

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-7:30 YS * Sculpted Yoga™ Sydney Burger	6:00-6:50 CS * Precision Ride Karen Schneider	6:00-6:50 MS * Athletic Conditioning Jill Brown	6:00-6:50 CS * Beats Ride Latif Diop	6:00-6:50 MS * MetCon3 Lucy Cohen	8:15-9:00 MS * Whipped! Drea Marchesi	8:45-9:30 YS * True Barre (HEATED) Sydney Belina
7:00-7:50 MS * Ropes and Rowers Caitlyn Moyer	6:30-7:15 MS * TRX Max Circuit Lindsey Hutterer	6:30-7:30 YS * Vinyasa Yoga (HEATED) Jad Kassouf	6:30-7:00 MS * Best Butt Ever Bibi Mama	6:30-7:30 YS * Power Vinyasa Teo Chapelier	8:30-9:15 YS * Pilates Mat Robin Sammis	9:00-9:45 MS * Athletic Conditioning Greg Cohen
8:15-9:00 MS * Rhythmic Sculpt Lindsey Hutterer	7:00-7:45 YS * Pilates Mat (HEATED) Monica Diederich	7:00-7:50 TR * Precision Run® Monique Bell	7:00-7:30 MS * Upper Body Pump Bibi Mama	7:00-7:50 TR * Precision Run® Matthew Modleski	9:00-9:50 TR * Precision Run® Ross Neumann	10:00-10:45 MS * Best Butt Ever Michaelleen Christakos
9:00-9:50 CS * Beats Ride Jared Sklar	8:15-9:15 YS * Vinyasa Yoga Nicolette Ficchi	8:15-9:00 MS * Best Butt Ever Drea Marchesi	7:00-7:45 YS * Pilates Mat Kat Colla	8:15-8:45 MS * Upper Body Pump Monique Bell	9:15-10:00 MS * Cardio Sculpt Amy Dixon	10:00-10:50 TR * Precision Run® Greg Cohen
9:15-10:00 MS * Stronger Ty Mauro	8:45-9:30 MS * Athletic Conditioning Jill Austin	9:00-9:50 CS * Beats Ride Amy Robertson	8:15-9:15 YS * Sculpted Yoga™ Lindsey Hutterer	8:45-9:05 MS * Best Abs Ever Monique Bell	9:30-10:30 YS * Yoga Shape Up Frances Flores	10:15-11:15 YS * Vinyasa Yoga Katie Keller
9:30-10:15 YS * Trilogy Barre Jeff McMullen	9:30-10:20 TR * Precision Walk: Elevate Lindsey Hutterer	9:15-10:00 MS * Mind Body Fit Maeve McCaffrey	8:45-9:30 MS * Body Sculpt Karen Voight	9:00-9:50 CS * Beats Ride Jen E. Smith	10:15-11:00 CS * Beats Ride Amy Dixon	11:00-11:50 MS * Rounds: Boxing Circuit U. B. Sanchez
10:15-11:00 MS * Body Sculpt Sarah Kusch	9:45-10:30 YS * Pilates Fusion Pearl Fu	9:30-10:15 YS * Barre Beyond Olivia Atwood	9:30-10:20 TR * Precision Walk: Elevate Amy Robertson	9:15-10:00 MS * Rhythmic Sculpt Amy Malloy	10:15-11:00 MS * Stronger Aidan Dayani	11:15-12:00 CS * Beats Ride Christina Davis
10:30-11:30 YS * Vinyasa Yoga (HEATED) Raphie Chiamonte	10:45-11:30 YS * Best Stretch Ever Lindsey Hutterer	10:30-11:30 YS * Vinyasa Yoga Maeve McCaffrey	9:45-10:30 YS * Athletic Stretch Karen Voight	9:30-10:15 YS * Pilates Fusion Monica Diederich	10:45-11:30 YS * Trilogy Barre Joseph Corella	11:30-12:15 YS * Pilates Fusion Karen Voight
12:00-12:45 YS * Pilates Fusion (HEATED) Robin Sammis	12:15-1:15 YS * Hatha Yoga Steve Jones	12:00-12:45 YS * Trilogy Barre Lindsey Hutterer	10:45-11:30 MS * Cardio Dance Derek Capps	10:30-11:15 YS * Best Stretch Ever Jad Kassouf	11:15-12:00 MS * Studio Dance: Hip Hop Derek Capps	12:30-1:30 YS * Slow Flow Yoga Laila Arzouni
4:30-5:15 YS * Bala Bangle Barre Burn Ashleigh Smith	4:00-4:45 YS * Pilates Rise Shannon Branham	4:30-5:15 YS * Pilates Mat Sarah Carr	12:15-1:15 YS * Slow Flow Yoga Sarah Carr	12:00-12:45 YS * Barre Ash Moss	12:00-12:50 TR * Precision Walk: Elevate Stephanie Walsh	4:00-4:45 YS * Sound Meditation Pua Hall
5:15-6:00 MS * MetCon Monday Clayton Buckaloo	5:00-6:00 YS * Vinyasa Yoga Kishan Shah	5:30-6:15 MS * Whipped! Lindsey Hutterer	4:00-4:45 YS * Pilates Fusion Jess Ray	4:15-5:00 MS * Studio Dance: Hip Hop Candyce Heather	1:00-2:00 YS * Slow Flow Yoga (HEATED) Sydney Burger	
5:30-6:30 YS * Vinyasa Yoga Heather D.	5:30-6:15 MS * Stacked Heidi Carignan	5:30-6:30 YS * Vinyasa Yoga Dan Ward	5:00-6:00 YS * Vinyasa Yoga Jess Ray	4:30-5:20 YS * Pilates Rise (HEATED) Sharifa Bailey		
6:15-7:00 MS * TRX Max Circuit Kayla Goldwag	5:45-6:35 TR * Precision Run® Rene Wiley	6:00-6:50 CS * Beats Ride Jared Sklar	5:30-6:15 MS * Stronger Piper Natoli	5:15-6:00 MS * Best Butt Ever Michaelleen Christakos		
6:30-7:20 CS * Precision Ride Clayton Buckaloo	6:15-7:05 CS * Anthem Ride Stephanie Walsh	6:30-7:15 MS * Studio Dance: Hip Hop Odell	5:45-6:35 TR * Precision Run® Ross Neumann	6:00-7:00 YS * Weekend Wind Down Yoga (HEATED) Kate Stone		
6:45-7:30 YS * Athletic Stretch Saori Soga	6:15-7:00 YS * True Barre (HEATED) Sharifa Bailey	6:45-7:30 YS * Sonic Meditation Lindsey Hutterer	6:15-7:00 CS * Beats Ride Sara Perez	7:15-8:00 YS * Sonic Meditation Jasmine Castillo		
7:15-8:00 MS * Rounds: Kickboxing Juanito Alvarez	6:30-7:15 MS * Ropes and Rowers Kim Waldauer		6:15-7:00 YS * Trilogy Barre Joseph Corella			
	7:30-8:30 YS * Power Vinyasa (HEATED) Reena SenGupta		6:30-7:15 MS * MetCon3 Ty Mauro			
			7:30-8:30 YS * Yin Yoga Meditation (HEATED) Lotem Porat			

