

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS ◆ PURE STRENGTH <i>Patti McCullum</i>	5:30-6:20 CS ◆ Performance Cycling <i>Susie Arellano-Reed</i>	5:45-6:30 MS ◆ PURE STRENGTH <i>Susie Arellano-Reed</i>	5:30-6:20 CS ◆ The Pursuit: Build <i>Susie Arellano-Reed</i>	6:00-6:45 MS ◆ Whipped! <i>Tonya Dugger</i>	8:15-9:05 CS ◆ Rhythm Revolution <i>Tim Chang</i>	8:30-9:20 CS ◆ Performance Cycling <i>Brody Hessin</i>
6:00-7:00 YS Get Up & Flow! <i>Jenny Geysler</i>	6:30-7:00 MS ◆ THE CUT: Jump Rope <i>Marisa Gonzalez</i>	6:00-7:00 BR ◆ Real Deal Boxing <i>Adam Croom</i>	6:30-7:15 MS THE CUT <i>Marisa Gonzalez</i>	6:00-7:30 PD ◆ Group Triathlon Training - PAID <i>Dana Staggs</i>	8:30-9:20 MS ◆ PURE STRENGTH <i>Skip Jennings</i>	9:30-10:20 CS ◆ Studio Cycling <i>Susie Arellano-Reed</i>
6:45-7:30 CS ◆ Performance Cycling <i>Kathy Habert</i>	6:30-7:20 TR ◆ Precision Running® <i>Dana Staggs</i>	6:00-7:00 PD ◆ Group Triathlon Training - PAID <i>Dana Staggs</i>	6:30-7:20 TR ◆ Precision Running® <i>Dana Staggs</i>	6:00-7:00 YS Get Up & Flow! <i>Tasha Rose</i>	8:30-9:20 TR ◆ Precision Running® <i>Jamie Till</i>	9:30-10:20 MS Barre <i>Lia Montelongo</i>
9:00-10:00 MS EQX Barre Burn <i>Jenny Geysler</i>	7:00-7:30 MS 4X4 <i>Marisa Gonzalez</i>	6:00-7:00 YS Yoga Core <i>Kaci Bacher</i>	9:00-10:00 MS EQX Barre Burn <i>Aubre Winters</i>	6:45-7:30 CS ◆ Performance Cycling <i>Gaia Scott-Crouch</i>	9:30-10:20 CS ◆ The Pursuit: Burn <i>Brody Hessin</i>	9:30-10:45 YS Vinyasa Yoga <i>Robert Aсталos</i>
9:15-10:05 CS ◆ The Pursuit: Build <i>Angela Moore</i>	9:15-10:10 CS ◆ Studio Cycling <i>Gaia Scott-Crouch</i>	6:30-7:20 CS ◆ Studio Cycling <i>Remy Kam</i>	9:30-10:45 YS Power Yoga <i>Laura Myren</i>	9:15-10:15 CS ◆ Rhythm Revolution <i>Skip Jennings</i>	9:30-10:20 MS METCON3 <i>U. B. Sanchez</i>	10:30-11:00 MS ◆ Firestarter <i>Susie Arellano-Reed</i>
9:30-10:45 YS Yoga Flow <i>Robert Aсталos</i>	9:30-10:45 YS Yoga Flow <i>Laura Anderson</i>	9:00-10:00 MS Streamline Sculpt <i>Skip Jennings</i>	12:00-12:45 CS ◆ Performance Cycling <i>Tahneetra Crosby</i>	9:30-10:15 MS METCON3 <i>Sarah Beck</i>	9:30-10:45 YS Yoga Flow <i>Jenny Geysler</i>	11:00-11:30 MS Inner Athlete <i>Susie Arellano-Reed</i>
10:15-11:00 MS Tabata <i>Sarah Beck</i>	12:00-12:45 CS ◆ The Pursuit: Build <i>Jamie Till</i>	9:30-10:45 YS Vinyasa Yoga <i>Adji</i>	4:30-5:20 MS METCON3 <i>Renee Max</i>	9:30-10:45 YS Vinyasa Yoga <i>Adji</i>	10:30-11:30 BR ◆ Real Deal Boxing <i>U. B. Sanchez</i>	11:15-12:30 YS Kundalini Yoga <i>Pete Lee</i>
11:00-11:15 MS Best Arms Ever <i>Sarah Beck</i>	12:45-1:45 YS Pilates <i>Dani Yousefivand</i>	12:00-1:00 YS Power Yoga <i>Amy B</i>	5:30-6:15 MS ◆ PURE STRENGTH <i>U. B. Sanchez</i>	10:30-11:15 MS Best Butt Ever <i>Patti McCullum</i>	10:45-11:30 MS Barre <i>Lia Montelongo</i>	12:00-1:00 MS Cardio Hip Hop Funk <i>Donna Garcia</i>
12:00-1:00 YS Power Yoga <i>Amy B</i>	4:30-5:20 MS ◆ Ropes and Rowers <i>Renee Max</i>	12:30-1:30 MS ◆ Whipped! <i>Kenny Johnson</i>	5:45-6:35 TR ◆ Precision Running® <i>Kaci Bacher</i>	11:15-11:30 MS Best Arms Ever <i>Patti McCullum</i>	11:00-12:15 YS Vinyasa Yoga <i>Nathania Stambouli</i>	
12:30-1:30 MS ◆ Whipped! <i>Kenny Johnson</i>	5:30-6:20 MS Barre <i>Aubre Winters</i>	4:30-5:20 YS Pilates Fusion <i>Kaci Bacher</i>	5:45-7:00 YS Vinyasa Yoga <i>Laura Anderson</i>	12:00-1:00 YS Power Yoga <i>Skip Jennings</i>		
4:30-5:00 MS Best Butt Ever <i>Jade Peeples</i>	5:45-6:35 TR ◆ Precision Running® <i>Skip Jennings</i>	5:00-5:30 MS ◆ THE CUT: Jump Rope <i>Tonya Dugger</i>	6:30-7:30 CS ◆ Rhythm Revolution <i>Tim Chang</i>	12:30-1:15 MS ◆ Circuit Challenge <i>Renee Max</i>		
5:00-5:30 MS ◆ Firestarter <i>Jade Peeples</i>	5:45-7:00 YS Vinyasa Yoga <i>Nathania Stambouli</i>	5:45-6:30 MS THE CUT <i>Tonya Dugger</i>	6:30-7:30 MS Cardio Dance Fusion <i>Aaron Davis</i>	5:45-7:00 YS Vinyasa Yoga <i>Dylan Drew</i>		
5:30-6:20 MS METCON3 <i>Skip Jennings</i>	6:30-7:30 CS ◆ Streamline Sculpt <i>Tonya Dugger</i>	5:45-7:00 YS Yoga Sculpt <i>D'Andre Clayton</i>	6:30-7:30 PD Group Triathlon Training - PAID <i>Dana Staggs</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Robert Aсталos</i>		
5:45-7:00 YS Vinyasa Yoga <i>Adji</i>	6:30-7:20 MS Streamline Sculpt <i>Tonya Dugger</i>	6:30-7:20 CS ◆ The Pursuit: Burn <i>Susie Arellano-Reed</i>	7:00-8:00 BR ◆ Real Deal Boxing <i>Andrew Woods</i>			
6:30-7:30 CS ◆ Rhythm Revolution <i>Skip Jennings</i>	7:15-8:30 YS Vinyasa Yoga <i>Skip Jennings</i>	6:30-7:30 MS Barre Fit Cardio <i>Jasmine Danielle</i>				
6:30-7:20 MS Barre Fit Cardio <i>Lia Montelongo</i>	7:30-8:30 BR ◆ Real Deal Boxing <i>Andrew Woods</i>	6:30-7:30 PD EQX H2O: <i>Niecia Staggs</i>				
6:30-7:30 PD EQX H2O: Speed <i>Dana Staggs</i>	7:30-8:30 MS Cardio Hip Hop Funk <i>Jasmine Danielle</i>	7:15-8:30 YS Restorative Yoga & Meditation <i>Christopher Barbour</i>				
7:15-8:30 YS Power Yoga <i>Dylan Drew</i>						
7:30-8:15 MS Body Challenge <i>Claudine Cooper</i>						
8:15-8:30 MS Ab Lab <i>Claudine Cooper</i>						

