

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 YS <b>Yoga Flow</b> <b>Gaia Scott-Crouch</b>	6:30-7:20 CS♦ Performance Cycling <i>Andy Harris</i>	6:30-7:30 YS Yoga Flow <i>Taylor Stutz</i>	6:30-7:20 CS♦ Performance Cycling <i>Andy Harris</i>	7:00-8:00 CS♦ The Pursuit: Build <i>Ronit Koren</i>	8:30-9:30 CS♦ The Pursuit: Build <i>Mandee Miller</i>	9:00-10:00 YS Pilates <i>Camille Loftin</i>
7:00-7:45 MS♦ Boot Camp <i>Elle Young</i>	6:30-7:15 MS Tabata <i>Simone Berry</i>	7:00-7:50 MS♦ Whipped! <i>Elle Young</i>	6:30-7:15 MS Kettlebell Power <i>Greg Cohen</i>	7:00-8:00 YS Pilates Flow <i>Shawna Whitlock</i>	9:00-9:45 MS♦ Cross Fire <i>Eric Thomson</i>	9:30-10:20 CS♦ Studio Cycling <i>Aaron Marcotte</i>
7:45-8:00 MS Ab Lab <i>Elle Young</i>	7:00-8:00 YS♦ <b>Trilogy Barre</b> <b>Stephanie Carter</b>	8:00-8:50 CS♦ Studio Cycling <i>Joseph Seeman</i>	7:30-8:20 TR♦ Elevate <i>Greg Cohen</i>	8:15-9:00 MS <b>Best Butt Ever</b> <b>Dayna Cousins</b>	9:00-9:50 TR♦ <b>Precision Running®</b> <b>Toby Massenburg</b>	9:30-10:15 MS METCON3 <i>Greg Cohen</i>
8:00-9:00 CS♦ The Pursuit: Burn <i>Joseph Seeman</i>	7:30-8:20 TR♦ Precision Running® <i>Andy Harris</i>	9:00-9:45 MS Barre Fit Cardio <i>Jake DuPree</i>	8:30-9:30 YS Yoga and Meditation <i>Luna Pierson</i>	9:30-10:15 MS <b>THE CUT</b> <b>Toby Massenburg</b>	9:30-10:45 YS Power Yoga <i>Aree Khodai</i>	10:15-11:30 YS Yoga Flow <i>Billy Gill</i>
9:00-9:45 MS Barre Fit Cardio <i>Jake DuPree</i>	8:30-9:30 YS Yoga and Meditation <i>Chris Reed</i>	9:30-10:30 YS Heated Vinyasa Yoga <i>Molly O'Neill</i>	9:30-10:30 CS♦ Rhythm Revolution <i>Michael Vail</i>	9:30-10:30 YS Yoga and Meditation <i>Joseph Seeman</i>	10:00-10:50 CS♦ Rhythm Revolution <i>Toby Massenburg</i>	10:30-11:00 MS♦ THE CUT: Jump Rope <i>Kendall Wood</i>
9:30-10:30 YS Yoga Flow <i>Austin Hollingshead</i>	9:00-9:30 MS♦ THE CUT: Jump Rope <i>Elle Young</i>	10:00-10:45 MS THE CUT <i>Pearl Fu</i>	9:30-10:20 MS METCON3 <i>Elle Young</i>	10:15-10:30 MS <b>Core Cuts</b> <b>Toby Massenburg</b>	10:00-10:30 MS♦ Firestarter <i>Shawna Whitlock</i>	10:30-11:20 TR♦ <b>Precision Running®</b> <b>Andy Harris</b>
10:00-10:25 MS Best Abs Ever <i>Toby Massenburg</i>	9:30-10:20 CS♦ Rhythm Revolution <i>Michael Vail</i>	12:30-1:30 YS♦ <b>Classical Ballet</b> <b>Damien Diaz</b>	10:00-11:00 YS♦ Trilogy Barre <i>Aaron Marcotte</i>	11:00-12:00 YS♦ Barre Pilates <i>Angel McLendon</i>	10:30-10:50 MS Ab Lab <i>Shawna Whitlock</i>	11:00-11:50 CS♦ Rhythm Revolution <i>Michael Vail</i>
