

MONDAY 11/20		TUESDAY 11/21		WEDNESDAY 11/22		THURSDAY 11/23		FRIDAY 11/24		SATURDAY 11/25		SUNDAY 11/26	
6:00-7:00 YS	Vinyasa Yoga <i>Jorge Luna</i>	5:30-6:30 CS◆	Performance Cycling <i>JJ Hendershot</i>	5:30-6:00 CS◆	Studio Cycling <i>Greg Cohen (SUB)</i>	8:15-9:15 MS	Carve and Sculpt <i>Andrea Henderson</i>	6:00-7:00 YS	Power Yoga <i>Vivian Nguyen (SUB)</i>	8:00-8:45 CS◆	The Pursuit: Burn <i>Steven Ross</i>	8:00-8:45 MS◆	PURE STRENGTH <i>Dwayne Jeffers</i>
6:15-7:00 CS◆	The Pursuit: Build <i>Steven Ross</i>	6:00-6:45 MS	Metabolic Melt-down <i>Dwayne Jeffers</i>	6:00-6:45 MS◆	PURE STRENGTH <i>Titus-R'icard Baldwin</i>	9:00-10:15 CS◆	Beast n Feast Ride <i>Carlie Chiovetti, Christine Vroom</i>	6:15-7:00 CS◆	The Pursuit: Build <i>Steven Ross</i>	8:00-9:00 YS	Yoga Fundamentals <i>Christopher Quain</i>	8:45-9:45 CS◆	Studio Cycling <i>Christine Vroom</i>
8:15-9:15 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>Greg Cohen (SUB)</i>	9:30-10:00 MS	Cardio BOX <i>Greg Cohen</i>	8:15-9:15 MS	Sweat <i>Christine Vroom</i>	8:15-9:00 MS	Tabata <i>Titus-R'icard Baldwin</i>	8:45-9:45 MS	Body Sculpt <i>Andrea Henderson</i>
8:45-10:00 YS	Vinyasa Yoga (L3) <i>Adji</i>	8:15-9:00 TR◆	Precision Running® <i>Greg Cohen</i>	8:15-9:15 MS	Tabata <i>Titus-R'icard Baldwin</i>	9:30-10:45 YS	Gratitude Yoga <i>Amy B</i>	8:45-10:00 YS	Yoga Bootcamp (L2) <i>Jennifer Allen (SUB)</i>	8:15-9:00 TR◆	Precision Running® <i>Kaci Bacher</i>	8:45-10:00 YS	Power Yoga <i>Lauren Ikeda</i>
9:15-10:15 CS◆	Performance Cycling <i>JJ Hendershot</i>	8:45-10:00 YS	Yoga Flow <i>D'Andre Clayton</i>	9:15-10:05 CS◆	Studio Cycling <i>BJ Olson</i>	10:00-10:30 MS	Thanks and Planks <i>Greg Cohen</i>	9:15-10:15 CS◆	Studio Cycling <i>Christine Vroom (SUB)</i>	9:00-10:00 MS	Barre Fit Cardio <i>Andrea Henderson</i>	9:45-10:15 MS	Core Cuts <i>Andrea Henderson</i>
9:15-10:15 MS	Tabata <i>Titus-R'icard Baldwin</i>	9:15-10:15 CS◆	Studio Cycling <i>Carlie Chiovetti</i>	9:15-10:15 MS	Cardio BOX <i>Christine Vroom</i>	10:30-11:30 MS	Cardio Dance Fusion <i>Aaron Davis</i>	10:15-11:30 YS	Strong & Calm <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>
10:15-11:30 YS	Strong & Calm <i>Christopher Quain</i>	9:15-10:00 MS	THE CUT <i>Marisa Gonzalez</i>	10:15-11:30 YS	Strong & Calm <i>Yoga Christopher Quain</i>			9:15-10:15 MS	METCON3 <i>Steven Ross</i>	9:00-10:15 YS	Strong & Calm <i>Yoga Christopher Quain</i>	11:15-12:15 MS	Barre Bootcamp <i>Deb Praver</i>
10:20-11:20 MS	Pilates <i>JJ Hendershot</i>	10:00-10:15 MS	Rock The Plank <i>Marisa Gonzalez</i>	10:15-11:30 YS	Strong & Calm <i>Yoga Christopher Quain</i>			10:15-11:30 YS	Strong & Calm <i>Yoga Christopher Quain</i>	9:15-10:05 CS◆	Performance Cycling <i>Greg Cohen</i>	4:30-5:45 YS	Restorative Yoga <i>Amy B (SUB)</i>
11:00-12:00 PD	Swim Team (L2) <i>Niecia Staggs</i>	10:15-11:30 YS	Power Yoga (L2) <i>Jennifer Allen</i>	10:15-11:30 YS	Strong & Calm <i>Yoga Christopher Quain</i>			10:20-11:20 MS	Core Conditioning <i>Steven Ross (SUB)</i>	10:15-11:00 MS	METCON3 <i>Greg Cohen</i>		
11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	10:20-11:20 MS	Core Conditioning <i>Carlie Chiovetti (SUB)</i>	10:20-11:20 MS	Barre Fit Cardio <i>Christine Vroom</i>			11:00-12:00 PD	Swim Training (L1) <i>Niecia Staggs</i>	10:30-11:45 YS	Yoga Flow <i>Kristy Kelsey</i>		
