

THURSDAY 5/25		FRIDAY 5/26		SATURDAY 5/27		SUNDAY 5/28		MONDAY 5/29		TUESDAY 5/30		WEDNESDAY 5/31																																																					
6:00-7:00 CS◆ Studio Cycling <i>Kevin Sullivan</i>	5:30-6:15 MS 4X4 <i>Steven Ross</i>	8:00-8:45 CS◆ The Pursuit: Burn <i>Steven Ross</i>	8:30-9:30 CS◆ Rhythm Revolution <i>Christine Vroom</i>	8:15-9:15 MS Summer Slam <i>Gina Potter</i>	5:30-6:30 CS◆ Performance Cycling <i>Megan Lamb</i>	5:30-6:00 CS◆ Studio Cycling <i>Megan Lamb</i>	6:00-6:45 MS Whipped! <i>Patti McCullum</i>	6:15-7:00 CS◆ The Pursuit: Build <i>Steven Ross</i>	8:00-9:00 YS Yoga Fundamentals <i>Christopher Quain</i>	8:45-10:00 YS Memorial Day Warrior Yoga <i>Adji</i>	6:00-6:45 MS Metabolic Meltdown <i>Dwayne Jeffers</i>	6:00-7:00 MS Full Throttle <i>Kelly Walsh (California)</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 Yoga Bootcamp (L2) <i>D'Andre Clayton</i>	8:30-9:30 MS Body Sculpt <i>Andrea Henderson</i>	9:15-10:45 CS◆ Red, Ride and Blue <i>JJ Hendershot</i>	8:15-9:15 MS Body Sculpt <i>Andrea Henderson</i>	6:00-6:45 TR◆ Precision Running® <i>Megan Lamb</i>	8:15-9:15 MS Sweat <i>Christine Vroom</i>	8:15-9:00 TR◆ Precision Running® <i>Kaci Bacher</i>	8:45-10:00 YS Yoga Bootcamp (L2) <i>D'Andre Clayton</i>	9:30-10:00 MS Core Cuts <i>Andrea Henderson</i>	9:15-9:45 MS Firestarter <i>Patti McCullum</i>	8:15-9:00 TR◆ Tread and Shred <i>Jennie Mauer</i>	9:15-10:15 CS◆ Performance Cycling <i>JJ Hendershot</i>	9:15-10:15 MS Body Challenge <i>Gina Potter</i>	9:15-10:15 MS METCON3 <i>Steven Ross</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>	9:45-10:15 MS Summer Sculpt <i>Patti McCullum</i>	8:45-10:00 YS Yoga Flow <i>D'Andre Clayton</i>	8:15-9:15 MS Tabata <i>Titus-R'icard Baldwin</i>	9:15-9:45 YS RX Series® <i>Carol Argo (SUB)</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>	10:15-11:00 MS Rhythm Revolution <i>Patti McCullum</i>	10:15-11:30 YS Strong & Calm Yoga <i>Christopher Quain</i>	10:15-11:00 MS Swim Athletics <i>Niecia Staggs</i>	9:15-10:15 MS THE CUT <i>Marisa Gonzalez</i>	8:45-10:00 YS Power Yoga (L2) <i>Lauren Ikeda (SUB)</i>	9:15-9:45 YS Yoga Tune Up® <i>Carol Argo (SUB)</i>	10:20-11:20 MS Body PRECISION <i>Jana Nizetich</i>	9:15-10:00 MS Cardio BOX <i>Christine Vroom</i>	9:45-10:30 YS Yoga Tune Up® <i>Carol Argo (SUB)</i>	10:20-11:20 MS Body PRECISION <i>Jana Nizetich</i>	10:15-11:30 YS Strong & Calm Yoga <i>Christopher Quain</i>	10:20-11:20 MS Barre Fit Cardio <i>Christine Vroom</i>	10:20-11:20 MS Pilates <i>JJ Hendershot</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 Aqua Blast <i>Fabian Rodriguez</i>	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	11:00-11:15 MS Stretch <i>Steven Ross</i>	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	11:00-12:00 PD Aqua Blast <i>Fabian Rodriguez</i>	11:30-12:30 MS Zumba® <i>Alice Cangas</i>	11:30-12:30 MS FitFunk <i>Aaron Davis</i>	12:00-1:00 YS Vinyasa Yoga <i>Christopher Quain</i>	11:30-12:30 MS Latinva® Dance Fitness <i>Johnny Latin</i>	11:30-12:30 MS Zumba® <i>Alice Cangas</i>	11:30-12:30 MS FitFunk <i>Aaron Davis</i>	12:00-1:00 YS Vin-Hatha Yoga <i>Kali Alexander</i>
5:30-6:00 MS Firestarter <i>Steven Ross</i>	5:30-6:15 TR◆ Tread and Shred <i>Jennie Mauer</i>	5:30-6:15 YS Vinyasa Yoga (L3) <i>Adji</i>	5:30-6:30 MS Metabolic Meltdown <i>Steven Ross</i>	5:15-6:15 MS Pilates <i>JJ Hendershot</i>	5:15-6:15 MS Pilates <i>JJ Hendershot</i>	5:30-6:00 MS Barre Bootcamp <i>Deb Praver</i>	6:30-7:30 YS Restorative Yoga <i>Amy B</i>	6:30-7:15 CS◆ The Pursuit: Burn <i>JJ Hendershot</i>	6:30-7:15 CS◆ The Pursuit: Burn <i>JJ Hendershot</i>	6:30-7:30 MS Hip Hop <i>Arthur Crenshaw</i>	6:30-7:30 YS Restorative Yoga <i>Jessica Paquette</i>	5:30-6:30 YS Power Yoga (L2) <i>Jorge Luna</i>	6:00-6:30 MS Metabolic Meltdown <i>Steven Ross</i>	6:00-7:00 CS◆ Studio Cycling <i>Danielle Rakowski</i>	6:00-6:45 MS Best Butt Ever <i>Deb Praver</i>	6:45-7:00 MS Stretch and Relax <i>Deb Praver</i>	6:00-6:45 MS Best Butt Ever <i>Deb Praver</i>	7:00-8:00 MS Cardio Dance Fusion <i>Aaron Davis</i>	6:30-7:30 YS Restorative Yoga <i>Jessica Paquette</i>	6:00-6:45 MS Best Butt Ever <i>Deb Praver</i>	6:45-7:00 MS Stretch and Relax <i>Deb Praver</i>	7:00-8:00 MS Cardio Dance Fusion <i>Aaron Davis</i>	6:00-6:45 MS Best Butt Ever <i>Deb Praver</i>	6:45-7:00 MS Stretch and Relax <i>Deb Praver</i>	7:00-8:00 MS Cardio Dance Fusion <i>Aaron Davis</i>	6:00-6:45 MS Best Butt Ever <i>Deb Praver</i>	6:45-7:00 MS Stretch and Relax <i>Deb Praver</i>	7:00-8:00 MS Cardio Dance Fusion <i>Aaron Davis</i>																																					

