgina Purple</i>			12:30-1:45 YS	Strong & Calm Yoga <i>Karolina Zastoupailo (SUB)</i>					5:30-5:55 MS	Best Butt Ever <i>Linda Griffith (SUB)</i>	12:00-1:00 YS	Yoga Tune Up® <i>Jill Miller</i>
5:30-5:55 MS◆	Firestarter <i>Shawna Whitlock</i>									5:30-6:45 YS	Vinyasa Yoga <i>Rahm Sharifi (SUB)</i>	12:45-1:00 MS	Ab Lab <i>Candyce Heather</i>
5:30-6:45 YS	Vinyasa Yoga <i>Rahm Sharifi (SUB)</i>									6:00-6:50 CS◆	Studio Cycling <i>Tom Ivancie</i>	5:30-5:55 MS	<b>RIPPED Abs &amp; Arms</b> <i>Elle Young</i>
6:00-6:50 CS◆	Studio Cycling <i>Emily Maslo (SUB)</i>									6:00-6:50 MS	Ultimate Kickboxing <i>Linda Griffith (SUB)</i>	5:30-6:30 YS	Vinyasa Yoga (L2) <i>Tanja Johnston</i>
6:00-6:50 MS	Barre Bootcamp <i>Shawna Whitlock</i>									7:00-7:25 MS◆	Firestarter <i>Delf Enriquez, Dayna Cousins</i>	6:00-6:50 CS◆	Studio Cycling <i>Emily Maslo</i>
7:00-8:00 MS	Zumba® <i>Melissa Chiz</i>									7:00-8:00 YS	Pilates Fusion <i>Roman Chavez (SUB)</i>	6:00-6:50 MS	<b>THE CUT</b> <i>Elle Young</i>
7:00-8:00 YS	Gentle Yoga <i>Sarah Isenberg</i>									7:30-8:30 MS	Cardio Hip Hop Funk <i>Danielo Mendes</i>	7:00-7:50 MS	Whipped! <i>Delf Enriquez</i>
												7:00-8:15 YS	Restorative Yoga & Meditation <i>Sarah Bibbo (SUB)</i>

# EQUINOX

## ENCINO

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## MEMORIAL DAY HOLIDAY HOURS

**MAY 27 - MAY 28** 07:00 AM - 05:00 PM

**MAY 29:** 07:00 AM - 07:00 PM

## GROUP FITNESS MANAGER DELF ENRIQUEZ

Delf.Enriquez@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

Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

## 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.

**RED, RIDE AND BLUE** 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.

**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** A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and 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.

**MEMORIAL DAY WARRIOR YOGA** Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

**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®** Refreshing movements from yoga, body therapy and evolved core conditioning systemically and intelligently prime and explore every part of your body. 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.

**SUMMER SLAM** Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

**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!** Get whipped into shape using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

## 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.

**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.

**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.

**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!

**STUDIO IN USE** Studio in use.

## 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.

**DANCINERATE™** Dance Fitness Expert Ilyse Baker's national dance fitness method "Dancinerate™" teaches you to burn with the beat. Dance step by step in an accessible workout that will tighten and tone, and empower you to reach beyond your comfort zone, have fun and lose yourself in the movement.

**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.

**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!