

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS♦	Studio Cycling <i>Stephanie Walsh</i>	6:15-7:00 CS♦	Studio Cycling <i>Edgar Asars</i>	6:15-7:00 CS♦	Studio Cycling <i>Heather Wood</i>	6:00-6:50 MS	STRONG <i>Rick Logan</i>	6:00-7:00 MS	Boxing Boot Camp <i>Rufus Dorsey</i>	8:30-9:20 CS♦	Studio Cycling <i>Rick Logan</i>	9:00-10:15 CS♦	Performance Cycling <i>Tom Ivancie</i>
7:00-8:00 YS	Sunrise Yoga (L2) <i>Philip Anderson</i>	6:15-7:00 MS♦	PURE STRENGTH <i>Elle Young</i>	6:15-7:00 MS	METCON3 <i>Alex McLean</i>	7:00-7:50 CS♦	Studio Cycling <i>Rick Logan</i>	6:15-7:00 CS♦	Studio Cycling <i>Edgar Asars</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>	7:00-7:15 MS	Best Abs Ever <i>Elle Young</i>	7:00-7:30 MS	Firestarter <i>Alex McLean</i>	8:30-9:15 MS	RIPPED Abs & Arms <i>Scott Haddock</i>	7:00-8:00 YS	Sunrise Yoga (L2) <i>Alexandra Shepherd</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>	7:15-8:05 CS♦	ANTHEM™ <i>Stephanie Walsh</i>	7:00-8:00 YS	Sunrise Yoga (L2) <i>Kristie Rose</i>	8:30-9:30 YS	Pilates <i>Nikki D'Amico</i>	8:30-9:15 CS♦	ANTHEM™ <i>Trudy Stevens</i>	9:30-10:45 YS	Vinyasa Yoga (L2) <i>Alexandra Shepherd</i>	10:00-10:50 MS	Barre Bootcamp <i>Khalia Frazier</i>
9:15-9:45 YS	Stretch Essentials <i>Equinox Trainers</i>	8:30-9:15 TR♦	Precision Running® <i>Stephanie Czajkowski</i>	8:30-9:15 MS	STRONG <i>Trudy Stevens</i>	9:00-9:50 CS♦	Studio Cycling <i>Julie Aron</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♦	Studio Cycling <i>Julie Aron</i>
9:30-10:20 CS♦	Studio Cycling <i>Dan Rappa</i>	8:30-9:30 YS	Pilates <i>Andrea Flores</i>	9:15-9:45 YS	Stretch Essentials <i>Equinox Trainers</i>	9:30-10:25 MS	Zumba® <i>Dennis Guzman</i>	9:30-10:20 CS♦	Studio Cycling <i>Sheila Lee</i>	10:00-10:25 MS	Best Butt Ever <i>Jesse Rey</i>	11:30-12:00 MS	Firestarter <i>Saori Soga</i>
9:30-10:15 TR♦	Elevate <i>Amy Malloy</i>	9:00-9:50 CS♦	Studio Cycling <i>Tiffani Brooks</i>	9:30-10:20 MS	Studio Cycling <i>Trudy Stevens</i>	10:00-11:00 YS	Yoga Core <i>Shannon Branham</i>	9:30-10:20 MS	Barre Bootcamp <i>Jennifer Padilla</i>	10:30-11:20 MS	METCON3 <i>Jason Brown</i>	11:30-12:30 YS	Vinyasa Yoga <i>Anita Vasana</i>
10:00-10:15 MS	Best Abs Ever <i>Elle Young</i>	9:30-9:55 MS	Best Abs Ever <i>Stephanie Czajkowski</i>	10:00-11:00 YS	Yoga Flow <i>Shielu Bharwani</i>	10:30-11:30 MS	Barre Bootcamp <i>Amy Malloy</i>	10:00-11:00 YS	Yoga Flow <i>Sarah Isenberg</i>	11:00-12:15 YS	Power Yoga <i>Rahm Sharifi</i>	12:00-12:20 MS	Best Arms Ever <i>Saori Soga</i>
10:00-11:00 YS	Yoga Flow <i>Margaret Buckley</i>	10:00-10:25 MS	Best Butt Ever <i>Stephanie Czajkowski</i>	10:30-11:30 MS	Dancinerate™ <i>Ilyse Baker</i>	12:00-1:00 YS	Hatha Yoga <i>Georgina Purple</i>	10:30-11:30 MS	Dance! <i>Delandis McClam</i>	11:30-12:20 CS♦	Cycle Beats <i>Dan Rappa</i>	12:30-1:30 MS	Dance! <i>Lamesha Vine</i>
10:15-10:30 MS	Best Arms Ever <i>Elle Young</i>	10:00-11:00 YS	Yoga Core <i>Shannon Branham</i>	12:00-12:45 MS	Best Butt Ever <i>Candyce Heather</i>	5:15-6:00 MS	Best Butt Ever <i>Jesse Rey</i>	12:00-1:00 YS	Yoga Tune Up® <i>Alexandra Ellis</i>	11:30-12:30 MS	Zumba® <i>Dennis Guzman</i>	12:30-1:15 TR♦	Elevate <i>Saori Soga</i>
