

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-6:55 YS ◆	Yoga Sculpt <i>Jill Leonard</i>	6:15-7:05 CS ◆	Cycle Power <i>Zach Fiocca</i>	6:00-7:00 YS ◆	Athletic Yoga (HEATED) <i>Madeline Griffith</i>	6:15-7:05 CS ◆	Cycle Power <i>Michelle Leachman</i>	6:00-6:55 YS ◆	Yoga Sculpt <i>Sedona Tosdal</i>	7:30-8:15 CS ◆	Cycle Beats <i>Alexa Lambarri</i>	8:00-8:50 CS ◆	The Pursuit: Bum <i>Monica McCall</i>
6:15-7:05 MS ◆	METCON3 <i>Alexa Lambarri</i>	6:30-7:20 BA ◆	Barefoot Body Sculpt <i>Lori Anderson</i>	6:15-7:05 MS ◆	STRONG <i>Jason Hardy</i>	6:30-7:20 MS ◆	Best Butt Ever <i>Samantha Jo Harvey</i>	6:15-7:05 MS ◆	PURE STRENGTH <i>Alexa Lambarri</i>	8:15-9:05 BA ◆	Pilates Fusion <i>Yvonne Lazarto</i>	8:15-9:05 MS ◆	Athletic Conditioning <i>Joe Rennie</i>
7:00-7:50 BA ◆	Barefoot Body Sculpt <i>Jessica Janc</i>	7:15-8:05 MS ◆	Stacked! <i>Alexa Lambarri</i>	7:00-7:50 BA ◆	Pilates Fusion <i>Lori Anderson</i>	7:15-8:15 YS ◆	Athletic Yoga <i>Lara Benusis</i>	7:00-7:55 BA ◆	True Barre <i>Lori Anderson</i>	8:30-9:20 MS ◆	MET CON3 <i>Alexa Lambarri</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Aaron Klein</i>
7:15-8:05 CS ◆	Cycle Power <i>Jill Leonard</i>	8:45-9:35 BA ◆	Barre <i>Skylar Stetten</i>	7:30-8:15 TR ◆	Precision Run® <i>Jason Hardy</i>	8:45-9:35 BA ◆	Barefoot Body Sculpt <i>Alexandra Stepanova</i>	8:30-9:30 YS ◆	Vinyasa Yoga <i>Jaclyn Thomley</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Alexandra Stepanova</i>	9:00-9:50 BA ◆	Barefoot Body Sculpt <i>Jessica Janc</i>
8:30-9:30 YS ◆	Athletic Yoga <i>Alexandra Wood</i>	9:30-10:20 MS ◆	Tabata Max <i>Ashley Erickson</i>	8:30-9:20 CS ◆	Cycle Power <i>Jason Hardy</i>	9:00-9:50 TR ◆	Precision Run® <i>Dani Parker</i>	9:15-10:05 MS ◆	Whipped! <i>Tiffany Newlin</i>	9:30-10:20 CS ◆	Cycle Power <i>Zach Fiocca</i>	9:15-10:00 TR ◆	Precision Run® <i>Joe Rennie</i>
9:15-10:05 MS ◆	Master of One <i>Alexandra Stepanova</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Wendy Garafalo</i>	9:30-10:20 BA ◆	True Barre <i>France-Marie Stiewel</i>	9:30-10:20 MS ◆	METCON3 <i>Ashley Erickson</i>	10:30-11:25 BA ◆	Barre <i>Yvonne Lazarto</i>	9:30-10:15 CS ◆	Cycle Beats <i>Ashley Erickson</i>	9:30-10:20 MS ◆	Best Butt Ever <i>Monica McCall</i>
9:30-10:15 CS ◆	Cycle Beats <i>Ashley Erickson</i>	12:00-12:50 CS ◆	Cycle Power <i>Chelsea Elder</i>	9:45-10:35 MS ◆	STRONG <i>Jason Hardy</i>	10:30-11:30 YS ◆	Vinyasa Yoga <i>Dani Parker</i>	12:00-12:50 MS ◆	Tabata Max <i>Kim Brutzman</i>	9:45-10:35 BA ◆	True Barre <i>Yvonne Lazarto</i>	10:30-11:20 CS ◆	Cycle Beats <i>Alexa Lambarri</i>
10:15-11:00 YS ◆	Regeneration Yoga <i>Alexandra Wood</i>	4:00-5:00 YS ◆	Vinyasa Yoga + Meditation <i>Alexandra Wood</i>	10:30-11:30 YS ◆	Vinyasa Yoga + Meditation <i>Ahlia Biondi</i>	12:00-12:55 BA ◆	Barre <i>Alexandra Stepanova</i>	5:00-5:50 MS ◆	STRONG <i>Alexa Lambarri</i>	10:15-11:05 MS ◆	Cardio Sculpt <i>Alexandra Stepanova</i>	10:45-11:15 MS ◆	Best Stretch Ever <i>Cynthia Roth</i>