12:00-1:00 YS	Vinyasa Yoga <i>Jessica Annand</i>	11:00-12:00 PD	Aqua Sculpt <i>Fabian Rodriguez</i>	11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>			11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	11:15-12:15 MS	Cardio Dance Fusion <i>Alice Cangas (SUB)</i>		
		11:30-12:30 MS	Zumba® <i>Alice Cangas</i>	12:00-1:00 YS	Vin-Hatha Yoga <i>Kali Alexander</i>			12:00-1:00 YS	Vinyasa Yoga <i>Jessica Annand (SUB)</i>				
5:15-6:00 MS	Whipped! <i>Titus-R'icard Baldwin</i>	5:15-6:15 MS	Pilates <i>Christine Vroom (SUB)</i>	5:15-6:00 MS	Barre Bootcamp <i>Aaron Davis (SUB)</i>			5:30-6:45 YS	Vinyasa Yoga <i>Nui Kaesmann</i>				
5:30-6:45 YS	Power Yoga <i>Jennifer Allen</i>	5:30-6:30 YS	Vinyasa Yoga (L3) <i>Adji</i>	5:30-6:45 YS	Power Yoga (L2) <i>Jorge Luna</i>								
6:00-7:00 CS◆	Studio Cycling <i>Christine Vroom</i>	6:00-7:00 PD	Swim Team (L3) <i>Niecia Staggs</i>	6:00-7:00 CS◆	Performance Cycling <i>Steven Ross (SUB)</i>								
6:00-7:00 MS	Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:15 CS◆	The Pursuit: Burn <i>Greg Cohen (SUB)</i>	6:00-6:30 MS	Best Butt Ever <i>Aaron Davis (SUB)</i>								
		6:30-7:30 MS	Hip Hop <i>Arthur Crenshaw</i>	6:30-7:30 MS	Cardio Dance Fusion <i>Aaron Davis</i>								
		6:30-7:30 YS	Restorative Yoga <i>Adji</i>										

PALOS VERDES

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THANKSGIVING MODIFIED HOURS

NOVEMBER 23: 07:00 AM - 02:00 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

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

WHAT'S NEW THIS MONTH

Fall back into fitness and create good habits for the holiday season and upcoming winter months.

STUDIO CYCLING

BEAST N FEAST RIDE Get into high gear with this challenging ride that will take you through climbs & sprints for a complete cycling workout.

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

GRATITUDE YOGA The perfect class for giving thanks. Join us for some energizing Yoga characterized by poses and sequences linked to breath and appreciation.

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.

ATHLETIC TRAINING

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!

THANKS AND PLANKS Get thankful and get tough. Using different cardio and strength intervals, you'll push your cardio to new limits through the use of external weights and your own body weight.

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.

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

CARVE AND SCULPT Carve yourself before you carve the bird. Challenge your strength and endurance in a sweat-drenched sculpting session, where great music keeps your heart racing for a thrilling total body workout.

CORE CONDITIONING A non aerobic conditioning class with focus primarily on the abdominals, lower back, shoulder and hip girdle. Enhances abdominal definition, core strength, core stability and flexibility.

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.

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.

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.

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.

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.