11:30-12:15 MS	Best Butt Ever <i>Natalie Yco</i>	10:30-11:30 MS	Barre Bootcamp <i>Jake DuPree</i>	12:00-1:00 YS	Yoga Tune Up® <i>Alexandra Ellis</i>	5:30-6:45 YS	Vinyasa Yoga <i>Garth Hewitt</i>	5:00-5:45 MS	METCON3 <i>Dayna Cousins</i>	12:30-1:45 YS	Strong & Calm Yoga <i>Amber Voiles</i>	5:00-6:00 YS	Yinyasa Yoga <i>Rahm Sharifi</i>
12:15-12:45 MS	RIPPED Abs & Arms <i>Natalie Yco</i>	12:00-1:00 YS	Hatha Yoga <i>Georgina Purple</i>	12:45-1:15 MS	RIPPED Abs & Arms <i>Candyce Heather</i>	6:00-6:50 CS♦	Studio Cycling <i>Tiffani Brooks</i>	5:30-6:30 YS	Vinyasa Yoga <i>Kristie Rose</i>	12:45-1:45 MS	Dynamic Strength <i>Equinox Trainers</i>		
5:30-5:55 MS	Ab Lab <i>Jennifer Padilla</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>	6:00-6:50 MS	Body Challenge <i>Jesse Rey</i>	6:00-6:50 CS♦	Studio Cycling <i>Heather Wood</i>				
5:30-6:30 YS	Vinyasa Yoga (L2) <i>Will Gressman</i>	5:30-6:45 YS	Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:30 YS	Vinyasa Yoga (L2) <i>Tanja Johnston</i>	7:00-8:00 MS	Zumba® <i>Jennie Gonzalez</i>	6:00-7:00 MS	Ultimate Kickboxing <i>Jeremy Shelton</i>				
6:00-6:50 CS♦	Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS♦	Studio Cycling <i>Tom Ivancie</i>	6:00-6:50 CS♦	ANTHEM™ <i>Sheila Lee</i>	7:00-8:00 YS	Gentle Yoga <i>Masha Saproon</i>						
6:00-6:50 MS	Athletic Conditioning <i>Jennifer Padilla</i>	6:15-7:15 MS	Ultimate Kickboxing <i>Natalie Yco</i>	6:00-6:30 MS	Firestarter <i>Elle Young</i>								
7:00-8:15 YS	Restorative Yoga & Meditation <i>Amber Voiles</i>	7:00-8:00 YS	Athletic Yoga (L2) <i>Gayl Walder</i>	6:30-7:00 MS	THE CUT: Jump Rope <i>Elle Young</i>								
7:15-8:00 MS♦	PURE STRENGTH <i>Delf Enriquez</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	METCON3 <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

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

WHAT'S NEW THIS MONTH
Graceful. Intense.
Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, THE MUSE.

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 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

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.

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

ATHLETIC YOGA A yoga class designed to meet the needs of the athlete. The focus is on stretching and strengthening with the intention of improving performance, whatever your sport. Challenging for all levels this workout is truly meditation in motion.

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.

YINYASA YOGA Vinyasa flow combined with yin yoga to stretch and rehabilitate the connective tissues that form our joints and breath and restorative postures to reset our mind.

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

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

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.

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.

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.

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.

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!

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 BOOTCAMP Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

LONG + LEAN

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

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.

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

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.