

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>Edgar Asars</i>	6:15-7:00 MS◆ PURE STRENGTH <i>Elle Young</i>	6:15-7:00 MS METCON3 <i>Alex McLean</i>	6:00-6:50 MS Tabata <i>Rick Logan</i>	6:00-7:00 MS Boxing Boot Camp <i>Rufus Dorsey</i>	6:15-7:00 CS◆ Studio Cycling <i>Edgar Asars</i>	6:15-7:00 CS◆ Studio Cycling <i>Edgar Asars</i>	6:15-7:00 CS◆ Studio Cycling <i>Edgar Asars</i>	6:15-7:00 CS◆ Studio Cycling <i>Edgar Asars</i>	6:15-7:00 MS◆ PURE STRENGTH <i>Elle Young</i>	6:15-7:00 MS◆ PURE STRENGTH <i>Elle Young</i>	9:00-10:15 CS◆ Performance Cycling <i>Tom Ivancie</i>
7:00-8:00 YS Sunrise Yoga (L2) <i>Philip Anderson</i>	7:15-8:05 CS◆ ANTHEM™ <i>Stephanie Walsh</i>	7:15-8:05 CS◆ ANTHEM™ <i>Stephanie Walsh</i>	7:15-8:05 CS◆ ANTHEM™ <i>Stephanie Walsh</i>	7:00-8:00 YS Sunrise Yoga (L2) <b>Will Gressman</b>	7:00-7:50 CS◆ Studio Cycling <i>Rick Logan</i>	7:00-7:50 CS◆ Studio Cycling <i>Rick Logan</i>	7:00-8:00 YS Sunrise Yoga (L2) <i>Alexandra Shepherd</i>	7:00-8:00 YS Sunrise Yoga (L2) <i>Alexandra Shepherd</i>	7:00-8:00 YS Sunrise Yoga (L2) <i>Alexandra Shepherd</i>	7:00-8:00 YS Sunrise Yoga (L2) <i>Alexandra Shepherd</i>	7:15-8:05 CS◆ ANTHEM™ <i>Stephanie Walsh</i>	7:15-8:05 CS◆ ANTHEM™ <i>Stephanie Walsh</i>	9:00-9:50 MS Tabata <i>Jennifer Padilla</i>
8:30-9:15 CS◆ Studio Cycling <i>Edgar Asars</i>	8:30-9:20 MS THE CUT <i>Jason Brown</i>	8:30-9:15 CS◆ Cycle Beats <i>Dan Rappa</i>	8:30-9:15 CS◆ Cycle Beats <i>Dan Rappa</i>	8:30-9:15 CS◆ Cycle Beats <i>Dan Rappa</i>	8:30-9:25 MS Zumba® <b>Dennis Guzman</b>	8:30-9:25 MS Zumba® <b>Dennis Guzman</b>	8:30-9:25 MS Zumba® <b>Dennis Guzman</b>	8:30-9:25 MS Zumba® <b>Dennis Guzman</b>	8:30-9:25 MS Zumba® <b>Dennis Guzman</b>	8:30-9:25 MS Zumba® <b>Dennis Guzman</b>	8:30-9:20 MS THE CUT <i>Jason Brown</i>	8:30-9:20 MS THE CUT <i>Jason Brown</i>	9:00-10:00 YS Yoga Flow (L2) <b>Rahm Sharifi</b>
8:30-9:20 MS Cardio Hip Hop Funk <i>Lamesha Vine</i>	8:30-9:15 TR◆ Elevate <b>Stephanie Czajkowski</b>	8:30-9:15 MS STRONG <i>Trudy Stevens</i>	8:30-9:15 MS STRONG <i>Trudy Stevens</i>	8:30-9:15 MS STRONG <i>Trudy Stevens</i>	8:30-9:30 YS Pilates <i>Nikki D'Amico</i>	8:30-9:30 YS Pilates <i>Nikki D'Amico</i>	8:30-9:15 CS◆ Performance Cycling <i>Trudy Stevens</i>	8:30-9:15 CS◆ Performance Cycling <i>Trudy Stevens</i>	8:30-9:15 CS◆ Performance Cycling <i>Trudy Stevens</i>	8:30-9:15 CS◆ Performance Cycling <i>Trudy Stevens</i>	8:30-9:20 MS THE CUT <i>Jason Brown</i>	8:30-9:20 MS THE CUT <i>Jason Brown</i>	9:00-10:00 YS Yoga Flow (L2) <b>Rahm Sharifi</b>
9:15-9:45 YS Stretch Essentials <i>Equinox Trainers</i>	8:30-9:30 YS Pilates <i>Andrea Flores</i>	9:15-9:45 YS Stretch Essentials <i>Equinox Trainers</i>	9:15-9:45 YS Stretch Essentials <i>Equinox Trainers</i>	9:15-9:45 YS Stretch Essentials <i>Equinox Trainers</i>	9:00-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:00-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:00-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:00-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:00-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:00-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:30-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:30-9:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	9:00-10:00 MS Barre Bootcamp <i>Khalia Frazier</i>
9:30-10:20 CS◆ ANTHEM™ <i>Dan Rappa</i>	9:30-9:55 MS Best Abs Ever <i>Stephanie Czajkowski</i>	9:30-10:20 CS◆ Studio Cycling <i>Trudy Stevens</i>	9:30-10:20 CS◆ Studio Cycling <i>Trudy Stevens</i>	9:30-10:20 MS Pilates <i>Carrie Samper</i>	9:00-9:30 TR◆ Tread and Shred <b>Scott Haddock</b>	9:00-9:30 TR◆ Tread and Shred <b>Scott Haddock</b>	9:00-9:30 TR◆ Tread and Shred <b>Scott Haddock</b>	9:00-9:30 TR◆ Tread and Shred <b>Scott Haddock</b>	9:00-9:30 TR◆ Tread and Shred <b>Scott Haddock</b>	9:00-9:30 TR◆ Tread and Shred <b>Scott Haddock</b>	9:30-9:55 MS Best Abs Ever <i>Stephanie Czajkowski</i>	9:30-9:55 MS Best Abs Ever <i>Stephanie Czajkowski</i>	9:00-10:00 MS Barre Bootcamp <i>Khalia Frazier</i>
