

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:00 CS ◆ Cycle Power <i>George Wyhinny</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Annie Kelly</i>	6:30-7:15 MS ◆ Tabata Max <i>Delandis McClam</i>	7:15-8:00 YS ◆ Pilates Mat <i>Zsolt Banki</i>	6:30-7:15 MS ◆ Stacked! <i>Sarah MacKay</i>	7:30-8:15 CS ◆ ANTHEM™ <i>Sarah MacKay</i>	6:30-7:15 MS ◆ METCON3 <i>Daniel Kucan</i>	7:15-8:15 YS ◆ Restorative Yoga <i>Cristina Schulman</i>	6:15-7:00 CS ◆ Cycle Beats <i>Paris Perrault</i>	6:30-7:30 YS ◆ Pilates Fusion <i>Trevor Kent</i>	8:15-9:00 MS ◆ Athletic Conditioning <b>Hannah Park</b>	8:45-9:30 MS ◆ Best Butt Ever <i>Delandis McClam</i>	10:15-11:00 MS ◆ Athletic Conditioning <i>Linda Fluis</i>	8:45-9:30 MS ◆ Best Butt Ever <i>Delandis McClam</i>
7:00-7:45 TR ◆ Precision Run® <i>Rick Logan</i>	9:00-9:45 CS ◆ Cycle Beats <i>Paris Perrault</i>	9:00-9:45 CS ◆ Cycle Beats <i>Paris Perrault</i>	9:15-10:00 YS ◆ Off The Barre <i>Anna Palms</i>	8:00-8:45 MS ◆ Body Sculpt <i>Trevor Kent</i>	8:00-8:45 MS ◆ Body Sculpt <i>Trevor Kent</i>	9:00-9:45 CS ◆ Cycle Beats <i>Jill Karenbrock</i>	9:15-10:00 YS ◆ Off The Barre <i>Dana Perri</i>	8:00-8:45 TR ◆ Precision Run® <i>Paris Perrault</i>	9:30-10:15 MS ◆ Master of One <i>Jayen Wells</i>	9:15-10:00 YS ◆ Cycle Beats <i>Allen Naz</i>	10:30-11:15 YS ◆ Off The Barre <i>Shawna Whitlock</i>	11:00-11:45 TR ◆ Precision Run® <i>Jill Karenbrock</i>	10:30-11:15 YS ◆ Off The Barre <i>Shawna Whitlock</i>
9:00-10:00 YS ◆ Vinyasa Yoga <i>Stephanie Greco</i>	10:30-11:15 MS ◆ Body Sculpt <i>Jill Peterson</i>	10:30-11:15 MS ◆ Body Sculpt <i>Jill Peterson</i>	11:00-12:00 YS ◆ Regeneration Yoga <b>Hannah Skye</b>	9:30-10:15 MS ◆ 4X4 <i>Mandee Miller</i>	9:30-10:15 MS ◆ 4X4 <i>Mandee Miller</i>	10:30-11:15 MS ◆ METCON3 <i>Jayen Wells</i>	11:00-11:50 YS ◆ Pilates Fusion <i>Trevor Kent</i>	10:00-10:45 CS ◆ Cycle Power <i>Kaylin Zeren</i>	10:30-11:30 YS ◆ Athletic Yoga <i>Mary Rita</i>	10:30-11:20 YS ◆ Pilates Fusion <i>Trevor Kent</i>	11:15-12:00 TR ◆ Precision Run® <b>Rick Logan</b>	12:30-1:30 YS ◆ Vinyasa Yoga <i>Shielu Bharwani</i>	11:15-12:00 CS ◆ Cycle Beats <b>Linda Fluis</b>
12:15-1:05 YS ◆ Pilates Mat <i>Trevor Kent</i>	12:30-1:15 MS ◆ Best Butt Ever <i>Mandee Miller</i>	12:30-1:15 MS ◆ Best Butt Ever <i>Mandee Miller</i>		10:30-11:30 YS ◆ Vinyasa Yoga <i>Monica Ross</i>	12:30-1:15 YS ◆ Regeneration Yoga <i>Team Equinox</i>	12:30-1:15 MS ◆ METCON3 <i>Kaylin Zeren</i>	12:15-1:15 YS ◆ Vinyasa Yoga (HEATED) <i>Chris Reed</i>	12:15-1:15 YS ◆ Vinyasa Yoga (HEATED) <i>Chris Reed</i>	5:45-6:45 YS ◆ Yin Yoga <i>Chrissy Gonzalez</i>	11:15-12:00 TR ◆ Precision Run® <b>Rick Logan</b>	11:15-12:00 CS ◆ Cycle Beats <b>Linda Fluis</b>	12:30-1:30 YS ◆ Vinyasa Yoga <i>Shielu Bharwani</i>	11:15-12:00 CS ◆ Cycle Beats <b>Linda Fluis</b>
5:30-6:30 YS ◆ Vinyasa Yoga <i>Chrissy Gonzalez</i>	5:00-5:45 CS ◆ Cycle Power <i>Jill Karenbrock</i>	5:00-5:45 CS ◆ Cycle Power <i>Jill Karenbrock</i>		5:30-6:30 YS ◆ Vinyasa Yoga <i>Annie Kelly</i>	5:30-6:30 YS ◆ Vinyasa Yoga <i>Annie Kelly</i>	5:00-5:45 CS ◆ Cycle Power <i>Lynsey Harris</i>	5:45-6:45 YS ◆ Yin Yoga <i>Chrissy Gonzalez</i>	5:45-6:45 YS ◆ Yin Yoga <i>Chrissy Gonzalez</i>		11:30-12:30 MS ◆ GROOV3 <i>Christine Engelfried, DJ Black Rabbit</i>	11:30-12:30 MS ◆ GROOV3 <i>Christine Engelfried, DJ Black Rabbit</i>	12:30-1:30 YS ◆ Power Yoga + Meditation <i>Rocco Stowe</i>	11:30-12:30 MS ◆ GROOV3 <i>Christine Engelfried, DJ Black Rabbit</i>
