

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 <i>Megan Lamb</i>	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♦ Ropes and Rowers <i>Greg Cohen</i>	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>	8:00-9:00 YS Vin-Hatha Yoga <i>Jennifer Allen</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>	8:45-9:45 MS♦ Body Sculpt <i>Andrea Henderson</i>
8:15-9:05 MS Body Challenge <i>Gina Potter</i>	8:15-9:05 MS♦ Body Sculpt <i>Andrea Henderson</i>	9:00-10:00 YS Power Yoga Lindsey Valdez	8:15-9:05 MS♦ Body Sculpt <i>Andrea Henderson</i>	9:00-10:00 YS Yoga Bootcamp (L2) D'Andre Clayton	8:15-9:00 TR♦ Precision Running® Greg Cohen	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® Jennie Mauer	9:15-10:15 CS♦ Studio Cycling <i>BJ Olson</i>	8:15-9:00 TR♦ Precision Running® <i>Jennie Mauer</i>	9:15-10:15 CS♦ Studio Cycling <i>Carlie Chiovetti</i>	9:15-10:15 MS METCON3 <i>Steven Ross</i>	9:45-10:15 MS Core Cuts <i>Andrea Henderson</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>	9:15-10:05 MS Strong & Calm Yoga <i>Christopher Quain</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>
9:15-10:05 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>	10:15-11:30 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 Barre Bootcamp <i>Deb Praver</i>
10:15-11:30 YS Strong & Calm Yoga <i>Christopher Quain</i>	9:15-10:15 YS Yoga Flow <i>D'Andre Clayton</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>	10:30-11:20 MS Cardio Core Jana Nizetich	9:15-10:05 MS Performance Cycling <i>Greg Cohen</i>	4:30-5:45 YS Restorative Yoga <i>Jessica Paquette</i>
10:20-11:20 MS Pilates <i>JJ Hendershot</i>	10:00-10:30 MS Best Butt Ever Marisa Gonzalez	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	10:20-11:20 MS Pilates <i>JJ Hendershot</i>	11:00-12:00 PD Swim Training (L1) <i>Niecia Staggs</i>	9:15-10:05 MS Barre Fit Cardio Andrea Henderson	
11:00-12:00 PD Swim Team (L2) <i>Niecia Staggs</i>	11:00-12:00 MS Move and Groove Alice Cangas	12:00-1:00 YS Vin-Hatha Yoga <i>Kali Alexander</i>	10:20-11:20 YS Restorative Yoga <i>Amy B</i>	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	10:15-11:00 MS METCON3 <i>Greg Cohen</i>	
11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	11:00-12:00 PD Aqua Sculpt Carlie Chiovetti	5:00-5:20 MS Ab Lab <i>Deb Praver</i>	11:00-12:00 PD Aqua Sculpt Jennie Mauer	12:00-1:00 YS Vinyasa Yoga <i>Lauren Ikeda</i>	10:30-11:45 YS Yoga Flow <i>Kristy Kelsey</i>	
12:00-1:00 YS Vinyasa Yoga <i>Jessica Annand</i>	5:15-6:15 MS Pilates <i>JJ Hendershot</i>	5:30-6:15 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>	11:15-12:15 MS Cardio Dance Fusion <i>Vicky Efstathiou</i>	
5:30-6:15 MS♦ PURE STRENGTH <i>Titus-R'icard Baldwin</i>	5:30-6:45 YS Hatha Yoga <i>Adji</i>	5:45-6:45 YS Power Yoga (L2) Jorge Luna	5:30-6:15 MS♦ PURE STRENGTH <i>Steven Ross</i>			
5:45-6:45 YS Power Yoga Jennifer Allen	6:00-7:00 PD Swim Team (L3) <i>Niecia Staggs</i>	6:00-7:00 CS♦ Performance Cycling <i>BJ Olson</i>	5:30-6:15 TR♦ Precision Running® <i>Jennie Mauer</i>			
6:00-7:00 CS♦ Studio Cycling <i>Christine Vroom</i>	6:30-7:30 MS Hip Hop <i>Arthur Crenshaw</i>	6:20-6:50 MS Best Butt Ever <i>Deb Praver</i>	5:30-6:45 YS Hatha Yoga <i>Adji</i>			
6:30-7:30 MS Cardio Dance Fusion <i>Aaron Davis</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>			

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 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.

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

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

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

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 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.

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 This class includes a traditional abdominal and lower back workout plus cardio and conditioning elements all wrapped in one!

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.

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.