

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:50 CS◆ The Pursuit: Build Steven Ross	5:30-6:30 CS◆ Performance Cycling <i>JJ Hendershot</i>	6:00-6:45 MS◆ PURE STRENGTH <i>Titus-R'icard Baldwin</i>	5:30-6:30 CS◆ Performance Cycling JJ Hendershot	6:00-6:50 CS◆ The Pursuit: Burn Steven Ross	8:00-8:50 CS◆ The Pursuit: Build Steven Ross	8:00-8:45 MS◆ PURE STRENGTH <i>Dwayne Jeffers</i>
6:00-6:45 MS METCON3 Greg Cohen	6:00-6:45 MS Metabolic Meltdown <i>Dwayne Jeffers</i>	6:00-6:45 TR◆ Precision Running® <i>Megan Lamb</i>	6:00-6:45 MS Whipped! <i>Steven Ross</i>	6:00-7:00 YS Power Yoga <i>Vivian Nguyen</i>	8:00-9:00 YS Yoga Fundamentals <i>Christopher Quain</i>	8:45-9:45 CS◆ Studio Cycling <i>Christine Vroom</i>
8:15-9:00 CS◆ Cycle Beats <i>Christine Vroom</i>	8:15-9:05 MS◆ Body Sculpt <i>Andrea Henderson</i>	8:15-9:05 MS Tabata <i>Titus-R'icard Baldwin</i>	7:00-8:00 PD Swim Team (L3) <i>Niecia Staggs</i>	8:15-9:05 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>
8:15-9:05 MS Body Challenge <i>Gina Potter</i>	8:15-9:00 TR◆ Precision Running® <i>Jennie Maurer</i>	9:00-10:00 YS Power Yoga <i>Lindsey Valdez</i>	8:15-9:05 MS◆ Body Sculpt <i>Andrea Henderson</i>	9:00-10:00 YS Yoga Bootcamp (L2) <i>Ava Moreno</i>	8:15-9:00 TR◆ Precision Running® <i>Greg Cohen</i>	9:00-10:00 MS◆ Body Sculpt <i>Andrea Henderson</i>
8:45-10:00 YS Vinyasa Yoga (L3) <i>Adji</i>	9:00-10:00 YS Yoga Flow D'Andre Clayton	9:15-10:00 CS◆ Studio Cycling <i>BJ Olson</i>	8:15-9:00 TR◆ Precision Running® <i>Jennie Maurer</i>	9:15-10:15 MS METCON3 <i>Steven Ross</i>	9:00-10:00 PD Swim Team (L3) <i>Niecia Staggs</i>	10:15-11:15 MS Cardio Dance Fusion <i>Aaron Davis</i>
9:15-10:15 CS◆ Performance Cycling <i>JJ Hendershot</i>	9:15-10:15 CS◆ Studio Cycling <i>Carlie Chiovetti</i>	9:15-10:00 MS Cardio BOX <i>Christine Vroom</i>	9:15-10:15 CS◆ Performance Cycling <i>JJ Hendershot</i>	10:15-11:30 YS Strong & Calm Yoga <i>Christopher Quain</i>	9:00-10:15 YS Strong & Calm Yoga <i>Christopher Quain</i>	11:15-12:15 MS EQX Barre Burn Deb Prayer
9:15-10:05 MS Tabata <i>Titus-R'icard Baldwin</i>	9:15-10:00 MS THE CUT <i>Marisa Gonzalez</i>	10:00-10:45 MS Barre Fit Cardio <i>Christine Vroom</i>	9:15-10:05 MS Body Challenge <i>Gina Potter</i>	10:30-11:20 MS Cardio Core <i>Jana Nizetich</i>	9:15-10:05 CS◆ Performance Cycling <i>Greg Cohen</i>	4:30-5:45 YS Restorative Yoga <i>Jessica Paquette</i>
10:15-11:30 YS Strong & Calm Yoga <i>Christopher Quain</i>	10:00-10:45 MS Best Butt Ever <i>Marisa Gonzalez</i>	10:15-11:30 YS Strong & Calm Yoga <i>Christopher Quain</i>	9:15-10:15 YS Yoga Tune Up® <i>Trina Altman</i>	11:00-12:00 PD Swim Training (L1) <i>Niecia Staggs</i>	9:15-10:05 MS Barre Fit Cardio <i>Andrea Henderson</i>	
10:20-11:20 MS Pilates <i>JJ Hendershot</i>	10:15-11:15 YS Yoga Sculpt D'Andre Clayton	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	10:20-11:20 MS Pilates <i>JJ Hendershot</i>	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	10:15-11:00 MS METCON3 <i>Greg Cohen</i>	
11:00-12:00 PD Swim Team (L2) <i>Niecia Staggs</i>	11:00-12:00 MS Move and Groove <i>Alice Cangas</i>	12:00-1:00 YS Vin-Hatha Yoga <i>Jessica Annand</i>	10:20-11:20 YS Yoga Sculpt Amy B	12:00-1:00 YS Vinyasa Yoga <i>Lauren Ikeda</i>	10:30-11:45 YS Yoga Flow <i>Kristy Kelsey</i>	
11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	11:00-12:00 PD Aqua Sculpt <i>Carlie Chiovetti</i>	5:30-6:15 MS EQX Barre Burn Deb Prayer	11:00-12:00 PD Aqua Sculpt <i>Jennie Maurer</i>	5:30-6:45 YS Vinyasa Yoga <i>Nui Kaesmann</i>	11:15-12:15 MS Cardio Dance Fusion <i>Vicky Efstathiou</i>	
12:00-1:00 YS Vinyasa Yoga <i>Jessica Annand</i>	5:15-6:15 MS Pilates <i>JJ Hendershot</i>	5:45-7:00 YS Power Yoga (L2) <i>Kristy Kelsey</i>	11:30-12:30 MS Cardio Dance Fusion <i>Aaron Davis</i>			
5:30-6:15 MS◆ PURE STRENGTH <i>Titus-R'icard Baldwin</i>	5:30-6:45 YS Hatha Yoga <i>Adji</i>	6:00-7:00 YS Performance Cycling <i>BJ Olson</i>	5:30-6:15 MS◆ PURE STRENGTH <i>Steven Ross</i>			
5:45-7:00 YS Power Yoga <i>Jennifer Allen</i>	6:00-7:00 PD Swim Team (L3) <i>Niecia Staggs</i>	6:00-7:00 CS◆ Performance Cycling <i>Greg Cohen</i>	5:30-6:15 TR◆ Precision Running® <i>Jennie Maurer</i>			
6:00-7:00 CS◆ Studio Cycling <i>Christine Vroom</i>	6:30-7:20 CS◆ The Pursuit: Burn Greg Cohen	6:15-6:45 MS Best Butt Ever Deb Prayer	5:30-6:45 YS Hatha Yoga <i>Adji</i>			
6:30-7:30 MS Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:30 MS Hip Hop <i>Arthur Crenshaw</i>	7:00-8:00 MS Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:15 MS◆ Ropes and Rowers <i>Steven Ross</i>			

