

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:00-7:00 YS	Get Up & Flow! <i>Jorge Luna</i>	5:30-6:30 CS◆	Performance Cycling <i>Megan Lamb</i>	5:30-6:00 CS◆	Studio Cycling <i>Megan Lamb</i>	6:00-7:00 CS◆	Studio Cycling <i>Kevin Sullivan</i>	6:00-7:00 YS	Power Yoga <i>Greville Henwood</i>	8:00-9:00 CS◆	Rhythm Revolution <i>Patti McCullum</i>	8:30-9:30 CS◆	Studio Cycling <i>Christine Vroom</i>
6:15-7:00 CS◆	The Pursuit: Build Steven Ross	6:00-6:45 MS	Metabolic Meltdown <i>Dwayne Jeffers</i>	6:00-7:00 MS	Full Throttle <i>Kelly Walsh (California)</i>	6:00-6:45 MS	Whipped! Steven Ross	6:15-7:00 CS◆	The Pursuit: Build Steven Ross	8:00-9:00 YS	Yoga Fundamentals <i>Christopher Quain</i>	8:30-9:30 MS	Body Sculpt <i>Andrea Henderson</i>
8:15-9:15 MS	Body Challenge <i>Gina Potter</i>	8:15-9:15 MS	Body Sculpt <i>Andrea Henderson</i>	6:00-6:45 TR◆	Precision Running® <i>Megan Lamb</i>	7:00-8:00 PD	Masters Swim <i>Niecia Staggs</i>	8:15-9:15 MS	Sweat <i>Christine Vroom</i>	8:15-9:00 MS	Tabata <i>Titus-R'icard Baldwin</i>	8:45-10:00 YS	Power Yoga <i>Lauren Ikeda</i>
8:45-10:00 YS	Vinyasa Yoga (L3) <i>Adji</i>	8:15-9:00 TR◆	Precision Running® <i>Jennie Mauer</i>	8:15-9:15 MS	Tabata <i>Titus-R'icard Baldwin</i>	8:15-9:15 MS	Body Sculpt <i>Andrea Henderson</i>	8:45-10:00 YS	Yoga Bootcamp (L2) <i>D'Andre Clayton</i>	8:15-9:00 TR◆	Precision Running® <i>Kaci Bacher</i>	9:30-10:00 MS	Core Cuts <i>Andrea Henderson</i>
9:15-10:15 CS◆	Performance Cycling <i>JJ Hendershot</i>	8:45-10:00 YS	Yoga Flow <i>D'Andre Clayton</i>	8:45-10:00 YS	Power Yoga (L2) <i>Lauren Taus</i>	9:15-10:15 CS◆	Performance Cycling <i>JJ Hendershot</i>	9:15-10:15 MS	Studio Cycling <i>Carlie Chiovetti</i>	9:00-10:00 MS	Barre Fit Cardio <i>Andrea Henderson</i>	10:00-11:00 MS	Cardio Dance Fusion <i>Aaron Davis</i>
9:15-9:45 MS◆	Firestarter <i>Patti McCullum</i>	9:15-10:15 CS◆	Studio Cycling <i>Carlie Chiovetti</i>	9:15-10:00 CS◆	The Pursuit: Burn <i>Patti McCullum</i>	9:15-10:00 MS	<b>Best Butt Ever</b> <i>Gina Potter</i>	9:15-10:15 MS	METCON3 Steven Ross	9:00-10:15 YS	Strong & Calm Yoga <i>Christopher Quain</i>	11:15-12:15 MS	Barre Bootcamp <i>Deb Praver</i>
9:45-10:15 MS	Tabata Strength <i>Patti McCullum</i>	10:00-10:15 MS	Rock The Plank <i>Marisa Gonzalez</i>	9:15-10:15 MS	Cardio BOX <i>Christine Vroom</i>	9:45-10:30 YS	RX Series® <i>Tina Altman</i>	10:15-11:30 YS	Strong & Calm Yoga <i>Christopher Quain</i>	9:30-10:15 CS◆	The Pursuit: Burn Steven Ross	4:30-5:45 YS	Restorative Yoga <i>Greville Henwood</i>
10:15-11:30 YS	Strong & Calm Yoga <i>Christopher Quain</i>	10:15-11:30 YS	Power Yoga (L2) <i>Jennifer Allen</i>	10:15-11:30 YS	Strong & Calm Yoga <i>Christopher Quain</i>	10:00-10:15 MS	Yoga Tune Up® <i>Tina Altman</i>	10:20-11:20 MS	Body PRECISION <i>Jana Nizetich</i>	10:15-11:00 MS	Best Butt Ever <i>Patti McCullum</i>		
10:20-11:20 MS	Pilates <i>JJ Hendershot</i>	10:20-11:20 MS	Body PRECISION <i>Jana Nizetich</i>	10:20-11:20 MS	Barre Fit Cardio <i>Christine Vroom</i>	10:20-11:20 MS	<b>Core Cuts</b> <i>Gina Potter</i>	11:00-12:00 PD	Swim Training (L1) <i>Niecia Staggs</i>	10:30-11:45 YS	Yoga Flow <i>Kristy Kelsey</i>		
11:00-12:00 PD	Swim Athletics <i>Niecia Staggs</i>	11:00-12:00 PD	Aqua Blast <i>Fabian Rodriguez</i>	11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	10:30-11:45 YS	Pilates <i>JJ Hendershot</i>	11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	11:00-11:15 MS	Stretch <i>Patti McCullum</i>		
11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	11:30-12:30 MS	Zumba® <i>Alice Cangas</i>	12:00-1:00 YS	Vin-Hatha Yoga <i>Kali Alexander</i>	11:00-12:00 PD	<b>Yoga Bootcamp</b> <i>Amy B</i>	12:00-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	11:15-12:15 MS	Move and Groove <i>Kat Brown</i>		
12:00-1:00 YS	Vinyasa Yoga <i>Jessica Annand</i>	5:15-6:15 MS	Pilates <i>JJ Hendershot</i>	12:00-1:00 YS	Vin-Hatha Yoga <i>Kali Alexander</i>	11:00-12:00 PD	Aqua Blast <i>Fabian Rodriguez</i>	12:00-1:00 YS	<b>Vinyasa Yoga</b> <i>Vivian Nguyen</i>				
5:15-6:00 MS	Whipped! <i>Titus-R'icard Baldwin</i>	5:30-6:30 YS	Vinyasa Yoga (L3) <i>Adji</i>	5:15-6:00 MS	Barre Bootcamp <i>Deb Praver</i>	11:30-12:30 MS	Cardio Dance Fusion <i>Aaron Davis</i>	5:30-6:45 YS	Vinyasa Yoga <i>Nui Kaesmann</i>				
5:30-6:45 YS	Power Yoga <i>Jennifer Allen</i>	6:00-7:00 PD	Masters Swim <i>Niecia Staggs</i>	5:30-6:30 YS	Power Yoga (L2) <i>Jorge Luna</i>	5:30-6:00 MS◆	Firestarter Steven Ross						
6:00-7:00 CS◆	Cycle Beats <i>Christine Vroom</i>	6:30-7:15 CS◆	The Pursuit: Burn <i>JJ Hendershot</i>	6:00-7:00 CS◆	Studio Cycling <i>Megan Lamb</i>	5:30-6:15 TR◆	Precision Running® <i>Jennie Mauer</i>						
6:00-7:00 MS	Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:30 MS	Hip Hop <i>Arthur Crenshaw</i>	6:00-6:45 MS	Best Butt Ever <i>Deb Praver</i>	5:30-6:30 YS	Vinyasa Yoga (L3) <i>Adji</i>						
		6:30-7:30 YS	Restorative Yoga <i>Adji</i>	6:45-7:00 MS	Stretch and Relax <i>Deb Praver</i>	6:00-6:30 MS	Metabolic Meltdown Steven Ross						
				7:00-8:00 MS	Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:30 YS	Restorative Yoga <i>Adji</i>						

