

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:45 TR ◆ Precision Running® <i>Kristen Klehr</i>	6:30-7:20 MS ◆ Rhythm Revolution <i>Stephanie Ho</i>	6:30-7:20 MS ◆ Whipped! <i>Philippe Bowgen</i>	6:30-7:30 YS Power Yoga <i>Katherine Bradshaw</i>	6:00-6:45 TR ◆ Precision Running® <i>Stephanie Czajkowski</i>	6:30-7:20 CS ◆ Rhythm Revolution <i>Amy Lim</i>	6:30-7:15 MS METCON3 <i>Christopher Schram</i>	6:30-7:30 YS Power Yoga <i>Katherine Bradshaw</i>	6:30-7:20 CS ◆ Rhythm Revolution <i>Amy Lim</i>	7:00-7:45 MS ◆ Best Butt Ever <i>Philippe Bowgen</i>	9:00-9:50 CS ◆ Studio Cycling <i>Eric Orner</i>	10:00-10:50 MS Barre Bootcamp <i>Monica Davis</i>	10:30-11:20 CS ◆ Rhythm Revolution <i>Stephanie Ho</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>
7:00-7:45 MS ◆ PURE STRENGTH <i>Stephanie Czajkowski</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:00-7:50 MS Body Challenge <i>Stephanie Czajkowski</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:30-8:15 MS THE CUT <i>Eric Orner</i>	7:00-7:45 CS ◆ Studio Cycling <i>Frank Marino</i>	7:00-8:00 YS Vinyasa Yoga <i>Rachel Jackson</i>	7:00-8:00 YS Vinyasa Yoga <i>Rachel Jackson</i>	9:30-10:20 MS 4X4 <i>Kristen Klehr</i>	10:30-11:20 MS 4X4 <i>Kristen Klehr</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
7:00-8:00 YS Vinyasa Yoga <i>Rachel Jackson</i>	7:30-8:15 MS Streamline Sculpt <i>Eric Orner</i>	7:30-8:15 MS Streamline Sculpt <i>Eric Orner</i>	7:30-8:15 MS Streamline Sculpt <i>Eric Orner</i>	7:00-8:00 YS Ashtanga Yoga <i>J.D. Wolfe</i>	7:00-8:00 YS Ashtanga Yoga <i>J.D. Wolfe</i>	12:00-12:45 YS <b>Pilates Power</b> <i>Susannah Hall</i>	7:30-8:15 MS THE CUT <i>Eric Orner</i>	12:15-1:00 CS ◆ Studio Cycling <i>Frank Tavares</i>	12:30-1:15 MS <b>Best Butt Ever</b> <i>Mandee Miller</i>	10:00-11:15 YS Dynamic Vinyasa Yoga <i>Layla Guest</i>	10:00-11:15 YS Dynamic Vinyasa Yoga <i>Layla Guest</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
12:15-1:00 CS ◆ Studio Cycling <i>Devin Swanson</i>	12:00-12:45 YS Pilates Power <i>Layla Guest</i>	12:15-1:00 CS ◆ Studio Cycling <i>Eric Orner</i>	12:30-1:15 CS ◆ Rhythm Revolution <i>Mandee Miller</i>	12:15-1:00 CS ◆ Studio Cycling <i>Eric Orner</i>	12:30-1:20 MS Barre Bootcamp <i>Ayanna Contreras</i>	12:00-12:45 YS <b>Pilates Power</b> <i>Susannah Hall</i>	12:15-1:00 CS ◆ Studio Cycling <i>Eric Orner</i>	12:30-1:15 YS <b>Best Butt Ever</b> <i>Mandee Miller</i>	12:30-1:30 YS Dynamic Vinyasa Yoga <i>Layla Guest</i>	10:30-11:20 MS Barre Bootcamp <i>Jacqueline Rosenthal</i>	4:00-5:15 YS Restorative Yoga <i>Jose Alvarado</i>	10:30-11:20 CS ◆ Rhythm Revolution <i>Stephanie Ho</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>