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MEMORIAL DAY HOLIDAY HOURS

MAY 27 - MAY 28 07:00 AM - 05:00 PM

MAY 29: 07:00 AM - 07:00 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

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

WHAT'S NEW THIS MONTH
Spring is in the air. Welcome the new season with rejuvenating classes your body has been craving.

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.

RED, RIDE AND BLUE 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.

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.

TREAD AND SHRED A thrilling treadmill class easily modified to personally challenge your cardiovascular endurance via varied speed and incline levels. Effective coaching keeps you connected to your exertion level & heart rate and helps you maximize calorie burning and strength with every stride.

YOGA

MEMORIAL DAY WARRIOR YOGA Honor your inner Yoga warrior in a vigorous, more athletic approach to Yoga featuring flowing poses and sequences that support the breath.

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.

SPIRIT YOGA Wondering how yoga can uplift your physical, emotional and spiritual life? Experience the spirit of yoga through music, poetry, asana and meditation, and find clarity and conviction in mind and spirit. Leave inspired, refreshed, awakened, healed.

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 Refreshing movements from yoga, body therapy and evolved core conditioning systemically and intelligently prime and explore every part of your body. 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.

SUMMER SLAM Kick off summer as you dynamically mix cardio and strength intervals. Push yourself with external weights and your own weight to take your performance higher.

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! 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

4X4 Rev up your engine & go for the long haul. This Paul Katami workout brings the challenge you've been waiting for! 4x4 is the best body workout designed to maximize your time & effort with 60 second blocks of Cardio, Lower Body, Upper Body, & Core that progress in difficulty. How far can you go?

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.

SUMMER SCULPT Get ready for summer in an intense total-body conditioning session using weights, body bars and steps.

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.