

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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>Megan Lamb</i>	6:00-7:00 CS◆	Performance Cycling <i>Megan Lamb</i>	6:00-7:00 YS	Power Yoga <i>Vivian Nguyen</i>	8:00-9:00 CS◆	Performance Cycling <i>BJ Olson</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 Meltdown <i>Dwayne Jeffers</i>	6:00-6:45 MS◆	PURE STRENGTH <i>Patti McCullum</i>	6:00-6:45 MS	Whipped! <i>Steven Ross</i>	6:15-7:00 CS◆	The Pursuit: Build <i>Steven Ross</i>	8:00-9:00 YS	Yoga Fundamentals <i>Christopher Quain</i>	8:30-9:30 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>Megan Lamb</i>	6:00-6:45 MS	Swim Team (L3) <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>	8:45-9:45 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>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>	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>	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>	9:45-10:15 MS	Core Cuts <i>Andrea Henderson</i>
9:15-9:45 MS◆	Firestarter <i>Patti McCullum</i>	9:15-10:00 MS	Studio Cycling <i>Carlie Chiovetti</i>	9:15-10:15 CS◆	Performance Cycling <i>Patti McCullum</i>	9:15-10:00 MS	Best Butt Ever <i>Gina Potter</i>	9:15-10:15 MS	METCON3 <i>Steven Ross</i>	9:00-10:15 YS	Strong & Calm <i>Christopher Quain</i>	10:15-11:15 MS	Cardio Dance Fusion <i>Aaron Davis</i>
9:45-10:15 MS	Tabata <i>Patti McCullum</i>	9:15-10:00 MS	THE CUT <i>Marisa Gonzalez</i>	9:15-10:15 MS	Cardio BOX <i>Christine Vroom</i>	9:15-9:45 YS	RX Series® <i>Tina Altman</i>	10:15-11:30 YS	Strong & Calm <i>Yoga Christopher Quain</i>	9:30-10:15 CS◆	The Pursuit: Burn <i>Steven Ross</i>	11:15-12:15 MS	Barre Bootcamp <i>Deb Praver</i>
10:15-11:30 YS	Strong & Calm <i>Christopher Quain</i>	10:00-10:15 MS	Best Arms Ever <i>Marisa Gonzalez</i>	10:15-11:30 YS	Strong & Calm <i>Yoga Christopher Quain</i>	9:45-10:30 YS	Yoga Tune Up® <i>Trina Altman</i>	10:20-11:20 MS	Body PRECISION <i>Jana Nizetich</i>	10:15-10:45 MS	Best Butt Ever <i>Patti McCullum</i>	4:30-5:45 YS	Restorative Yoga <i>Greville Henwood</i>
10:20-11:20 MS	Pilates <i>JJ Hendershot</i>	10:15-11:30 YS	Power Yoga (L2) <i>Jennifer Allen</i>	10:20-11:20 MS	Barre Fit Cardio <i>Christine Vroom</i>	10:00-10:15 MS	Core Cuts <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 Team (L2) <i>Niecia Staggs</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	Pilates <i>JJ Hendershot</i>	11:30-12:30 MS	Latinva® Dance <i>Johnny Latin</i>	10:45-11:00 MS	Best Arms Ever <i>Patti McCullum</i>		
11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	11:00-12:00 PD	Aqua Sculpt <i>Fabian Rodriguez</i>	11:30-12:30 MS	Latinva® Dance Fitness <i>Johnny Latin</i>	10:30-11:45 YS	Vinyasa Yoga <i>Amy B</i>	12:00-1:00 YS	Vinyasa Yoga <i>Lauren Ikeda</i>	11:00-11:15 MS	Stretch Essentials <i>Patti McCullum</i>		
12:00-1:00 YS	Vinyasa Yoga <i>Jessica Annand</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	Aqua Sculpt <i>Fabian Rodriguez</i>	5:30-6:45 YS	Vinyasa Yoga <i>Nui Kaesmann</i>	11:15-12:15 MS	Cardio Dance Fusion <i>Kat Brown</i>		
5:15-6:00 MS	Whipped! <i>Titus-R'icard Baldwin</i>	5:15-6:15 MS	Pilates <i>JJ Hendershot</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	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>	5:30-6:15 MS◆	PURE STRENGTH <i>Steven Ross</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</i>	5:30-6:15 TR◆	Precision Running® <i>Jennie Mauer</i>						
6:00-7:00 MS	Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:15 CS◆	The Pursuit: Burn <i>JJ Hendershot</i>	6:00-7:00 MS	Best Butt Ever <i>Deb Praver</i>	5:30-6:30 YS	Vinyasa Yoga (L3) <i>Adji</i>						
		6:30-7:30 MS	Hip Hop <i>Arthur Crenshaw</i>	6:30-6:45 MS	Best Arms Ever <i>Deb Praver</i>	6:15-6:45 MS◆	Firestarter <i>Steven Ross</i>						
		6:30-7:30 YS	Restorative Yoga <i>Adji</i>	6:45-7:00 MS	Stretch Essentials <i>Deb Praver</i>	6:30-7:30 YS	Restorative Yoga <i>Adji</i>						
				7:00-8:00 MS	Cardio Dance Fusion <i>Aaron Davis</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
PATTI MCCULLUM
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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

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

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.

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!

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 ARMS EVER Sculpt eye-catching arms in 15 minutes flat with a trial of constant tension involving dumbbells, resistance bands, and your own willpower.

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.

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.

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 insanelly 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 synonymous 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.