10:30-11:00 MS Best Butt Ever <i>Toby Massenburg</i>	9:30-9:50 MS Core Cuts <i>Elle Young</i>	5:30-6:15 MS♦ Cross Fire <i>Toby Massenburg</i>	12:30-1:30 YS Vinyasa Yoga <i>Alex Dawson</i>	12:15-12:45 YS♦ <b>THE MUSE™</b> <b>Angel McLendon</b>	11:00-12:00 MS 4X4 <i>Paul Katami</i>	11:05-11:30 MS Core Cuts <i>Kendall Wood</i>
12:15-1:15 YS♦ <b>Barre Pilates</b> <b>Damien Diaz</b>	10:00-10:45 MS STRONG <i>Eric Thomson</i>	5:45-6:15 YS♦ <b>THE MUSE™</b> <b>Camille Loftin</b>	5:45-6:15 MS♦ THE CUT: Jump Rope <i>Mandee Miller</i>	5:30-6:15 MS♦ PURE STRENGTH <i>Simone Berry</i>	11:00-12:00 YS Pilates <i>Holly Jean Cosner</i>	12:30-1:30 CS♦ <b>The Pursuit: Burn</b> <b>Daniella Capitano</b>
5:30-5:55 MS Best Abs Ever <i>Mandee Miller</i>	12:30-1:30 YS Vinyasa Yoga <i>Alex Dawson</i>	6:00-6:50 CS♦ Rhythm Revolution <i>Andy Harris</i>	6:00-7:00 YS Power Yoga <i>Alexa Silvaggio</i>	6:00-7:00 YS Heated Vinyasa Yoga <i>Erin Grossman</i>	11:30-12:15 CS♦ Studio Cycling <i>Joseph Seeman</i>	12:30-1:45 YS Vinyasa Yoga <i>Erin Grossman</i>
6:00-7:00 CS♦ The Pursuit: Burn <i>Toby Massenburg</i>	5:45-6:30 MS♦ PURE STRENGTH <i>Trent David</i>	6:30-7:15 MS Kettlebell Power <i>Eric Thomson</i>	6:20-6:50 MS Best Butt Ever <i>Mandee Miller</i>	6:30-7:00 YS Cardio Hip Hop Funk <i>Franki Floro</i>	12:30-1:30 MS Real Deal Boxing <i>Andrew Woods</i>	2:30-3:30 YS♦ Classical Ballet <i>Raul Machorro</i>
6:00-6:30 MS♦ Firestarter <i>Mandee Miller</i>	6:00-7:00 YS Yoga Flow <i>Billy Gill</i>	6:30-7:30 YS Power Yoga <i>Camille Loftin</i>	6:30-7:15 CS♦ Studio Cycling <i>Eric Thomson</i>	6:30-7:30 MS Precision Running® <i>Robbie Darby</i>	12:30-1:30 YS Yoga and Meditation <i>Joseph Seeman</i>	4:00-5:00 YS Power Yoga <i>Taylor Stutz</i>
6:00-7:00 YS Power Yoga <i>Aree Khodai</i>	6:30-7:15 CS♦ Cycle Beats <i>Sammi Nguyen</i>	7:15-7:30 MS Ab Lab <i>Eric Thomson</i>	7:00-7:45 MS <b>Barre Bootcamp</b> <b>Monica Davis</b>	6:30-7:20 TR♦ Trilogy Barre <i>Braxton Brooks</i>	2:00-3:00 YS♦ <b>Trilogy Barre</b> <b>Damien Diaz</b>	
6:45-7:30 MS♦ Whipped! <i>Michael Myers</i>	6:45-7:30 MS METCON3 <i>Phillippe Bowgen</i>	7:30-8:20 CS♦ Studio Cycling <i>Michael Vail</i>	7:30-8:30 YS Yoga Bootcamp <i>Austin Hollingshead</i>			
7:30-8:20 CS♦ Studio Cycling <i>Andy Harris</i>	6:45-7:30 TR♦ Elevate <i>Trent David</i>	7:45-8:30 MS Real Deal Boxing <i>Steven Dell</i>				
7:30-8:30 YS Yoga REvival <i>Jahmelia Lindsay</i>	7:30-8:30 YS Heated Vinyasa Yoga <i>Emilie Perz</i>	8:00-9:00 YS Pilates Power <i>Holly Jean Cosner</i>				
7:45-8:45 MS <b>GROOV3</b> <b>Ben Allen</b>	7:45-8:15 MS♦ Firestarter <i>Delandis McClam</i>					
	8:15-8:45 MS Best Butt Ever <i>Delandis McClam</i>					