10:30-11:20 MS ◆	Cardio Sculpt <i>Alexandra Stepanova</i>	5:00-5:50 BA ◆	Barefoot Body Sculpt <i>Zoe Welch</i>	12:00-12:45 TR ◆	Elevate <i>Danielle Johnston</i>	4:00-5:00 YS ◆	Athletic Yoga (HEATED) <i>Jennifer Harpin</i>			10:30-11:30 YS ◆	Athletic Yoga <i>Claire Alexander</i>	11:30-12:25 BA ◆	Barre <i>Yvonne Lazarto</i>
12:00-1:00 YS ◆	Athletic Yoga <i>Jessica Janc</i>	5:30-6:20 MS ◆	Athletic Conditioning <i>Alexa Lambarri</i>	4:00-4:45 CS ◆	Cycle Beats <i>Monica McCall</i>	5:00-5:00 MS ◆	Cardio Sculpt <i>Ashley Erickson</i>			11:30-12:30 MS ◆	Cardio Dance <i>Ashley Erickson</i>	12:30-1:30 YS ◆	Vinyasa Yoga <i>Aremae Acal</i>
4:00-4:50 BA ◆	True Barre <i>Jessica Janc</i>	6:00-6:45 CS ◆	Cycle Beats <i>Ashley Erickson</i>	5:00-5:50 MS ◆	Best Butt Ever <i>Monica McCall</i>	6:00-6:20 MS ◆	Cardio Sculpt <i>Ashley Erickson</i>						
5:00-5:50 MS ◆	METCON3 <i>Monica McCall</i>	6:30-7:30 YS ◆	Restorative Yoga <i>Alexandra Wood</i>	6:00-7:00 YS ◆	Vinyasa Yoga <i>Wendy Garafalo</i>	6:00-6:45 CS ◆	Cycle Power <i>Zach Fiocca</i>						
6:00-7:00 YS ◆	Vinyasa Yoga (HEATED) <i>Madeline Griffith</i>			6:30-7:20 MS ◆	Rounds <i>Dana Simonelli</i>	6:30-7:25 YS ◆	Yoga Sculpt <i>Sedona Tosdal</i>						
6:30-7:30 MS ◆	Cardio Dance <i>Ashley Erickson</i>												

EQUINOX

LA COSTA

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MON - THU: 5:30AM - 8:00PM

FRI: 5:30AM - 7:00PM

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

GROUP FITNESS MANAGER

ashleyerickson@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
YS	Yoga Studio
CS	Cycling Studio
BA	Barre Studio
MS	Main 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.

THE PURSUIT: BURN A digitally immersive competition-based cycling experience that uses data visualization and timed, high-intensity interval games to build your strength and endurance. An Equinox exclusive.

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.

ATHLETIC YOGA (HEATED) 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.

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.

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.

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

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

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.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

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.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

BOXING AND KICKBOXING

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

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.

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.

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.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. 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.