



CENTURY CITY CLUB + SPA

FALL 2009

Schedule Effective:

Oct 1, 2009 - Dec 31, 2009

GROUP FITNESS MANAGER: Keith Irace
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 - 7:15 * Studio Cycling CS Audrey Adler 7:00 - 7:45 * GRAVITY POWER CIRCUIT MS Stephanie Czajkowski 9:30 - 10:30 Yoga for All Levels YS Amy Loftus 9:45 - 10:30 Cardio Sculpt MS Patty Wortham 10:30 - 10:45 Ab Lab MS Patty Wortham	6:30 - 7:30 Executive Boot Camp MS Treva Brandon 7:00 - 7:45 * Studio Cycling CS April Garton 8:00 - 9:00 Long & Lean MS Skip Jennings 10:00 - 11:00 Yoga Tune Up® YS Patty Wortham	6:30 - 7:15 * Studio Cycling CS Amber McMahon 7:00 - 7:45 * GRAVITY Group MS Stephanie Czajkowski 7:00 - 8:00 Vinyasa Yoga YS Sarah Court 9:30 - 10:30 Pilates Glide YS Nora Brickman 9:45 - 10:30 Cardio Sculpt MS Patty Wortham 10:30 - 11:00 Stretch & Center MS Patty Wortham	6:20 - 7:30 * Ride Rip Restore CS Treva Brandon 7:00 - 7:45 * Studio Cycling CS Marcus Chait 8:00 - 9:00 Yoga Flow YS Eka Ekong 10:00 - 11:00 thepilatesfactory mat (L2) YS Tandy Gutierrez	7:00 - 7:45 * Studio Cycling CS Marcus Chait 7:00 - 8:00 Get Up & Flow! YS Andrew Abaria 8:00 - 9:00 Boot Camp MS Marcus Chait 9:30 - 10:30 thepilatesfactory mat YS Tandy Gutierrez	8:30 - 9:30 * GRAVITY POWER CIRCUIT MS Stephanie Czajkowski 9:00 - 10:15 Vinyasa Yoga YS Andrew Abaria 9:30 - 10:15 Iron Body: Power MS April Garton 10:15 - 10:45 Stretch Therapy MS Tilita Lutterloh 10:15 - 11:15 Pilates Mat YS Nora Brickman 10:30 - 11:15 * Studio Cycling CS April Garton 11:15 - 12:15 Yoga Tune Up® YS Maura Barclay	10:00 - B3 : Balanced Body 10:45 Blast MS Stephanie Czajkowski 10:45 - 11:15 Iron Body: Power 30 MS Stephanie Czajkowski 11:00 - Restorative Yoga & 12:15 Meditation YS Sura Dahn 11:15 - 11:30 Stretch Therapy MS Stephanie Czajkowski
1:00 - 1:45 Power Lunch Pilates MS Brigitta Dau 1:00 - 2:00 Yoga Flow YS Donovan McGrath	12:30 - 1:15 * GRAVITY Group MS Patty Wortham 1:00 - 2:00 thepilatesfactory mat YS Tandy Gutierrez 1:15 - 1:45 * GRAVITY EXPRESS MS Patty Wortham 2:30 - 3:30 Vinyasa Yoga YS Diane Hudock	12:15 - 12:30 Ab Lab MS Casey Kringlen 12:30 - 1:05 * Cycle Express CS Casey Kringlen 1:00 - 1:45 Power Lunch Pilates MS Brigitta Dau 1:00 - 2:00 Yoga Flow YS Andrew Abaria	12:30 - 1:15 * GRAVITY Group MS Casey Kringlen 1:00 - 2:00 Anusara Yoga YS Steffany Vance 1:15 - 1:45 * GRAVITY EXPRESS MS Casey Kringlen 2:30 - 3:30 Vinyasa Yoga YS Diane Hudock	12:30 - 1:30 Beautiful Booty MS Ayanna Contreras 1:00 - 2:00 Vinyasa Flow Yoga YS Sarah Ezrin	12:30 - 1:30 Yoga for Beginners YS Amy Loftus	
6:00 - 6:45 * Studio Cycling CS Amber McMahon 6:00 - 6:45 Total Body Sculpt MS Aimee Nicotera 6:30 - 7:30 Pilates Body YS Antony Ferguson 6:45 - 7:00 Ab Lab MS Aimee Nicotera 7:00 - 8:00 * Real Deal Boxing MS Brian Phelan 7:30 - 8:45 Candlelight Flow Yoga YS Andres Salcedo	6:15 - 7:30 Flight Yoga YS Diane Hudock 6:30 - 7:15 * Studio Cycling CS Nick Oram 6:30 - 7:00 Beautiful Booty MS Stephanie Czajkowski 7:00 - 7:30 * INKA Core MS Stephanie Czajkowski 7:30 - 8:15 Iron Body: Power MS Casey Kringlen 7:30 - 8:30 Vinyasa Flow Yoga YS Sarah Ezrin	6:00 - 6:45 * Studio Cycling CS Adam Goldstein 6:00 - 6:45 * Total Body Sculpt MS Sarah Kusch 6:30 - 7:30 Ballet Pilates YS Ayanna Contreras 6:45 - 7:00 Ab Lab MS Sarah Kusch 7:00 - 8:00 * Real Deal Boxing MS Brian Phelan 7:30 - 8:45 Candlelight Flow Yoga YS Andres Salcedo	6:15 - 7:30 Form & Flow Yoga YS Joseph VanArsdale 6:30 - 7:15 * Studio Cycling CS Nick Oram 6:30 - 7:30 Cardio Bootcamp & Sculpt MS Selah Victor 7:30 - 8:15 Long & Lean MS John Cantwell 7:30 - 8:45 Yoga Holiday ReTREAT YS Sura Dahn 8:15 - 8:30 Ab Lab MS John Cantwell	6:00 - 6:45 * Studio Cycling CS April Garton 6:30 - 7:30 Pilates Body YS Antony Ferguson		

