

- Bold** New Class, Instructor, or Time
- ◆ Advance sign-up required

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
6:15-7:15 YS ◆	Vinyasa Yoga <i>Lindsey Hutterer</i>	6:00-6:45 CS ◆	Cycle Power Megan Lamb	6:15-7:00 MS ◆	MET CON3 <i>Titus-Ricard Baldwin</i>	6:15-7:00 MS ◆	Athletic Conditioning <i>Steven Ross</i>	6:15-7:00 MS ◆	PURE STRENGTH <i>Dwayne Jeffers</i>	8:00-8:45 CS ◆	Cycle Power <i>Attila Fruttus</i>	8:15-9:15 YS ◆	Athletic Yoga <i>Jay Cruz</i>
6:30-7:15 CS ◆	Cycle Beats Carlie Chiovetti	6:15-7:00 MS ◆	STRONG <i>Dwayne Jeffers</i>	6:30-7:15 CS ◆	Cycle Beats Steven Ross	7:15-8:15 YS ◆	Yoga Strong Jay Cruz	8:00-8:45 MS ◆	Tabata Max <i>Titus-Ricard Baldwin</i>	8:15-9:05 TR ◆	Precision Run@ <i>Lindsey Hutterer</i>	9:30-10:15 MS ◆	MET CON3 <i>Jay Cruz</i>
8:00-8:45 MS ◆	Stacked! <i>Gina Potter</i>	8:30-9:15 MS ◆	Ropes and Rowers <i>Lindsey Hutterer</i>	8:00-8:45 MS ◆	Athletic Conditioning <i>Gina Potter</i>	8:30-9:15 MS ◆	MET CON3 <i>Jay Cruz</i>	8:15-9:05 TR ◆	Elevate <i>Jennie Maurer</i>	9:00-9:45 MS ◆	Whipped! <i>Titus-Ricard Baldwin</i>	9:45-10:30 CS ◆	Cycle Beats <i>Isabel Woelfel</i>
8:15-9:05 TR ◆	Precision Run@ <i>Lindsey Hutterer</i>	9:15-10:15 YS ◆	Vinyasa Yoga <i>Michelle Osborne</i>	9:00-10:00 YS ◆	Athletic Yoga <i>Jennifer Allen</i>	9:15-10:15 YS ◆	Yoga Deconstructed@ <i>Trina Altman</i>	9:00-10:00 YS ◆	Vinyasa Yoga <i>Jennifer Allen</i>	9:15-10:15 YS ◆	Yoga Strong Lindsey Hutterer	3:15-4:15 YS ◆	Vinyasa Yoga + Meditation <i>Sun-Haeng Yu</i>
9:00-9:45 CS ◆	Cycle Power B.J. Olson	9:30-10:15 CS ◆	Cycle Power Lindsey Hutterer	10:15-11:00 MS ◆	Off The Barre <i>Ava Moreno</i>	9:30-10:15 CS ◆	Cycle Beats Carlie Chiovetti	10:15-11:00 MS ◆	Body Sculpt <i>Deb Praver</i>	11:30-12:15 YS ◆	Barefoot Body Sculpt <i>Alice Cangas</i>		
9:00-10:00 YS ◆	Athletic Yoga <i>Adji</i>	10:30-11:15 MS ◆	Pilates Mat Michelle Osborne	11:15-12:15 YS ◆	Vinyasa Yoga <i>Ava Moreno</i>	10:20-11:05 YS ◆	Best Stretch Ever <i>Trina Altman</i>	5:15-6:00 MS ◆	Athletic Conditioning <i>Marzena Janasik</i>	12:00-12:50 MS ◆	Cardio Dance Vicky Efstathiou		
10:15-11:00 MS ◆	STRONG <i>Titus-Ricard Baldwin</i>	11:00-12:00 PD ◆	Aqua Sculpt <i>Jacob Miller</i>	11:30-12:20 MS ◆	Hip Hop Marzena Janasik	10:30-11:15 MS ◆	Pilates Mat Ava Moreno	11:00-12:00 PD ◆	EQX H2O: Speed (L2) <i>Hunter Mitchell</i>				
11:30-12:20 MS ◆	Cardio Dance <i>Vicky Efstathiou</i>	11:30-12:30 YS ◆	Athletic Yoga Sabrina Mata	5:00-6:00 YS ◆	Athletic Yoga Nick Ventra	11:00-12:00 PD ◆	EQX H2O: Speed (L2) <i>Hunter Mitchell</i>	11:45-12:35 MS ◆	Studio Dance <i>Michelle Osborne</i>				
4:45-5:45 YS ◆	Regeneration Yoga <i>Michelle Osborne</i>	5:15-6:00 MS ◆	Firestarter + Best Abs Ever Lindsey Hutterer	5:15-6:00 MS ◆	Boxing <i>Isabel Woelfel</i>	11:45-12:35 MS ◆	Studio Dance <i>Michelle Osborne</i>	5:15-6:00 MS ◆	PURE STRENGTH <i>Titus-Ricard Baldwin</i>				
5:15-6:00 MS ◆	Tabata Max <i>Gina Potter</i>	5:30-6:30 YS ◆	Yoga Strong Cailyn O'Donnell	5:45-6:35 TR ◆	Precision Run@ <i>Lindsey Hutterer</i>	5:15-6:00 MS ◆	PURE STRENGTH <i>Titus-Ricard Baldwin</i>	5:30-6:30 YS ◆	Vinyasa Yoga <i>Nui Kaesmann</i>				
6:00-7:00 YS ◆	Athletic Yoga <i>Michelle Osborne</i>	5:45-6:45 PD ◆	Swim Team Pro (L3) <i>Hunter Mitchell</i>	6:15-7:15 YS ◆	Gentle Yoga + Meditation Nick Ventra	6:15-7:00 CS ◆	Cycle Power <i>Steven Haahr</i>	6:15-7:00 CS ◆	Cycle Power <i>Steven Haahr</i>				
6:30-7:15 MS ◆	Boxing <i>Seda Balci</i>	6:15-7:05 MS ◆	Cardio Dance <i>Kierstan Hernandez</i>										

