



CENTURY CITY CLUB + SPA

WINTER 2010

Schedule Effective:

Jan 2, 2010 - Mar 31, 2010

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 Circuit Training Stephanie Czajkowski MS 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 - 7:15 Executive Boot Camp Treva Brandon MS 7:00 - 7:45 * Studio Cycling CS April Garton 7:15 - 7:30 Ab Lab Treva Brandon MS 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 Core Training Stephanie Czajkowski MS 7:00 - 8:00 Vinyasa Yoga YS Sarah Court 9:30 - 10:30 Pilates Glide Tandy Gutierrez YS 9:45 - 10:30 Cardio Sculpt MS Patty Wortham 10:30 - 11:00 Stretch & Center MS Patty Wortham	6:30 - 7:30 Executive Boot Camp MS Treva Brandon 7:00 - 7:45 * Studio Cycling CS Marcus Chait 7:30 - 7:45 Stretch & Center Treva Brandon MS 8:00 - 9:00 Long & Lean Brigitta Dau MS 10:00 - 11:00 Anusara Yoga Steffany Vance YS	7:00 - 7:45 * Studio Cycling CS Marcus Chait 7:00 - 8:00 Get Up & Flow! YS Andrew Abaria 8:00 - 9:00 Whipped! Marcus Chait MS 9:30 - 10:30 thepilatesfactory mat YS Tandy Gutierrez 9:45 - 10:30 Cardio Body Barre Patty Wortham MS	8:30 - 9:30 * GRAVITY Circuit Training Stephanie Czajkowski MS 9:00 - 10:15 Vinyasa Yoga YS Andrew Abaria 9:30 - 10:15 Kettle Bell Workout April Garton MS 10:15 - 11:15 * Real Deal Boxing Greg Cohen MS 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 - 10:45 B3 : Balanced Body Blast MS Stephanie Czajkowski 10:45 - 11:15 Kettle Bell Workout Stephanie Czajkowski MS 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 Training 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	12:30 - 1:15 * Studio Cycling 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 Training MS Casey Kringlen 1:00 - 2:00 thepilatesfactory mat Tandy Gutierrez YS 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 All Levels Amy Loftus YS	
5:00 - 6:00 Vinyasa Yoga Kirsten McCormick YS 6:00 - 6:45 * Studio Cycling Adam Goldstein CS 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	6:00 - 7:15 Yoga Flow Amy Loftus YS 6:30 - 7:15 * Studio Cycling Amber McMahon CS 6:30 - 7:15 * GRAVITY Core Training Stephanie Czajkowski MS 7:30 - 8:15 Kettle Bell Workout Casey Kringlen MS 7:30 - 8:30 Vinyasa Flow Yoga YS Sarah Ezrin 8:15 - 8:30 Ab Lab Casey Kringlen MS	5:00 - 6:00 Vinyasa Yoga Kirsten McCormick YS 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	6:00 - 7:15 Form & Flow Yoga Joseph VanArsdale YS 6:30 - 7:15 * Studio Cycling Amber McMahon CS 6:30 - 7:30 Modern Movement (2/4 - 3/11) MS Melissa Chait 7:30 - 8:15 Long & Lean MS John Cantwell 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
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equinox.com

CLUB HOURS

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

BULLETIN BOARD

Modern Movement with Melissa Chait

Break it down. It's not dance, it's simply movement. Let Broadway star Melissa Chait take you on a journey through movement and muscle toning. Join us for this special event 6-week program beginning Thursday, February 4 at 6:30pm and continuing for 6 weeks only.

WINTER 2010 - CLASS DESCRIPTIONS

GRAVITY CIRCUIT TRAINING

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 !!

GRAVITY TRAINING

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!

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.

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 BODY BARRE

A dynamic cardio and strength class combining traditional ballet barre training, cardio and upper body strength training -- all performed using a weighted body bar. As graceful or as athletic as you choose to make it, the long lean results will be the same!

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.

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!

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 CORE TRAINING

GRAVITY training with an emphasis on core-based exercises. A total body blast that will define your midsection and strengthen back muscles to enhance posture and alignment.

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.

KETTLE BELL WORKOUT

The ultimate in cutting edge strength training, cast iron bells are used to develop the correct blend of strength with flexibility for maximum fat burning and muscular endurance. Shred your mid section, tone your legs and strengthen your back while pushing your cardio capacity to the limit.

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.

MODERN MOVEMENT (2/4 - 3/11)

Break it down. It's not dance, it's simply movement. Let Broadway star Melissa Chait take you on a journey through movement and muscle toning in a fun and easy to follow dance workout.

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.

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.

WHIPPED!

Get whipped into shape with the latest in modern fitness training to help you reach for results. No corners to cut - just hard work, sweat and fun using Strength Ropes, Kettlebells, Body Bars and much more, set to the test with a clock, good music and all that you've got to give.

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 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.