BOLD New Class, Instructor or Time
* Sign-up required
(available 30 min prior to start of class)

CLASS LEVEL GUIDE
Unless otherwise indicated,
all levels are welcome
L1 Beginner
L1/2 Beginner/Intermediate
L2 Intermediate
L2/3 Intermediate/Advanced
L3 Advanced/Practiced

STUDIO KEY
CS Cycling Studio
MS Main Studio
YS Yoga Studio



CENTURY CITY CLUB + SPA

10220 Constellation Blvd.
Century City CA 90067
310.552.0420
equinox.com

CLUB HOURS

Mon-Thurs: 5:00am - 10:00pm
Fri: 5:00am - 9:00pm
Sat-Sun: 7:00am - 9:00pm

BULLETIN BOARD

Yoga Holiday ReTREAT

with Sura Dahn
Thursdays 7:30pm-8:45pm
Six weeks only from November 12 through Dec 17 including a special Thanksgiving morning class!

Renew and restore your body, mind and spirit in preparation for the holiday season. Join Sura Dahn for a class designed specifically for mindfulness meditation and stress relief. Guided meditation and restorative poses will provide you with energy management tools and practical applications of yoga in everyday life. You will leave feeling balanced, energized and stress free!

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

ANUSARA YOGA

Founded by John Friend, this style integrates the celebration of the heart, principles of alignment, and balanced energetic action. By "following your heart" each student's abilities & limitations are explored, respected & honored.

B3 : BALANCED BODY BLAST

Sculpt, strengthen and define your body in all 3 planes of motion . A fusion of traditional strength moves combined with pilates inspired core/balance techniques using the Stability Ball , weights and your most important tool: YOU! Get ready to be strong, sleek and defined in ALL 3 dimensions!

BALLET PILATES

Fuse the world of Ballet Barre training with Pilates training to create a lean and graceful physique. All levels welcome...no ballet experience or tutu necessary!

BEAUTIFUL BOOTY

30 minutes dedicated solely to shaping and lifting the butt and toning the upper legs.

BOOT CAMP

You know the drill...anything goes in Boot Camp! Reap the benefits of this ultimate calorie-burning workout through challenging combination of cardiovascular drills and resistance training and much more!

CANDLELIGHT FLOW YOGA

Step into a candlelit room and let go of the stress of the day with this physically challenging and spiritually energizing style of yoga. Sun salutations, inversions, backbends and restorative postures lead to sivasana.

CARDIO BOOTCAMP & SCULPT

Reap the benefits of this ultimate calorie-burning workout! Lashaun takes you through a fun and challenging combination of cardiovascular drills and resistance training using weights, body bars, steps, and calisthenics.

CARDIO SCULPT

Total Body Workout for both muscular strength and endurance. Continuous movement to great music keeps the heart rate up for a sweat drenched sculpting session.

CYCLE EXPRESS

Get in, get sweaty, get on with your day! This 30-minute Cycling class is specially designed to maximize calorie burn with a minimum investment of time.

EXECUTIVE BOOT CAMP

You don't have to be an executive to take this class, but you do have to work as hard! This constantly evolving "boot camp" style workout will address your specific fitness goals and motivate you to work harder than you ever have before for great fitness results. An extremely motivating way to kick off your day!

FLIGHT YOGA

Bring more lightness to the body and greater mastery of balance. Align the body with this technique of buoyancy. Demystify challenging postures; arm balances, and the art of the inversion. Unlock your potential to fly!

FORM & FLOW YOGA

Taught in the Iyengar tradition this hatha yoga class will focus on posture and the development of balance and alignment. Perfect for all levels, participants will experience both the fitness and deeply restorative benefits of yoga.

GET UP & FLOW!

An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

GRAVITY EXPRESS

This 30 minute version of GRAVITY GROUP training is a time-efficient total body workout with emphasis on core engagement for a powerfully balanced body.

GRAVITY GROUP

Move your bodyweight through eight calibrated incline levels on the GRAVITY Trainer. Its dynamic cable pulley system and rolling glide board pit bodyweight against gravity to challenge all components of fitness. Strong, simple and sweaty--fight gravity and get results!