12:30-1:20 MS METCON3 <i>Samantha Jo Harvey</i>	12:30-1:15 CS ◆ Rhythm Revolution <i>Mandee Miller</i>	12:30-1:20 MS Barre Bootcamp <i>Ayanna Contreras</i>	12:45-1:00 YS RX Series® <i>Layla Guest</i>	12:30-1:30 YS Infinity Flow <i>Luna Pierson</i>	12:30-1:30 YS Infinity Flow <i>Luna Pierson</i>	12:30-1:15 TR ◆ Precision Running® <i>Mandee Miller</i>	12:45-1:00 YS RX Series® <i>Susannah Hall</i>	1:15-1:30 MS <b>Ab Lab</b> <i>Mandee Miller</i>	1:30-2:00 YS RX Series® <i>Layla Guest</i>	11:15-11:30 YS RX Series® <i>Layla Guest</i>	11:15-11:30 YS RX Series® <i>Layla Guest</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
12:30-1:30 YS Vinyasa Yoga <i>Chris Reed</i>	12:45-1:00 YS RX Series® <i>Layla Guest</i>	12:30-1:30 YS Infinity Flow <i>Luna Pierson</i>	1:00-1:45 MS Tabata <i>Greg Cohen</i>	1:30-2:15 MS THE CUT <i>Eric Orner</i>	1:30-2:15 MS THE CUT <i>Eric Orner</i>	12:45-1:00 YS RX Series® <i>Susannah Hall</i>	1:15-1:30 MS <b>Ab Lab</b> <i>Mandee Miller</i>	1:30-2:00 YS RX Series® <i>Layla Guest</i>	1:30-2:00 YS RX Series® <i>Layla Guest</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
1:30-2:15 MS Barre Fit Cardio <i>Layla Guest</i>	1:00-1:45 MS Tabata <i>Greg Cohen</i>	1:30-2:15 MS THE CUT <i>Eric Orner</i>	1:00-2:00 YS Ashtanga Yoga <i>J.D. Wolfe</i>	4:30-5:15 MS ◆ PURE STRENGTH <i>U. B. Sanchez</i>	4:30-5:15 MS ◆ PURE STRENGTH <i>U. B. Sanchez</i>	1:00-1:45 MS Kettlebell Power <i>Eric Orner</i>	1:30-2:00 YS RX Series® <i>Layla Guest</i>	4:30-5:45 YS Vinyasa Yoga <i>Rebecca Halls</i>	4:30-5:45 YS Vinyasa Yoga <i>Rebecca Halls</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
5:30-5:40 MS Ab Lab <i>Philippe Bowgen</i>	1:00-2:00 YS Ashtanga Yoga <i>J.D. Wolfe</i>	4:30-5:15 MS ◆ PURE STRENGTH <i>U. B. Sanchez</i>	5:15-5:30 MS Ab Lab <i>U. B. Sanchez</i>	5:30-6:00 MS ◆ Firestarter <i>Kristen Klehr</i>	5:30-6:00 MS ◆ Firestarter <i>Kristen Klehr</i>	1:00-2:00 YS Power Yoga <i>Chris Reed</i>	1:30-2:00 YS RX Series® <i>Layla Guest</i>	5:15-6:05 MS Barre Fit Cardio <i>Kelly Bostdorff</i>	5:15-6:05 MS Barre Fit Cardio <i>Kelly Bostdorff</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
5:30-6:45 YS Vinyasa Yoga <i>Hannah Skye</i>	5:15-5:30 MS Ab Lab <i>U. B. Sanchez</i>	5:30-6:00 MS ◆ Firestarter <i>Kristen Klehr</i>	5:30-6:15 CS ◆ Studio Cycling <i>Arielle Miller-Cohen</i>	5:30-6:45 YS Vinyasa Yoga <i>Layla Guest</i>	5:30-6:45 YS Vinyasa Yoga <i>Layla Guest</i>	5:15-5:30 MS Ab Lab <i>Samantha Jo Harvey</i>	1:00-2:00 YS Power Yoga <i>Chris Reed</i>	5:45-6:35 CS ◆ Rhythm Revolution <i>Sammi Nguyen</i>	5:45-6:35 CS ◆ Rhythm Revolution <i>Sammi Nguyen</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
5:45-6:35 CS ◆ Studio Cycling <i>Sami Dorman</i>	5:30-6:15 CS ◆ Studio Cycling <i>Arielle Miller-Cohen</i>	5:30-6:45 YS Vinyasa Yoga <i>Layla Guest</i>	5:30-6:15 MS Tabata <i>U. B. Sanchez</i>	5:45-6:35 YS Studio Cycling <i>Layla Guest</i>	5:45-6:35 YS Studio Cycling <i>Layla Guest</i>	5:30-6:15 CS ◆ Studio Cycling <i>Johnny Debut</i>	5:15-5:30 MS Ab Lab <i>Samantha Jo Harvey</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