## PALOS VERDES

550 DEEP VALLEY DRIVE,  
SUITE 212  
ROLLING HILLS ESTATES  
CALIFORNIA 90274  
310.697.1016  
EQUINOX.COM  
@EQUINOX

**MON - THU:** 4:30 AM - 10:00 PM

**FRI:** 4:30 AM - 9:00 PM

**SAT & SUN:** 7:00 AM - 7:00 PM

### GROUP FITNESS MANAGER

PATTI MCCULLUM

Patti.McCullum@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

YS	Yoga Studio
CS	Cycling Studio
MS	Main Studio
PD	Pool Deck
TR	Treadmill Area

#### WHAT'S NEW THIS MONTH

15 minutes is all it takes to get your Best Arms Ever, our new summer program! This class is designed with your tank top arms in mind. Launching in July in select locations.

### STUDIO CYCLING

**CYCLE BEATS** Cycle to the Beat of the music. This challenging and high intensity class is a great cardiovascular workout and experience.

**PERFORMANCE CYCLING** Whether you are preparing for longer rides outdoors, a specific competitive event, or just want to up your fitness level, this class is for you. Sample rides include: hill work, speed and sprint intervals, breathing/meditation techniques and form exercises.

**RHYTHM REVOLUTION** From classic beats to today's hot grooves, this cycling class brings rhythm to your ride. Whether you're a serious cyclist or just starting out, this class offers a hard core workout, where the music matters. The ride is part party, part sweat fest and is as diverse as the playlist.

**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.

**THE PURSUIT: BUILD** Take on three intense hill stages designed to improve endurance and increase strength. The goal of the class is to travel a collective distance, so with every ride you get stronger and work harder, for longer.

**THE PURSUIT: BURN** Precisely timed high-intensity intervals to maximize your performance. The Pursuit: Burn, is a hardcore cycling experience scientifically designed to push you to a new level of fitness.

### RUNNING

**PRECISION RUNNING®** You don't have to go outside to blaze new trails. Innovated by David Siik, Precision Running is redefining our indoor treadmill training with the only method-driven program in the industry.