EQUINOX

PALOS VERDES

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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

GREGORY COHEN

Gregory.Cohen@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

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

WHAT'S NEW THIS MONTH

Graceful. Intense.

Extraordinary. Pack a day's worth of cardio into a burst of fierce, dance-inspired athleticism, with our newest signature class, **THE MUSE**.

🚲 CYCLING

CYCLE BEATS Move to the beat in this high-intensity cardio challenge that uses music to motivate your mood.

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.

STUDIO CYCLING Road training done only the way Equinox could. Improve athletic performance with this terrain-based technique class that focuses on cadence, climbs, and sprints for a challenging ride that follows the unpredictability of real-world roads.

THE PURSUIT: BUILD Tap into the power of the team as you push past the finish line. An immersive digital experience that uses data visualization and gaming, this competition-based class consists of three hill stages to build strength and endurance.

THE PURSUIT: BURN Get in the game with this digitally immersive Cycling experience that uses data visualization to push your performance out of your comfort zone. Five precisely timed high-intensity interval games will be sure to help you level up.

🏃 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

HATHA YOGA A strong and fundamental approach to the yoga practice, designed to align your skin, muscles, and bones with a focus on correct postures and technique.

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

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.

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.

PURE STRENGTH Build strength not bulk in team training that puts more weight in the studio than ever, creating a challenging circuit of weight lifting and body resistance.

ROPES AND ROWERS A full body circuit built on battling ropes and the WaterRower, driving balanced strength and greater cardio fitness to propel your performance. Exhilarating solo and team competitions will push you to bring it, beat it and brag about it!

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.

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!

WHIPPED! Whip, Snap and get into serious shape! High intensity cardio drills using strength ropes and a fast moving conditioning circuit bring the latest in modern fitness training to help you reach for results.

🏋️ BARRE

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.

EQX BARRE BURN Push yourself with a powerful, off-the-wall Barre class perfect for lengthening, stretching, and serious total-body sculpting.

🏊 LONG + LEAN

BODY SCULPT A fundamental workout that

strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

CARDIO CORE Test your strength, stability, and cardio together. Work your abs with challenging moves and constant motion to reach optimal core conditioning.

YOGA SCULPT A fusion of yoga, sculpting and core work, this Vinyasa class uses weights, bands and balls to lengthen and strengthen your body. Get ready to sculpt your physique, improve posture and boost your metabolism.

🏋️ 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.

🥊 BOXING + MARTIAL ARTS

CARDIO BOX Tae-Bo style with upper body punches, push ups, squats and lunges set to insanely motivating music. An intense and challenging fat burner.

THE CUT A cardio-forward boxing workout with no bags, no wraps and no ring. It's just you, light hand-weights and your own killer instinct, set to an explosive playlist that powers you through five rhythmic, relentless rounds. This one-of-a-kind class will train you to move, look and feel like a champion.

🏊 POOL

AQUA SCULPT Add water power for a pool-based, total-body sculpt session. Challenge yourself with water resistance equipment, push your heart rate and rack up results, while staying gentle on joints and muscles.

SWIM TEAM Challenge your skills in an intermediate/advanced swim class synonymously with high caliber training sessions. Train like a pro with focus on drills, technique, stamina, strength and form. Participants must be able to swim 100 yards freestyle for the hour. During Swim Team, pool is reserved for class.

SWIM TRAINING Swimming takes a strong foundation. Dive into all the right moves as you practice essential strokes and techniques—the perfect swimming overview to take you from the shallow end to the deep end, and back. Open to all levels.