## HOLLYWOOD

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**MON - THU:** 5:30 AM - 10:30 PM  
**FRI:** 5:30 AM - 9:30 PM  
**SAT - SUN:** 7:00 AM - 8:00 PM

**GROUP FITNESS MANAGER**  
TOBY MASSENBURG  
toby.massenburg@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
CS	Cycling 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**.

## 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.

**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.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance, The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

## 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.

## YOGA

**HEATED VINYASA YOGA** A thoughtful, Vinyasa-based class in a heated room. A base temperature of 80 - 85 degrees will help release toxins, encourage a deep connection to breath and increase strength through flowing sequences. If you like to sweat, this class is for you.

**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.

**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 AND MEDITATION** Heat and wake the body with a thoughtful yoga flow. Then get centered and energized with a meditation. Relax, regenerate and re-focus!

**YOGA BOOTCAMP** A vinyasa power yoga approach where all movements are linked with breath for a non-stop fluid, seamless yoga workout; designed to keep the heart rate up and burn more fat, these eclectic yoga postures are choreographed to strengthen the body, energize the spirit, and unclutter the mind.

**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 REVIVAL** REjuvenate with cleansing breath exercises (pranayama), REvive with relatable classical yoga poses (asana), and dynamic movement to raise the energy and create fluidity (Shingjon). Then REfocus the mind to tranquility with restorative yoga and a guided meditation (dyaana).

## ATHLETIC TRAINING

**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?

**BOOT CAMP** You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

**CROSS FIRE** Get ignited and embark on a metabolic workout like no other. This intense program features dynamic cardio drills, battle ropes, indorowers, kettle bells, and much more set to intense intervals that torch fat and crush calories. Turn up the heat on your workout and feel the BURN

**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

**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!

**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.

**TRILOGY BARRE** Barre's next evolution. Challenge your entire body with our signature triple-barre system and resistance bands for an intense workout beyond Barre as you know it.

## 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.

**CORE CUTS** Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

**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!

**THE MUSE™** Get swept off your feet in a burst of dance-inspired cardio. Train like a dancer with a fierce athletic edge as you use light round-weights to boost your burn. Twist and turn to simple choreography in a music-driven flow that'll have your heart racing and your spirits energized.

## PILATES

**BARRE PILATES** Combining the principles of ballet-derived exercises and classic Mat Pilates, this full body, non-impact workout will challenge your core strength and enhance your flexibility. Low-weight, high repetition standing work will be followed by core mat work and stretching.

**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 FLOW** This class is a vigorous sequence of mat exercises based on Joseph Pilates work. The class will demonstrate core stability, flexibility and balance with upbeat music and flowing transitions.

**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.

## 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.

**CLASSICAL BALLET** Opened level ballet class starting with barre work and followed by center floor work. Previous experience is helpful but not essential.

**GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!