

**Bold** New Class, Instructor, or Time  
 ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 CS ◆	Cycle Beats <i>Collin Sam</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Trevor Kent</i>	6:30-7:15 CS ◆	Cycle Power <i>Stephanie Czajkowski</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Trevor Kent</i>	6:15-7:00 CS ◆	Cycle Beats <i>Matthew Modleski</i>	7:30-8:15 CS ◆	Cycle Power <i>Devin Swanson</i>	8:00-9:00 YS ◆	Vinyasa Yoga <i>Michelle Wong</i>
7:45-8:30 MS ◆	Stacked! <i>Collin Sam</i>	6:30-7:15 TR ◆	<b>Precision Run®</b> <i>Jill Karenbrock</i>	7:45-8:30 MS ◆	<b>4X4</b> <i>Stephanie Czajkowski</i>	7:15-8:05 YS ◆	Pilates Mat <i>Trevor Kent</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Jose Alvarado</i>	8:15-9:00 YS ◆	Pilates Mat <i>Kiana Fotoohi</i>	8:30-9:15 MS ◆	Whipped! <i>Collin Sam</i>
8:45-9:45 YS ◆	Vinyasa Yoga <i>Jennifer Webster</i>	7:15-8:05 YS ◆	Pilates Mat <i>Trevor Kent</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Shielu Bharwani</i>	8:00-8:45 CS ◆	Cycle Power <i>Collin Sam</i>	8:00-8:45 MS ◆	METCON3 <i>Matthew Modleski</i>	8:30-9:15 MS ◆	METCON3 <i>Devin Swanson</i>	9:00-9:45 CS ◆	Cycle Beats <i>Trevor Throop</i>
9:30-10:15 MS ◆	Cardio Kickboxing <i>Trevor Kent</i>	8:00-8:45 CS ◆	Cycle Power <i>Jill Karenbrock</i>	9:00-9:45 MS ◆	Master of One <i>Jayen Wells</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Jennifer Webster</i>	8:45-9:45 YS ◆	Vinyasa Yoga <i>Jennifer Webster</i>	9:15-10:00 CS ◆	Cycle Beats <i>Frank Tavares</i>	9:45-10:30 MS ◆	Tabata Max <i>Daniel Kucan</i>
9:45-10:30 CS ◆	Cycle Power <i>Devin Swanson</i>	9:00-10:00 YS ◆	Athletic Yoga <i>Jess Gronholm</i>	9:45-10:30 CS ◆	Cycle Power <i>Devin Swanson</i>	9:15-10:00 MS ◆	Off The Barre <i>Natalia Perzyna</i>	9:00-9:45 TR ◆	<b>Precision Run®</b> <i>Matthew Modleski</i>	9:30-10:30 YS ◆	Vinyasa Yoga <i>Jess Gronholm</i>	10:00-10:45 CS ◆	Cycle Power <i>Collin Sam</i>
12:00-1:00 YS ◆	Athletic Yoga <i>Janine Bailey</i>	9:15-10:00 MS ◆	METCON3 <i>Jayen Wells</i>	10:00-10:45 MS ◆	Studio Dance <i>Jayen Wells</i>	9:30-10:15 TR ◆	Elevate <i>Jill Peterson</i>	9:45-10:30 CS ◆	Cycle Power <i>Jill Peterson</i>	9:45-10:30 TR ◆	Elevate <i>Devin Swanson</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Trevor Throop</i>
5:00-5:45 CS ◆	<b>Cycle Power</b> <i>Devin Swanson</i>	9:30-10:15 TR ◆	Precision Run® <i>Devin Swanson</i>	12:30-1:15 CS ◆	<b>Cycle Power</b> <i>Rick Logan</i>	12:15-1:00 TR ◆	Precision Run® <i>Devin Swanson</i>	5:00-6:00 YS ◆	Vinyasa Yoga <i>Chris Reed</i>	10:15-11:00 MS ◆	Athletic Conditioning <i>Frank Tavares</i>		
5:45-6:30 MS ◆	Off The Barre <i>Natalia Perzyna</i>	12:15-1:00 MS ◆	METCON3 <i>Devin Swanson</i>	5:00-5:45 TR ◆	Precision Run® <i>Collin Sam</i>	5:00-5:45 CS ◆	<b>Cycle Power</b> <i>Greg Cohen</i>	5:15-6:00 TR ◆	<b>Precision Run®</b> <i>Saori Soga</i>	10:45-11:45 YS ◆	Vinyasa Yoga <i>Chris Reed</i>		
6:00-7:00 YS ◆	Vinyasa Yoga <i>Paula Rodgers</i>	5:00-5:45 MS ◆	Tabata Max + Best Abs Ever <i>Lyonel Reneau</i>	5:30-6:30 YS ◆	Hatha Yoga <i>Steffany Vance</i>	5:15-6:15 YS ◆	Vinyasa Yoga <i>Luna Pierson</i>	5:30-6:15 MS ◆	Off The Barre <i>Zsolt Banki</i>				
6:45-7:30 MS ◆	GROOV3 <i>Mychele Sims</i>	5:15-6:15 YS ◆	Vinyasa Yoga <i>Luna Pierson</i>	6:15-7:00 MS ◆	Ropes and Rowers <i>Collin Sam</i>	6:15-7:00 MS ◆	<b>Stacked!</b> <i>Greg Cohen</i>						
		6:00-6:45 CS ◆	Cycle Beats <i>Lyonel Reneau</i>										

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

**GROUP FITNESS MANAGER**  
 devin.swanson@equinox.com

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## SIGNATURE CLASSES.

**ACCLAIMED  
 INSTRUCTORS.**

**TRANSFORMED BODIES.**

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### CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

- L1 Beginner
- L2 Intermediate
- L3 Advanced

### STUDIO KEY

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

**WHAT'S NEW THIS  
 MONTH**

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### CYCLING

**CYCLE BEATS** A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

**CYCLE POWER** A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

### RUNNING

**ELEVATE** An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

**PRECISION RUN®** An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

### YOGA

**ATHLETIC YOGA** A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

**HATHA YOGA** A classic take on a physical yoga practice— without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

**VINYASA YOGA** This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

### 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?

**ATHLETIC CONDITIONING** A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

**MASTER OF ONE** One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

**METCON3** This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

**ROPES AND ROWERS** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**STACKED!** This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

**TABATA MAX** Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

**TABATA MAX + BEST ABS EVER** A challenging mash-up of Equinox classics. Tabata is the HIIT workout protocol where your rest is always shorter than your work and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

**WHIPPED!** Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

### BARRE

**OFF THE BARRE** This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

### PILATES

**PILATES MAT** This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

### DANCE

**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!

**STUDIO DANCE** A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

### BOXING AND KICKBOXING

**CARDIO KICKBOXING** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.