SOUTH BAY

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MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT & SUN: 7:00AM - 7:00PM

GROUP FITNESS MANAGER
SKIP JENNINGS
skip.jennings@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

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

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.

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.

YOGA

GET UP & FLOW! An invigorating series of yoga postures tailored to your morning body. Vinyasas uniquely designed to transition you from a waking state into your day by warming & opening every muscle & joint in your body. Leave feeling centered, focused & energized!

KUNDALINI YOGA Through an integrated and authentic system of exercise, breath control, and meditation. This style of yoga promotes health, stimulates the mind's potential, and touches one's innermost being by awakening the Kundalini, the energy which is found at the base of the spine.

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 & MEDITATION Restore the body and renew the spirit as you quiet the mind with this soothing, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of props help to ease the body into poses that are held for longer periods of time.

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 CORE Full practice session of fiery and fierce core heating, strengthening exercises and asanas to move you towards a strong yoga core.

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.

ATHLETIC TRAINING

CIRCUIT CHALLENGE A variety of equipment, powerful bursts of cardiovascular drills and much more. Push your limits in this personal circuit station class. Timed sets and carefully programmed sequences to leave you drenched and empowered.

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.

GROUP TRIATHLON TRAINING - PAID Triathletes of all abilities train with triathlon-specific workouts designed to improve technique, speed and endurance. Ideal preparation for your next triathlon. New 10 week session each quarter. Swim test required.

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.

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. Exciting solo and team competitions will push you to bring it, beat it and brag about it!

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 Realize the dream of the dancer's body. Raise ballet to the next level as you combine precise techniques with athletic intensity for a total body workout.

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.

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?

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

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.

INNER ATHLETE Using all types of equipment and training techniques, Inner Athlete is engineered to improve your ability in physical activities as well as in sports by creating full body strength and endurance, balance, agility and reaction time and mental stamina.

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.

STREAMLINE SCULPT Burn calories, sculpt and increase muscle tone with functional training that improves your everyday life.

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.

PILATES FUSION Series of exercises performed on a mat to complement different elements of Pilates work focusing on core strengthening exercises and increasing flexibility.

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.

CARDIO HIP HOP FUNK This hip hop class will get you ready for the dance floor while adding a little funk to your cardio routine...you won't even think you're working out! Challenging and welcoming to all levels.

BOXING & MARTIAL ARTS

REAL DEAL BOXING Train like a boxer with a real boxer. A technique-oriented boxing class that also focuses on self-defense. Using real boxing equipment that may include heavy bags, speed bags, hand wraps and boxing gloves, you'll be on the same training path as a professional boxer, enhancing strength, focus, speed and agility.

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.

THE CUT: JUMP ROPE Practice like a prizefighter in THE CUT's newest evolution: a supercharged jump-rope class that keeps you on your toes for a double blast of cardio and conditioning. Meet your need for speed as you fly through bouts of fierce footwork & put a new spin on your rope skills with the weighted FURY rope.