9:30-10:00 MS Firestarter <i>Elle Young</i>	10:00-10:25 MS Best Butt Ever <i>Stephanie Czajkowski</i>	9:30-10:20 MS Pilates <i>Carrie Samper</i>	9:30-10:20 MS Pilates <i>Carrie Samper</i>	9:30-10:20 MS Pilates <i>Carrie Samper</i>	9:30-10:20 MS Above the Belt <b>Scott Haddock</b>	9:30-10:20 MS Above the Belt <b>Scott Haddock</b>	9:30-10:20 MS Above the Belt <b>Scott Haddock</b>	9:30-10:20 MS Above the Belt <b>Scott Haddock</b>	9:30-10:20 MS Above the Belt <b>Scott Haddock</b>	9:30-10:20 MS Above the Belt <b>Scott Haddock</b>	10:00-10:25 MS Best Butt Ever <i>Stephanie Czajkowski</i>	10:00-10:25 MS Best Butt Ever <i>Stephanie Czajkowski</i>	9:00-10:00 MS Barre Bootcamp <i>Khalia Frazier</i>
9:30-10:15 TR◆ Elevate <i>Amy Malloy</i>	10:00-11:00 MS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Flow <i>Shielu Bharwani</i>	10:00-11:00 YS Yoga Flow <i>Shielu Bharwani</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 YS Yoga Core <i>Shannon Branham</i>	10:00-11:00 MS Yoga Core <i>Shannon Branham</i>	10:00-11:00 MS Yoga Core <i>Shannon Branham</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
10:00-10:30 MS Best Abs Ever <i>Elle Young</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Dancinate™ <i>Ilyse Baker</i>	10:30-11:30 MS Dancinate™ <i>Ilyse Baker</i>	10:30-11:30 MS Dancinate™ <i>Ilyse Baker</i>	10:00-11:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:00-11:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:00-11:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:00-11:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:00-11:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:00-11:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
10:00-11:00 YS Yoga Flow <i>Margaret Buckley</i>	12:00-1:00 YS Hatha Yoga <i>Georgina Purple</i>	12:00-12:45 MS Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS Best Butt Ever <i>Candyce Heather</i>	12:00-12:45 MS Best Butt Ever <i>Candyce Heather</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
11:30-12:15 MS Best Butt Ever <i>Natalie Yco</i>	12:00-1:00 YS Hatha Yoga <i>Georgina Purple</i>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
12:15-12:45 MS Above the Belt <b>Natalie Yco</b>	5:30-6:00 MS Best Abs Ever <i>Jennifer Padilla</i>	5:30-6:00 MS Best Abs Ever <i>Elle Young</i>	5:30-6:00 MS Best Abs Ever <i>Elle Young</i>	5:30-6:00 MS Best Abs Ever <i>Elle Young</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	12:00-1:00 YS Yoga Tune Up® <i>Jill Miller</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
5:30-6:00 MS Best Abs Ever <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>	5:30-6:00 MS Best Abs Ever <i>Elle Young</i>	5:30-6:00 MS Best Abs Ever <i>Elle Young</i>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	12:45-1:15 MS Above the Belt <b>Candyce Heather</b>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
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>	5:30-6:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	5:30-6:30 YS Vinyasa Yoga (L2) <i>Tanja Johnston</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	5:30-6:45 YS Vinyasa Yoga <i>Garth Hewitt</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	6:00-6:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	6:00-6:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	6:00-6:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	6:00-6:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	6:00-6:50 CS◆ Studio Cycling <i>Tiffani Brooks</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