5:45-6:30 MS ◆ METCON3 <i>Philippe Bowgen</i>	5:30-6:15 MS Tabata <i>U. B. Sanchez</i>	5:45-6:35 YS Studio Cycling <i>Layla Guest</i>	5:30-6:20 YS Barre Bootcamp <i>Layla Guest</i>	6:00-6:30 MS ◆ Best Butt Ever <i>Kristen Klehr</i>	6:00-6:30 MS ◆ Best Butt Ever <i>Kristen Klehr</i>	5:30-6:15 MS THE CUT <i>Samantha Jo Harvey</i>	5:30-6:15 CS ◆ Studio Cycling <i>Johnny Debut</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
6:45-7:30 CS ◆ Rhythm Revolution <i>Annelisa Moody</i>	5:30-6:20 YS Barre Bootcamp <i>Layla Guest</i>	6:00-6:30 MS ◆ Best Butt Ever <i>Kristen Klehr</i>	6:30-7:30 CS ◆ Rhythm Revolution <i>Carmine Sabatella</i>	6:45-7:30 MS ◆ Stacked! <i>Aaron Marcotte</i>	6:45-7:30 MS ◆ Stacked! <i>Aaron Marcotte</i>	5:30-6:20 YS Flow Core Tone <i>Amy McGuire</i>	5:30-6:15 MS THE CUT <i>Samantha Jo Harvey</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
6:45-7:30 MS Kettlebell/ViPR Combo <i>Sami Dorman</i>	6:30-7:30 CS ◆ Rhythm Revolution <i>Carmine Sabatella</i>	6:45-7:30 MS ◆ Stacked! <i>Aaron Marcotte</i>	6:30-7:15 MS ◆ PURE STRENGTH <i>Arielle Miller-Cohen</i>	7:00-7:45 TR ◆ Precision Running® <i>Samantha Jo Harvey</i>	7:00-7:45 TR ◆ Precision Running® <i>Samantha Jo Harvey</i>	5:30-6:20 YS Flow Core Tone <i>Amy McGuire</i>	5:30-6:20 YS Flow Core Tone <i>Amy McGuire</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
7:00-7:45 TR ◆ Precision Running® <i>Kristen Klehr</i>	6:30-7:15 MS ◆ PURE STRENGTH <i>Arielle Miller-Cohen</i>	7:00-7:45 TR ◆ Precision Running® <i>Samantha Jo Harvey</i>	6:30-7:45 YS Vinyasa Yoga <i>Taylor Stutz</i>	7:00-7:45 TR ◆ Precision Running® <i>Samantha Jo Harvey</i>	7:00-7:45 TR ◆ Precision Running® <i>Samantha Jo Harvey</i>	6:30-7:20 MS ◆ Ropes and Rowers <i>Samantha Jo Harvey</i>	5:30-6:20 YS Flow Core Tone <i>Amy McGuire</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
7:00-8:00 YS Infinity Flow <i>Molly O'Neill</i>	6:30-7:45 YS Vinyasa Yoga <i>Taylor Stutz</i>	7:00-7:45 TR ◆ Precision Running® <i>Samantha Jo Harvey</i>	7:00-7:45 YS PURE STRENGTH <i>U. B. Sanchez</i>	7:00-8:00 YS Yin Yoga <i>Molly O'Neill</i>	7:00-8:00 YS Yin Yoga <i>Molly O'Neill</i>	6:45-8:00 YS Vinyasa Yoga <i>Teo Chapelier</i>	6:30-7:20 MS ◆ Ropes and Rowers <i>Samantha Jo Harvey</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
7:40-8:30 MS Barre Bootcamp <i>Shawna Whitlock</i>	7:00-7:45 TR ◆ Precision Running® <i>Heather McCallum</i>	7:00-8:00 YS Yin Yoga <i>Molly O'Neill</i>	7:30-8:15 MS Best Butt Ever <i>Simone Berry</i>	7:00-8:00 YS Yin Yoga <i>Molly O'Neill</i>	7:00-8:00 YS Yin Yoga <i>Molly O'Neill</i>	7:30-8:15 MS ◆ Sweat <i>Arielle Miller-Cohen</i>	6:45-8:00 YS Vinyasa Yoga <i>Teo Chapelier</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	6:15-7:00 MS 4X4 <i>U. B. Sanchez</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:30-12:00 MS ◆ Firestarter <i>Jacqueline Rosenthal</i>	11:00-11:50 MS ◆ METCON3 <i>Aaron Marcotte</i>	11:00-12:15 YS Burn Bliss Yoga <i>Teo Chapelier</i>
	8:00-9:00 YS Power Yoga <i>Chris Reed</i>		8:00-9:00 YS Power Yoga <i>Chris Reed</i>										

