

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
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>Heather Wood</i>	6:15-7:15 MS Athletic Conditioning <i>Jennifer Padilla</i>	8:15-9:05 CS◆ <b>Beast n Feast Ride</b> <i>Delf Enriquez</i>	6:15-7:00 CS◆ Studio Cycling <i>Heather Wood (SUB)</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>Heather Wood (SUB)</i>	6:15-7:15 MS Sunrise Yoga (L2) <i>Philip Anderson (SUB)</i>	8:15-9:00 MS <b>Thanks and Planks</b> <i>Scott Haddock</i>	6:15-7:00 TR◆ Elevate <i>Saori Soga</i>	8:30-9:20 MS Athletic Conditioning <i>Delf Enriquez</i>	9:00-9:50 MS Tabata <i>Jason Brown (SUB)</i>							
8:30-9:15 CS◆ Studio Cycling <i>Rick Logan (SUB)</i>	7:00-7:15 MS Best Abs Ever <i>Elle Young</i>	7:00-8:00 YS Sunrise Yoga (L2) <i>Philip Anderson (SUB)</i>	9:30-10:20 CS◆ <b>Beast n Feast Ride</b> <i>Tom Ivancie</i>	7:00-8:00 YS Sunrise Yoga (L2) <i>Trevor Throop (SUB)</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>							
9:00-9:30 YS Ab Lab <i>Equinox Trainers</i>	8:30-9:20 MS THE CUT <i>Jason Brown</i>	8:30-9:15 CS◆ Studio Cycling <i>Emily Maslo</i>	9:30-10:15 MS◆ PURE STRENGTH <i>Alex McLean</i>	8:30-9:20 MS FitBody Workout <i>Rick Logan (SUB)</i>	9:30-10:30 YS Vinyasa Yoga (L2) <i>Alexandra Shepherd</i>	10:00-10:50 MS Barre Bootcamp <i>Raul Machorro (SUB)</i>							
9:30-10:20 CS◆ Studio Cycling <i>Dan Rappa</i>	8:30-9:15 TR◆ Precision Running® <i>Stephanie Czajkowski</i>	8:30-9:15 MS STRONG <i>Trudy Stevens</i>	10:00-11:00 YS <b>Gratitude Yoga Shannon Branham</b>	9:30-10:20 CS◆ 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 MS METCON3 <i>Elle Young</i>	8:30-9:30 YS Pilates <i>Andrea Flores</i>	9:30-10:20 CS◆ Studio Cycling <i>Trudy Stevens</i>	12:00-1:00 YS <b>Gratitude Yoga Georgina Purple</b>	9:30-10:20 MS Barre Bootcamp <i>Jennifer Padilla</i>	10:00-10:25 MS Best Butt Ever <i>Jesse Rey</i>	10:30-11:20 MS METCON3 <i>Jason Brown</i>							
10:00-11:00 YS Yoga Flow <i>Holli Rabishaw (SUB)</i>	9:00-9:50 CS◆ Studio Cycling <i>Trevor Throop (SUB)</i>	9:30-10:20 MS Pilates <i>Carrie Samper</i>		10:00-11:00 YS Yoga Flow <i>Lotem Porat (SUB)</i>	10:30-11:20 MS Cycle Beats <i>Dan Rappa</i>	11:30-12:00 MS Firestarter <i>Saori Soga</i>							
11:30-12:15 MS Best Butt Ever <i>Natalie Yco</i>	9:30-10:20 MS STRONG <i>Stephanie Czajkowski</i>	10:00-11:00 YS Yoga Flow <i>Shielu Bharwani</i>		10:30-11:30 MS <b>Zumba® Joey Komara</b>	11:00-12:15 YS Power Yoga <i>Rahm Sharifi</i>	11:30-12:30 YS Vinyasa Yoga <i>Anita Vasan</i>							
12:15-12:45 MS RIPPED Abs & Arms <i>Natalie Yco</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:30-11:30 MS Dancinate™ <i>Danielo Mendes (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>	12:00-12:20 MS Best Arms Ever <i>Saori Soga</i>							
5:30-5:55 MS Ab Lab <i>Jennifer Padilla</i>	10:30-11:30 MS Barre Bootcamp <i>Pia Kamonsit (SUB)</i>	12:00-12:45 MS Best Butt Ever <i>Candyce Heather</i>		5:30-6:30 YS Vinyasa Yoga <i>Kristie Rose</i>	11:30-12:30 MS Zumba® <i>Dennis Guzman</i>	12:30-1:30 MS Dance! <i>Lamesha Vine</i>							
5:30-6:30 YS Vinyasa Yoga (L2) <i>Will Gressman</i>	12:00-1:00 YS Hatha Yoga <i>Georgina Purple</i>	12:00-1:00 YS Yoga Tune Up® <i>Holli Rabishaw</i>		6:00-6:50 CS◆ Studio Cycling <i>Edgar Asars (SUB)</i>	12:30-1:45 YS Strong & Calm Yoga <i>Lotem Porat (SUB)</i>								
6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	5:30-6:15 MS Best Butt Ever <i>Natalie Yco</i>	12:45-1:00 MS Best Arms Ever <i>Candyce Heather</i>		6:00-6:50 MS <b>METCON3 Dayna Cousins</b>	12:45-1:45 MS Dynamic Strength <i>Josh Hodge</i>								
6:15-7:00 MS◆ PURE STRENGTH <i>Jennifer Padilla</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:00 MS Best Abs Ever <i>Elle Young</i>											
7:00-8:15 YS Restorative Yoga & Meditation <i>Amber Voiles</i>	6:00-6:50 CS◆ Studio Cycling <i>Tom Ivancie</i>	5:30-6:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>											
7:15-8:00 MS METCON3 <i>Delf Enriquez</i>	6:15-7:15 MS Ultimate Kickboxing <i>Natalie Yco</i>	6:00-6:50 CS◆ Studio Cycling <i>Emily Maslo</i>											
	7:00-8:00 YS Pilates Fusion <i>Nikki D'Amico</i>	6:00-6:30 MS Firestarter <i>Elle Young</i>											
	7:30-8:30 MS Dance! <i>Danielo Mendes</i>	6:30-7:00 MS THE CUT: Jump Rope <i>Elle Young</i>											
		7:00-8:15 YS Restorative Yoga & Meditation <i>Lloyd Jowers (SUB)</i>											
		7:15-8:00 MS Whipped! <i>Delf Enriquez</i>											

## ENCINO

16830 VENTURA BLVD.  
ENCINO CALIFORNIA 91436  
818.922.0799  
EQUINOX.COM  
@EQUINOX

## THANKSGIVING MODIFIED HOURS

**NOVEMBER 23:** 07:00 AM - 02:00 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

CS	Cycling Studio
YS	Yoga Studio
MS	Main 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

**BEAST N FEAST RIDE** Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

**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 Slik, 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.

**GRATITUDE YOGA** The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

**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!

**THANKS AND PLANKS** Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

**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.

**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.

**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

**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.

**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. 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!