6:00-6:50 MS Athletic Conditioning <i>Jennifer Padilla</i>	6:15-7:15 MS Ultimate Kickboxing <i>Natalie Yco</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 CS◆ Studio Cycling <i>Delf Enriquez</i>	6:00-6:50 MS Ropes and Rowers <i>Jesse Rey</i>	6:00-6:50 MS Ropes and Rowers <i>Jesse Rey</i>	6:00-6:50 MS Ropes and Rowers <i>Jesse Rey</i>	6:00-6:50 MS Ropes and Rowers <i>Jesse Rey</i>	6:00-6:50 MS Ropes and Rowers <i>Jesse Rey</i>	6:00-6:50 MS Ropes and Rowers <i>Jesse Rey</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
7:00-8:15 YS Restorative Yoga & Meditation <i>Amber Voiles</i>	7:00-8:00 YS Power Yoga (L2) <b>Gayl Walder</b>	6:00-6:30 MS Firestarter <i>Elle Young</i>	6:00-6:30 MS Firestarter <i>Elle Young</i>	6:00-6:30 MS Firestarter <i>Elle Young</i>	7:00-8:00 MS Zumba® <i>Jennie Gonzalez</i>	7:00-8:00 MS Zumba® <i>Jennie Gonzalez</i>	7:00-8:00 MS Zumba® <i>Jennie Gonzalez</i>	7:00-8:00 MS Zumba® <i>Jennie Gonzalez</i>	7:00-8:00 MS Zumba® <i>Jennie Gonzalez</i>	7:00-8:00 MS Zumba® <i>Jennie Gonzalez</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>
7:15-8:00 MS Whipped! <b>Delf Enriquez</b>	7:30-8:30 MS Dance! <i>Danielo Mendes</i>	6:30-7:00 MS THE CUT: Jump Rope <i>Elle Young</i>	6:30-7:00 MS THE CUT: Jump Rope <i>Elle Young</i>	6:30-7:00 MS THE CUT: Jump Rope <i>Elle Young</i>	7:00-8:00 YS Gentle Yoga <i>Masha Saprón</i>	7:00-8:00 YS Gentle Yoga <i>Masha Saprón</i>	7:00-8:00 YS Gentle Yoga <i>Masha Saprón</i>	7:00-8:00 YS Gentle Yoga <i>Masha Saprón</i>	7:00-8:00 YS Gentle Yoga <i>Masha Saprón</i>	7:00-8:00 YS Gentle Yoga <i>Masha Saprón</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	10:30-11:30 MS Barre Bootcamp <i>Jake DuPree</i>	9:00-10:00 MS Yoga Flow (L2) <b>Rahm Sharifi</b>

## ENCINO

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ENCINO CALIFORNIA 91436  
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EQUINOX.COM  
@EQUINOX

**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  
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**  
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** Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

**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** Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

#### 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.

**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.

**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.

**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.

**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!

**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!

**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.

**EQX BARRE BURN** Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

#### LONG + LEAN

**ABOVE THE BELT** Get an upper body upgrade. Challenge your chest, back, shoulders, arms and abs with a super-efficient upper-body sculpting workout.

**BODY PRECISION** Define yourself. Mix up low-impact cardio with weight-bearing moves for an inventive, non-stop conditioning session. Build lean muscle, rev up your metabolism, and enhance your ab definition. All toys are fair game.

**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.

#### 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

**BOXING BOOT CAMP** Work on creating or enhancing your boxing skills. Great for cardio conditioning, as well as building strength and endurance through, boxing drills, shadow boxing, kickboxing, jump rope, and a variety of core strengthening exercises. Check with the front desk to see if gloves and wraps are required.

**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.