FALL 2009 - CLASS DESCRIPTIONS

GRAVITY POWER CIRCUIT

GRAVITY GROUP Training taken to the next level, A non -stop total body circuit combining the dynamic Gravity Trainer with Steps, bands ropes, balls and Body Bars . Move smoothly from station to station to build muscle , incinerate fat , and find and even more POWERFUL YOU !!

INKA CORE

Swing, Sculpt and Strengthen your core as you master your body against gravity with Equinox's signature Suspension Program INKA. Use the innovative Inka Straps to suspend your bodyweight in space and find the INKA Warrior in YOU!!!

IRON BODY: POWER

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful full body workout using the new Kettlebells. Build power, and condition your body while learning dynamic new exercises using the Kettlebell.

IRON BODY: POWER 30

Kettlebells have long been considered a powerful and effective training tool for maximizing results in workouts. Come experience a powerful Kettlebell full body workout complete in 30 minutes. Build power, and condition your body while learning dynamic new exercises using the Kettlebell.

LONG & LEAN

This total body toning workout incorporates a cardio combination of pilates, ballet and resistance training to maximize fat burning and develop long lean muscles.

PILATES BODY

Come invigorate your mind, strengthen your core, and condition your body using the principles of Pilates. This class will take you through everything from core strength to overall body conditioning and stretching; everything you need to achieve a "Pilates Body".

PILATES GLIDE

Tandy Gutierrez' unique format delivers all that you love about Pilates with a twist of irreverence! Gliding Discs and Pilates mat work increase your caloric burn and guide your body towards peak performance. Slide, glide and whittle your core to balanced perfection. Function AND fun!

PILATES MAT

An innovative system of mind-body exercise evolved from the principles of Joseph Pilates. Pilates teaches body awareness & good posture while increasing core strength, flexibility, & agility.

POWER LUNCH PILATES

This dynamic 45 minute Pilates format allows you to get your workout in, grab a quick shower and pick up lunch to go! Extra emphasis on core exercises will re-charge your posture and your day.

REAL DEAL BOXING

Train like a boxer with a real boxer. A technique-oriented boxing class that also focuses on self-defense. Using real boxing equipment that may include heavy bags, speed bags, hand wraps and boxing gloves, you'll be on the same training path as a professional boxer, enhancing strength, focus, speed and agility.

RESTORATIVE YOGA & MEDITATION

Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props (blocks, blankets and straps) helps to support and ease the body into poses that are held for longer periods of time.

RIDE RIP RESTORE

30 minutes of Cycling, 25 minutes of strength training, and 15 minutes of a deep stretch. Commit to this one-time-a-week special offering to realize your summer body!

STRETCH & CENTER

Major muscle groups are actively stretched with integrated core stabilization and using a rope for easier reach. Stretch techniques include A.I. (active-isolation) and other PNF (proprio-neuro-facilitated) methods. Recommended for all fitness levels from beginners to athletes.

STRETCH THERAPY

Major muscle groups are stretched actively with use of a rope for added benefits. May include A.I. (active isolated) and other techniques. Increases flexibility. All levels.

STUDIO CYCLING

A cardio workout on a stationary bike based on cycling principles. Classes are technique based and/or real terrain based and focus on cadence, heart-rate zones, climbs & sprints that can make an unpredictable ride that is fun and challenging.

THEPILATESFACTORY MAT

Functional connection with an added element of sculpt; this pilates mat class gives you greater functionality with a real understanding of core sensation and connection. Find more strength in your mat with thepilatesfactory process, created by Tandy Gutierrez.

TOTAL BODY SCULPT

Total Body Sculpt is the ultimate in body sculpting classes. Using integrated strength training you will work and tone every muscle from head to toe while burning hundreds of calories. This class is for all fitness levels!

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

VINYASA YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath. Classes are diverse and sequencing will vary with instructor philosophy.

YOGA FLOW

A dynamic, physically and spiritually energizing form of yoga that sculpts, hones and tones every muscle in the body. Linking one movement into the next and the presence of mind from one moment to the next.

YOGA FOR ALL LEVELS

All are welcome in this group yoga class taught with uniquely individualized attention to all levels of experience. From absolute beginners to those with advanced practices -- come move and flow with us!

YOGA FOR BEGINNERS

A light hearted approach to yoga basics. Learn how to sit, stand, breathe and perform basic asana (postures) with form, alignment, and awareness. Be not afraid, this class is perfect for those with injuries, pre/post natal, beginners or those who want to brush up on the basics!

YOGA HOLIDAY RETREAT

6-week series 11/12-12/17 including a special Thanksgiving morning class! Renew and restore your body, mind and spirit in time for the holidays with a class dedicated to mindfulness meditation and stress relief. Learn energy management tools and practical applications of yoga in everyday life.

YOGA TUNE UP®

Yoga Tune Up is a challenging but accessible practice designed by Jill Miller. Refreshing movements from classical yoga, calisthenics, body therapy, and pilates explore every micro-region of your body's anatomy. Systemically and intelligently primes your body/mind/spirit.