5:45-6:30 TR ◆ Precision Run® <i>Jenia Koroleva</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Leah Kercheville</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Leah Kercheville</i>		5:45-6:30 TR ◆ Precision Run® <i>Jess Gronholm</i>	5:45-6:30 TR ◆ Precision Run® <i>Jess Gronholm</i>	5:30-6:30 YS ◆ Vinyasa Yoga (HEATED) <i>Chris Reed</i>				12:30-1:30 YS ◆ Power Yoga + Meditation <i>Rocco Stowe</i>	12:30-1:30 YS ◆ Power Yoga + Meditation <i>Rocco Stowe</i>	12:30-1:30 YS ◆ Power Yoga + Meditation <i>Rocco Stowe</i>	12:30-1:30 YS ◆ Power Yoga + Meditation <i>Rocco Stowe</i>
6:00-6:45 MS ◆ METCON3 <i>Delandis McClam</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Annie Kelly</i>	6:30-7:15 MS ◆ Best Butt Ever <i>Annie Kelly</i>		6:00-6:45 MS ◆ Stacked! <i>Arielle Miller-Cohen</i>	6:00-6:45 MS ◆ Stacked! <i>Arielle Miller-Cohen</i>	6:30-7:15 MS ◆ 4X4 <i>Kim Waldauer</i>							
6:30-7:15 CS ◆ Cycle Beats <i>Paris Perrault</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Mary Rita</i>	7:00-8:00 YS ◆ Regeneration Yoga <i>Mary Rita</i>		6:30-7:15 MS ◆ Cycle Beats <i>Paris Perrault</i>	6:30-7:15 MS ◆ Cycle Beats <i>Paris Perrault</i>	7:00-8:00 YS ◆ Yoga Sculpt <i>Jess Gronholm</i>							
7:15-8:00 MS ◆ Whipped! <i>Stephanie Abrams</i>				7:15-8:00 MS ◆ TRX Max <i>Tawna Hutchinson</i>	7:15-8:00 MS ◆ TRX Max <i>Tawna Hutchinson</i>								

## GLENDALE

207 GOODE AVENUE  
GLENDALE CA 91203  
EQUINOX.COM  
@EQUINOX

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

**FRI:** 6:00AM - 8:00PM

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

### GROUP FITNESS MANAGER

parisperrault.mulkey@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

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

### WHAT'S NEW THIS MONTH

### CYCLING

**ANTHEM™** Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

**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

**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.

**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.

**REGENERATION YOGA** A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

**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.

**VINYASA YOGA (HEATED)** 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.

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

**YOGA SCULPT** A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

### 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.

**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.

**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.

**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.

**TRX MAX** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility,

and unconventionally challenging your core.

**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 FUSION** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

**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!

### SCULPT

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