

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30-8:15 MS * Lower Body Blast <i>Jill Peterson</i>	6:30-7:15 YS * Pilates Fusion <i>Stephanie Czajkowski</i>	6:15-7:00 MS * MetCon3 <i>Hannah Park</i>	6:30-7:20 YS * Pilates Rise <i>Larisa Lotz</i>	7:30-8:15 MS * MetCon3 <i>Tawna Hutchinson</i>	8:15-9:00 CS * Beats Ride <i>Glenn Payne</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Cynthia San Luis</i>
9:30-10:15 MS * MetCon Monday <i>Victoria Ralston</i>	7:30-8:15 MS * Stronger <i>Stephanie Czajkowski</i>	7:30-8:15 CS * Anthem Ride <i>Sarah MacKay</i>	8:30-9:15 CS * Anthem Ride <i>Jill Karrenbrock</i>	9:30-10:15 MS * Stronger <i>Jayen Wells</i>	9:00-9:45 MS * The Cut <i>Victoria Ralston</i>	9:00-10:00 YS * Power Vinyasa <i>Gabriella Rubin</i>
11:00-11:45 MS * Body Sculpt <i>Trevor Kent</i>	9:15-10:00 MS * Off The Barre <i>Jake DuPree</i>	8:30-9:20 YS * Pilates Fusion <i>Trevor Kent</i>	9:15-10:00 MS * Off The Barre <i>Jayen Wells</i>	10:00-10:50 YS * Pilates Rise <i>Cynthia San Luis</i>	9:00-10:00 YS * Vinyasa Yoga <i>Jose Alvarado</i>	9:15-10:00 CS * Beats + Bands Ride <i>Kaylin Zeren</i>
12:15-1:05 YS * Pilates Fusion (HEATED) <i>Trevor Kent</i>	11:00-12:00 YS * Vinyasa Yoga (HEATED) <i>Chris Reed</i>	9:30-10:15 MS * Body Sculpt <i>Trevor Kent</i>	10:30-11:15 MS * MetCon3 <i>Jayen Wells</i>	11:00-11:45 MS * Best Butt Ever <i>Victoria Ralston</i>	10:00-10:45 MS * Stacked <i>Rick Logan</i>	10:15-11:00 MS * Athletic Conditioning <i>Linda Fluis</i>
12:30-1:15 MS * Stronger <i>Marzena Janasik</i>	12:30-1:15 MS * Best Butt Ever <i>Mandee Miller</i>	11:00-11:45 YS * Barefoot Sculpt <i>Marzena Janasik</i>	11:00-11:50 YS * Pilates Mat <i>Ana Caban</i>	11:45-12:00 MS * Best Abs Ever <i>Victoria Ralston</i>	10:30-11:20 YS * Pilates Fusion <i>Trevor Kent</i>	11:30-12:15 MS * EQX Barre Burn <i>Shielu Bharwani</i>
4:15-5:00 MS * Off The Barre <i>Be Solomon</i>	1:30-2:20 YS * Pilates Rise <i>Mandee Miller</i>	12:30-1:15 MS * Stronger <i>Marzena Janasik</i>	12:15-1:15 YS * Yin Yoga <i>Christine Mirzayan</i>	12:15-1:15 YS * Vinyasa Yoga (HEATED) <i>Chris Reed</i>	11:30-12:30 MS * Studio Dance: GROOV3 <i>Brandi Taylor DJ Black Rabbit</i>	12:30-1:30 YS * Gentle Yoga <i>Micki Duran</i>
5:15-6:00 MS * MetCon Monday <i>Kaylin Zeren</i>	4:15-5:00 MS * TRX Max <i>Skyler Burke</i>	1:30-2:30 YS * Sculpted Yoga™ (HEATED) <i>Tanja Johnston</i>	12:30-1:00 MS * Upper Body Pump <i>Hannah Park</i>	4:15-5:00 YS * Pilates Fusion <i>Lori Allen</i>	1:00-2:00 YS * Vinyasa Yoga <i>Christine Mirzayan</i>	5:00-5:50 YS * Pilates Mat <i>Larisa Lotz</i>
5:30-6:30 YS * Vinyasa Yoga <i>Chrissy Gonzalez</i>	5:15-6:15 YS * Sculpted Yoga™ <i>Kristyn Evelyn</i>	4:15-5:05 YS * Pilates Rise <i>Natalia Perzyna</i>	1:00-1:15 MS * Best Abs Ever <i>Hannah Park</i>	5:00-5:45 MS * Stacked <i>U. B. Sanchez</i>	5:15-6:15 YS * Slow Flow Yoga (HEATED) <i>Micki Duran</i>	
6:15-7:00 CS * Beats Ride <i>Kaylin Zeren</i>	5:30-6:20 MS * Ropes and Rowers <i>Victoria Ralston</i>	5:30-6:30 YS * Vinyasa Yoga <i>Eka Ekong</i>	5:15-6:15 YS * Vinyasa Yoga (HEATED) <i>Chris Reed</i>	5:30-6:30 YS * Yin Yoga <i>Chrissy Gonzalez</i>		
6:30-7:15 MS * Best Butt Ever <i>Marzena Janasik</i>	6:30-7:15 MS * Best Stretch Ever <i>Victoria Ralston</i>	5:45-6:30 CS * Beats Ride <i>Jill Peterson</i>	5:30-6:15 MS * Stronger <i>Kim Waldauer</i>	5:45-6:30 CS * Beats Ride <i>Kaylin Zeren</i>		
7:00-8:00 YS * Gentle Yoga <i>Anna Palms</i>	7:00-7:50 YS * Pilates Mat <i>Anna Palms</i>	6:00-6:45 MS * Stronger <i>Kaylin Zeren</i>	6:30-7:30 MS * Studio Dance: GROOV3 <i>Brandi Taylor DJ Black Rabbit</i>			
7:30-8:15 MS * Rounds: Boxing Circuit <i>Glenn Payne</i>	8:15-9:05 YS * Yin Yoga <i>Rocco Stowe</i>	7:00-7:45 MS * Best Butt Ever <i>Linda Fluis</i>	7:15-8:15 YS * Gentle Yoga <i>Jose Alvarado</i>			
8:15-9:00 YS * Sound Meditation <i>Anna Palms</i>		8:00-9:00 YS * Slow Flow Yoga (HEATED) <i>Scarlett McCann</i>				

EQUINOX

GLENDALE

207 Goode Avenue

GLENDALE CA 91203

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 08:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

pariserrault.mulkey@equinox.com

SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

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 + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving 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.

Yoga

Gentle Yoga 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.

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.

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.

Sculpted Yoga™ (HEATED) 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 (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.

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

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.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

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.

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 A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

Barre

EQX Barre Burn This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

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 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 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.

Dance

Studio 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!

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.

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.

Regeneration

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.

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

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

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.

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.

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.

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.