EQUINOX

PALOS VERDES

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MON - THU: 5:00AM - 9:00PM

FRI: 5:00AM - 8:00PM

SAT - SUN: 7:00AM - 5:00PM

GROUP FITNESS MANAGER

lindseyhutterer@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

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

WHAT'S NEW THIS MONTH

CYCLING

CYCLE BEATS A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

CYCLE POWER A metrics-driven cycling workout that uses the best-in-class Stages Console to measure your performance, motivate, and challenge you. Build cardio, strength, and endurance to music you love.

RUNNING

ELEVATE An incline-based treadmill climbing workout that challenges your ability across a variety of terrains. Personalize your pace and improve your cardiovascular endurance. An Equinox exclusive.

PRECISION RUNS An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive.

YOGA

ATHLETIC YOGA A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

GENTLE YOGA + MEDITATION A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches. Feel centered with a meditation practice at the end of class.

REGENERATION YOGA A healing class with slow-paced, relaxing stretches. Unwind, de-stress, and focus on releasing tension and increasing body awareness.

VINYASA YOGA This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

VINYASA YOGA + MEDITATION A balanced class for the body and mind. Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Feel centered with a meditation practice at the end of class.

YOGA DECONSTRUCTED Increase strength and mobility in this open class led by Trina Altman. A mix of traditional yoga with science-backed exercise leaves you feeling both restored and energized.

YOGA STRONG Level up your Vinyasa flows and build muscle with a weighted yoga sandbag. Improve strength, mobility, and balance with expertly sequenced poses and athletic movements for a full body workout.

your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

OFF THE BARRE This off-the-barre class incorporates a continuous series of contemporary exercises. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

PILATES

PILATES MAT This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility and dramatically transform your body.

DANCE

CARDIO DANCE A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

HIP HOP A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

STUDIO DANCE A choreography-driven dance class. Learn a complete combination, improve technique, and unleash your inner dancer.

ZUMBA A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

BOXING AND KICKBOXING

BOXING Glove up for this impact class utilizing boxing bags. Build strength, endurance, and cardio fitness through boxing drills and core exercises. Hand wraps and boxing gloves needed.

POOL

AQUA SCULPT A non-stop, full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with a program that is gentle on the joints.

EQX H2O: SPEED Master sprints to optimize your speed, technique, and form. Race your way through competitive strokes and turns as you improve cardio fitness. Goggles recommended. An Equinox exclusive.

SWIM TEAM PRO Challenge your skills in an intermediate/advanced team-based swim class. Train like a pro with focus on drills, technique, stamina, strength and form. Must be able to swim 100 yards freestyle for the hour.

STRETCH AND RECOVERY

BEST STRETCH EVER A regeneration class using the Mobility Stick that turns stretching into training. Twist, push, and pull to find your best stretch ever. An Equinox exclusive.

SCULPT

BAREFOOT BODY SCULPT A barefoot workout that blends Pilates, barre, and lightweight sculpting. Strengthen your body from the ground up.

BODY SCULPT An endurance-based workout using high reps and light-to-medium weights. Build strength as you sculpt your entire body.

ATHLETIC TRAINING

ATHLETIC CONDITIONING A full-body workout using bodyweight and a variety of equipment. Improve your strength and cardiovascular endurance with this class for athletes and those pursuing a high-performance lifestyle.

FIRESTARTER + BEST ABS EVER A challenging mash-up of Equinox classics. Firestarter is the cardio HIIT challenge to test your endurance and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

MASTER OF ONE One weight is all it takes to ignite your muscles in this total-body workout. Increase strength, cardio, and endurance with intervals, breathwork, and active recovery. An Equinox exclusive.

METCON3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

PURE STRENGTH Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox exclusive.

ROPES AND ROWERS Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Burn calories and build muscle in this class that never lets you get complacent. An Equinox exclusive.

STACKED! This ladder-style training incorporates short intervals with strategic recovery periods. Challenge yourself with targeted movements stacked together for increased intensity. An Equinox exclusive.

STRONG A strictly strength-based workout designed to build muscle and increase power. Improve body composition and build lean muscle using a variety of equipment and bodyweight exercises.

TABATA MAX Max out your training in this science based HIIT class. Push your strength and cardio limits with intervals where your rest is always shorter than your work. Challenge the possibilities of what you can accomplish in just 20 seconds as you meet or beat your goals in this Equinox exclusive class.

WHIPPED! Whip yourself into shape in this circuit class that will push