

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:30-7:15 MS ◆	Firestarter + Best Abs Ever <i>Delandis McClam</i>	7:00-7:45 CS ◆	Cycle Power <i>Stephanie Walsh</i>	6:30-7:15 MS ◆	Tabata Max Delandis McClam	7:00-7:45 CS ◆	Cycle Power <i>Stephanie Walsh</i>	6:30-7:15 MS ◆	METCON3 <i>Rufus Dorsey</i>	8:00-8:45 CS ◆	Cycle Power <i>Rick Logan</i>	8:00-9:00 YS ◆	Vinyasa Yoga <i>Sadie Black</i>
8:30-9:15 CS ◆	Cycle Beats <i>Dan Rappa</i>	9:00-9:50 YS ◆	Pilates Mat <i>Carrie Samper</i>	8:30-9:15 CS ◆	Cycle Power <i>Jennifer Wyatt</i>	8:00-8:45 TR ◆	Precision Run@ <i>Stephanie Walsh</i>	8:30-9:15 CS ◆	Cycle Power <i>Trudy Stevens</i>	8:15-9:00 MS ◆	STRONG <i>Blake Sunshine</i>	8:30-9:15 MS ◆	Stacked! + Best Abs Ever <i>Jason Brown</i>
8:45-9:45 YS ◆	Vinyasa Yoga <i>Margaret Buckley</i>	9:15-10:00 MS ◆	Best Butt Ever <i>Dani Yousefivand</i>	8:45-9:45 YS ◆	Vinyasa Yoga Margaret Buckley	9:00-9:50 YS ◆	Pilates Mat <i>Karen Pascual</i>	8:45-9:45 YS ◆	Athletic Yoga <i>Xavier Wallace</i>	8:30-9:30 YS ◆	Yin Yoga <i>Shannon Branham</i>	9:00-9:45 CS ◆	Cycle Power Bernard Colbum
9:00-9:45 MS ◆	Tabata Max <i>Jason Brown</i>	9:30-10:15 TR ◆	Elevate <i>Amy Malloy</i>	9:00-9:45 MS ◆	Body Sculpt Sheila Lee	9:15-10:00 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Scott Haddock</i>	9:30-10:15 MS ◆	STRONG <i>Trudy Stevens</i>	9:15-10:00 MS ◆	METCON3 <i>Sheila Lee</i>	10:00-10:45 MS ◆	Off The Barre <i>Dani Yousefivand</i>
10:00-11:00 YS ◆	Athletic Yoga Karen Pascual	10:30-11:30 YS ◆	Yoga Strong Amy Malloy	10:30-11:15 MS ◆	Dancinate™ <i>Ilyse Baker</i>	9:30-10:15 CS ◆	Cycle Beats <i>Shai Stiggers</i>	10:00-11:00 YS ◆	Yoga Strong Shannon Branham	9:30-10:15 TR ◆	Precision Run@ <i>Saori Soga</i>	10:15-11:15 YS ◆	Gentle Yoga + Meditation <i>Masha Sapon</i>
10:30-11:15 MS ◆	Studio Dance <i>Margaret Egan</i>	11:30-12:15 MS ◆	Tabata Max Blake Sunshine	12:00-12:45 MS ◆	Best Butt Ever <i>Natalie Yco</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Margaret Buckley</i>	12:00-12:45 MS ◆	Best Butt Ever <i>Candyce Heather</i>	10:00-10:45 CS ◆	Cycle Beats <i>Shai Stiggers</i>		
12:00-12:45 MS ◆	THE CUT <i>Elle Young</i>	4:30-5:15 MS ◆	Stacked! Sheila Lee	5:15-6:00 MS ◆	METCON3 <i>Philip Anderson</i>	11:30-12:15 MS ◆	STRONG <i>Blake Sunshine</i>	12:45-1:15 MS ◆	Best Stretch Ever <i>Candyce Heather</i>	10:15-11:15 YS ◆	Vinyasa Yoga + Meditation <i>Shielu Bharwani</i>		
5:00-5:45 TR ◆	Precision Run@ <i>Laura S. Conley</i>	5:15-6:00 CS ◆	Cycle Power <i>George Wyhinny</i>	5:30-6:30 YS ◆	Yoga Strong Xavier Wallace	4:30-5:15 MS ◆	Off The Barre <i>Dana Perm</i>	5:00-5:45 CS ◆	Cycle Power Stephanie Walsh	11:00-11:45 MS ◆	GROOV3 <i>Ben Ayers</i>		
5:15-6:00 MS ◆	Off The Barre <i>Dana Perm</i>	5:30-6:15 MS ◆	Upper Body Conditioning + Best Abs Ever <i>Candyce Heather</i>	5:45-6:30 CS ◆	Cycle Power <i>Allison Winter</i>	4:45-5:30 TR ◆	Precision Run@ <i>Candyce Heather</i>	5:30-6:30 YS ◆	Power Yoga + Meditation <i>Xavier Wallace</i>				
5:30-6:30 YS ◆	Athletic Yoga <i>Jaclyn Winters</i>	6:30-7:15 MS ◆	Best Butt Ever <i>Candyce Heather</i>	6:45-7:30 MS ◆	Athletic Conditioning <i>Allison Winter</i>	5:15-6:00 CS ◆	Cycle Beats <i>Mikel Weiss</i>						
5:45-6:30 CS ◆	Cycle Beats Mikel Weiss	7:15-7:45 MS ◆	Best Stretch Ever <i>Candyce Heather</i>			5:45-6:30 MS ◆	Whipped! <i>Candyce Heather</i>						
6:45-7:30 MS ◆	METCON3 <i>Laura S. Conley</i>					6:00-7:00 YS ◆	Vinyasa Yoga <i>Tanja Johnston</i>						

ENCINO

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MON - THU: 6:00AM - 9:00PM

FRI: 6:00AM - 8:00PM

SAT - SUN: 7:00AM - 5:00PM

GROUP FITNESS MANAGER

sheila.lee@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

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

WHAT'S NEW THIS MONTH

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 RUNS 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.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

YIN YOGA Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

ATHLETIC TRAINING

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.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

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.

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.

STACKED! + BEST ABS EVER A challenging mash-up of Equinox classics. Stacked! is the ladder-style HIIT workout with targeted movement and recovery, and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

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.

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

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

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.

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

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

SCULPT

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.