

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
6:00-6:45 TR ◆	Precision Run® <i>Leah Davis</i>	6:00-6:45 CS ◆	Cycle Beats <i>Angela Leigh</i>	6:00-6:45 TR ◆	Precision Run® <i>Leah Davis</i>	6:00-6:45 CS ◆	Cycle Beats <i>Angela Leigh</i>	6:00-6:45 TR ◆	Precision Run® <i>Leah Davis</i>	8:45-9:35 YS ◆	Pilates Mat <i>Trevor Kent</i>
6:30-7:15 MS ◆	<b>STRONG</b> <i>Trevor Kent</i>	7:00-7:45 YS ◆	Vinyasa Yoga <i>Angela Leigh</i>	6:30-7:15 MS ◆	METCON3 <i>Andre Aultmon</i>	7:00-7:45 YS ◆	Vinyasa Yoga <i>Angela Leigh</i>	6:30-7:15 MS ◆	Best Butt Ever <i>Kyra Manayan</i>	9:30-10:15 TR ◆	<b>Precision Run®</b> <i>Kristen Klehr</i>
7:00-8:00 YS ◆	Vinyasa Yoga <i>Anna Lynch</i>	7:30-8:15 MS ◆	METCON3 <i>U. B. Sanchez</i>	7:00-8:00 YS ◆	Vinyasa Yoga <i>Leah Kercheville</i>	7:30-8:15 MS ◆	Tabata Max <i>Andre Aultmon</i>	7:00-7:45 YS ◆	Pilates Mat <i>Angela Leigh</i>	10:30-11:15 MS ◆	<b>Athletic Conditioning</b> <i>Leah Davis</i>
7:15-8:00 CS ◆	Cycle Beats <i>Stephanie Ho</i>	12:00-12:45 YS ◆	Pilates Mat <i>Ayanna Contreras</i>	7:15-8:00 CS ◆	Cycle Beats <i>Stephanie Ho</i>	12:00-1:00 YS ◆	Vinyasa Yoga <i>Mandee Miller</i>	12:00-12:45 CS ◆	Cycle Beats <i>Eric Omer</i>	12:00-12:45 MS ◆	<b>Boxing</b> <i>U. B. Sanchez</i>
12:00-12:45 CS ◆	<b>Cycle Beats</b> <i>Lynsey Haris</i>	1:00-1:45 MS ◆	METCON3 <i>Eric Omer</i>	12:00-12:45 CS ◆	Cycle Beats <i>Jill Karrenbrock</i>	1:00-1:45 MS ◆	METCON3 <i>Leah Davis</i>	12:15-1:00 YS ◆	Barre <i>Devan Medrano</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Chris Reed</i>
12:15-1:15 YS ◆	<b>Vinyasa Yoga</b> <i>Michelle Wong</i>	5:00-6:00 YS ◆	Athletic Yoga <i>Anna Lynch</i>	12:15-1:00 YS ◆	Barre <i>Devan Medrano</i>	5:00-6:00 YS ◆	Restorative Yoga <i>Jack Workman</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Kasi Holifield</i>		
1:00-1:45 MS ◆	Athletic Conditioning <i>Eric Omer</i>	5:30-6:15 TR ◆	Precision Run® <i>Leah Davis</i>	1:00-1:45 MS ◆	Stacked! <i>Eric Omer</i>	5:30-6:15 TR ◆	Precision Run® <i>Leah Davis</i>				
5:00-5:45 CS ◆	Cycle Beats <i>Eric Omer</i>	5:45-6:30 MS ◆	Cardio Sculpt <i>Jason Wimberly</i>	5:00-5:45 CS ◆	Cycle Beats <i>Eric Omer</i>	5:45-6:30 MS ◆	METCON3 <i>Eric Omer</i>				
5:30-6:30 YS ◆	Vinyasa Yoga <i>Jose Alvarado</i>	6:00-6:45 CS ◆	<b>Cycle Beats</b> <i>Pilar Allen</i>	5:30-6:15 YS ◆	Pilates Mat <i>Mandee Miller</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Michelle Wong</i>				
6:00-6:45 MS ◆	Athletic Conditioning <i>Kasi Holifield</i>	6:30-7:30 YS ◆	Vinyasa Yoga <i>Chrissy Gonzalez</i>	6:00-6:45 MS ◆	Athletic Conditioning <i>Leah Davis</i>	6:45-7:30 CS ◆	Cycle Beats <i>U. B. Sanchez</i>				
6:30-7:15 TR ◆	<b>Elevate</b> <i>Ayanna Contreras</i>	6:45-7:30 MS ◆	<b>Athletic Stretch</b> <i>Jason Wimberly</i>	6:30-7:15 TR ◆	Precision Run® <i>Mandee Miller</i>						
6:45-7:30 YS ◆	Barre <i>Raul Machorro</i>										

## DOWNTOWN LA

444 FLOWER STREET  
LOS ANGELES CA 90071  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 5:00AM - 9:00PM

**FRI:** 5:00AM - 8:00PM

**SAT:** 8:00AM - 4:00PM

## GROUP FITNESS MANAGER

eric.orner@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
MS	Main Studio
YS	Yoga Studio
CS	Cycling 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.

## 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.

**RESTORATIVE YOGA** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**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

**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.

**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.

**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.

## BARRE

**BARRE** A continuous, rhythmic class using a series of contemporary exercises at the barre. 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.

## BOXING AND KICKBOXING

**BOXING** Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

## STRETCH AND RECOVERY

**ATHLETIC STRETCH** Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

## SCULPT

**CARDIO SCULPT** A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.