## DOWNTOWN LA

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EQUINOX.COM  
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**MON - THU:** 5:00AM - 10:00PM  
**FRI:** 5:00AM - 9:00PM  
**SAT & SUN:** 8:00AM - 6:00PM

**GROUP FITNESS MANAGER**  
LAYLA GUEST  
layla.guest@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

YS	Yoga Studio
MS	Main Studio
TR	Treadmill Area
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.

### STUDIO CYCLING

**RHYTHM REVOLUTION** From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

**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.

### YOGA

**ASHTANGA YOGA** Developed by K. Pattabhi Jois, a vigorous style of specific asanas (postures) is sequenced to emphasize breath, strength, flexibility & endurance.

**BURN BLISS YOGA** Feel the burn & find your bliss! Best described as yoga with a fitness 'edge', this fun, challenging, athletic flow will inspire you to move with joy & explore the limitless boundaries of your body & mind and leave you feeling burned up and blissed out! Come play!

**DYNAMIC VINYASA YOGA** Characterized by flowing sequences that are linked to the breath. Improves strength, flexibility and toning, decreases stress and enhances body awareness. A vigorous, more athletic approach to yoga techniques.

**INFINITY FLOW** Breathe, Spiral, Twist, Sweat. Infinity Flow opens, strengthens, & stretches into the body's deepest layers. This practice organically unwinds the tension of the body & mind, bringing you to a profound and powerful state of openness.

**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** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**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.

**YIN YOGA** A great way to restore the body for everyone from new Yogis to elite athletes as long, slow and deep holds are emphasized in this unique, internal approach to yoga.

### ATHLETIC TRAINING

**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.

**KETTLEBELL POWER** Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell

**KETTLEBELL/VIPR COMBO** Combine Kettlebells with ViPRs for a no-holds-barred equipment based class with high intensity interval training and progressive strength combinations. Double your results in this non-stop powerful workout!

**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.

**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!

**STACKED!** Hit the body with a healthy dose of high-density training incorporating short intervals with strategic recovery periods done ladder-style. Transform your body with targeted movement complexes that are stacked together for an intense, challenging workout.

**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.

**BARRE FIT CARDIO** Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

### CONDITIONING

**4X4** Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

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

**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.

**FLOW CORE TONE** A free flowing core strength & flexibility workout that incorporates movements from dance, Pilates, Yoga and traditional conditioning exercises using your own body weight and very light hand weights to reshape your body and improve posture.

**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.

**STREAMLINE SCULPT** Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

**SWEAT** A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

### PILATES

**PILATES POWER** Rethink your Pilates practice! Focus on traditional Pilates concepts and alignment techniques while adding functional strength and flexibility through a blend of exercises designed to add power and stamina.

### 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.

### ACTIVE REGENERATION

**RX SERIES®** Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M"s – massage, mobilization and maximizing performance – and revitalize your body. Combine self-myofascial massage, range-of-motion stretches and breath strategy for higher performance.