# EQUINOX

## PACIFIC PALISADES

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## GROUP FITNESS MANAGER

lindsey.hutterer@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.

**Beats Ride** 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.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## 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. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**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.

**Power Vinyasa** 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 Vinyasa (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.

**Sculpted Yoga**™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**Slow Flow Yoga** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**Slow Flow Yoga (HEATED)** A luxuriously mellow take on vinyasa yoga focused on deliberate, quality postures and transitions. Balance effort with ease, link breath with movement, and rejuvenate body and mind.

**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.

**Weekend Wind Down Yoga (HEATED)** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

**Yin Yoga Meditation (HEATED)** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

**Yoga Shape Up** Created by Frances Flores, this three-part class combines yoga, functional strength training and restorative stretching. Shape up your body and mind with grounding vinyasa yoga flows, fiery resistance band and bodyweight sculpting, and rebalancing yoga stretches. You'll leave class feeling stronger and reenergized.

## Hiit

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**Mind Body Fit** Created by Christine Roderick and Maeve McCaffrey, this empowered full-body workout uses strength training, cardio intervals, and mindful moments to transform every part of you! Connect your physical and mental strength to embody your strongest self. Create synergy in everything you do!

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. An Equinox exclusive.

**Stacked** Maximize your workout by “stacking” targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**TRX Max Circuit** A functional strength workout using TRX body-weight suspension equipment. Work through timed intervals cycling between specially designed stations to test your stability, build muscle, increase flexibility, and challenge 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

**Bala Bangle Barre Burn** This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

**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.

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**Trilogy Barre** A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

**True Barre (HEATED)** 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.

**Pilates Fusion (HEATED)** 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.

**Pilates Mat (HEATED)** 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.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

**Pilates Rise (HEATED)** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## 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.

**Studio Dance: Hip Hop** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## Boxing

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

**Rounds: Kickboxing** Shoes on, guard up. Unleash the fusion of power and agility in Rounds: Kickboxing. This dynamic class blends boxing with kickboxing techniques, pushing you to your limits through skillful combinations and intense bag work. Your journey to peak fitness starts here. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Regeneration

**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.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

## Strength

**Best Abs Ever** A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.