### 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!

**POWER YOGA** Our most athletic Vinyasa practice. A vigorous, dynamic, physically and spiritually energizing form of Yoga that sculpts, hones and tones every muscle in the body. Includes various elements of many different Yoga styles.

**RESTORATIVE YOGA** Repair your muscles, ease your mind, relax your bones and nurture your spirit. Restorative Yoga is rooted in supporting the body through props to provide deep rest and balance.

**STRONG & CALM YOGA** This hatha yoga class improves strength and calms your mind. Increase your mental and physical flexibility while releasing stress and enhancing body awareness. It's perfect for beginners, as well, as advanced students who wish to deepen their practice.

**VIN-HATHA YOGA** This class combines the flow of Vinyasa with the moving meditation of Hatha. The main emphasis of "Vin-Hatha" is to build strength in order to prepare for a more advanced practice with specific focus on alignment and internal balance.

**VINYASA YOGA** A vigorous, more athletic approach to yoga characterized by flowing poses and sequences that are linked to the breath. Sequencing will vary with instructor philosophy.

**YOGA BOOTCAMP** A vinyasa power yoga approach where all movements are linked with breath for a non-stop fluid, seamless yoga workout; designed to keep the heart rate up and burn more fat, these eclectic yoga postures are choreographed to strengthen the body, energize the spirit, and unclutter the mind.

**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 FUNDAMENTALS** For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

**YOGA TUNE UP®** A whole body/mind reset integrating precise myofascial release, core conditioning, and functional movement to improve your coordination and performance. Designed by Jill Miller.

### ATHLETIC TRAINING

**FIRESTARTER** Prepare for the next generation of cardio HIIT training. Every second is supercharged in a blitz of lightning-fast intervals. Using body weight and a bench, blaze your way up and down with sequences that will crush your personal best.

**FULL THROTTLE** Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

**METABOLIC MELTDOWN** An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

**METCON3** This high-intensity metabolic conditioning workout taxes all three energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

**TABATA** A high intensity interval workout protocol where your rest is always shorter than your work. Designed to increase athletic performance and torch calories both during class and after!

**TABATA STRENGTH** No jumping necessary in this low impact yet high intensity class! This workout will test your strength and push you to become stronger! Apply the proven Tabata interval formula to multifunctional weight training exercises (20 seconds hard work 10 seconds rest = 8 rounds) for a total body workout.

**WHIPPED!** Get whipped into shape 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.

### BARRE

**BARRE BOOTCAMP** Whip your entire frame into shape with a challenging, Barre-inspired bootcamp workout fueled by high-energy music, weights, and heart-pumping cardio.

**BARRE FIT CARDIO** Move through high-energy, non-stop barre work to amp up your heart rate, promote maximum caloric burn, and sculpt muscles for a lengthened and toned physique.

### CONDITIONING

**BEST BUTT EVER** Best Butt Ever is strategically engineered to lift and shape your hottest asset. Fire up your glutes,

build strength and definition, and get powerful. Waist-whittling exercises are also integrated to further accentuate your new rearview.

**BODY CHALLENGE** High intensity intervals of cardio and strength training. Great music, energy & results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

**BODY PRECISION** Work smarter not harder! A non-stop synergistic blend of low impact cardiovascular and weight bearing exercises, creatively woven together to promote lean muscle, to rev up your metabolism, and to enhance abdominal definition, core strength & stability, and flexibility. All toys are fair game.

**BODY SCULPT** A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

**CORE CUTS** Intervals of core conditioning at its best. This intelligent workout focuses on the development of a strong, coordinated trunk, abdominals and back musculature for a lean and strong center.

**ROCK THE PLANK** A dynamic mind body workout designed to acutely train, strengthen, and seriously define every inch of your core inside and out. Connect your center to every movement, improving overall performance, form, endurance, and confidence and prepare to see definition and feel strength like never before.

**SWEAT** A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

### PILATES

**PILATES** 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, & mobility.

### DANCE

**CARDIO DANCE FUSION** A high energy calorie burning Cardio Dance Experience! Latin, Tribal, Modern, Jazz, Funk, even a taste of Swing or Disco - something for everyone! It's fun, easy to follow, and leaves you feeling like a superstar. No dance experience needed.

**HIP HOP** Equinox dance instructors teach you fun combinations to hip hop music. Learn new movements in this fun-filled and vibrant class environment.

**LATINVA® DANCE FITNESS** Exercise your mind, body and spirit with Latin inspired dance steps in a thrilling and amazing cardio dance workout. Johnny's unique style of non verbal teaching empowers you to move naturally to the beat and rhythm of high energy dance moves and great music.

**MOVE AND GROOVE** A non-stop movement experience for anyone and everyone. Fun fast paced dance oriented cardio workout minus difficult routines to memorize. Learn to love just moving to the music, and enjoying your body.

**ZUMBA®** Easy to follow dance fitness classes that are fun, energetic, and leave you feeling amazing. Zumba® fuses Latin, international and popular music to create a dynamic and effective workout.