

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
5:45-6:30 MS ◆ MET CON3 <i>Patti McCullum</i>	5:45-6:30 RD ◆ Whipped! <i>Titus-Ricard Baldwin</i>	5:45-6:30 RD ◆ Tabata Max <i>Susie Arellano-Reed</i>	6:00-7:00 YS ◆ Athletic Yoga <i>Nick Ventra</i>	5:45-6:30 MS ◆ Master of One <i>Alexis Harrell</i>	6:15-7:10 RD ◆ Playground Experience - PGX <i>Frank Fodera</i>	5:45-6:30 RD ◆ STRONG <i>Susie Arellano-Reed</i>	6:00-7:00 YS ◆ Vinyasa Yoga (HEATED) <i>Kaci Bacher</i>	5:45-6:30 MS ◆ Stacked! <i>Patti McCullum</i>	7:30-8:15 CS ◆ Cycle Beats <i>Susie Arellano-Reed</i>	8:00-8:45 CS ◆ Cycle Power <i>Attila Fruttus</i>	6:30-7:15 CS ◆ Cycle Beats <i>Amy Robertson</i>	6:15-7:00 RD ◆ Playground Experience - PGX <i>Marcus Cargill</i>	8:15-9:00 RD ◆ Athletic Conditioning - Outdoors <i>Marcus Cargill</i>	
8:00-9:00 YS ◆ Vinyasa Yoga (HEATED) Nathan Norrington	6:15-7:00 MS ◆ Trilogy Barre <i>Michelle Osborne</i>	6:30-7:15 CS ◆ Cycle Power <i>Chris Plourde</i>	8:45-9:30 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Maria Garcia</i>	8:00-9:00 YS ◆ Athletic Yoga Shazi Usman	8:45-9:30 MS ◆ Best Butt Ever <i>Maria Garcia</i>	6:15-7:00 MS ◆ PURE STRENGTH <i>Titus-Ricard Baldwin</i>	8:45-9:30 MS ◆ STRONG <i>Renee Max</i>	8:30-9:20 TR ◆ Cycle Power <i>Nick Ventra</i>	8:00-9:00 RD ◆ Playground Experience - PGX <i>Patti McCullum</i>	9:00-9:45 MS ◆ Tabata Max <i>Marisa Gonzalez</i>	8:45-9:30 MS ◆ Precision Run® <i>Maria Garcia</i>	9:30-10:15 MS ◆ Barre <i>Lauren Decierdo</i>	9:15-10:15 YS ◆ Yin Yoga Meditation (HEATED) <i>Robert Astalos</i>	
8:45-9:30 MS ◆ Athletic Conditioning Marzena Janasik	8:45-9:30 MS ◆ Vinyasa Yoga Nick Ventra	9:30-10:15 CS ◆ Cycle Beats Latif Diop	10:00-10:45 MS ◆ Barre <i>Cailyn O'Donnell</i>	9:30-10:15 CS ◆ Cycle Beats <i>Carlie Chiovetti</i>	10:00-10:45 MS ◆ Pilates Fusion <i>Maria Garcia</i>	6:30-7:15 CS ◆ Cycle Beats <i>Isabel Woelfel</i>	9:30-10:15 MS ◆ Hatha Yoga Nick Ventra	10:15-11:05 MS ◆ Bare <i>Lauren Decierdo</i>	9:30-10:15 CS ◆ Athletic Yoga <i>Jennifer Allen</i>	10:30-11:20 MS ◆ True Barre <i>Nathan Norrington</i>	10:45-11:45 YS ◆ Hatha Yoga <i>Robert Astalos</i>	10:45-11:45 MS ◆ Barefoot Body Sculpt <i>Cailyn O'Donnell</i>	10:30-11:15 MS ◆ MET CON3 <i>Maria Garcia</i>	9:30-10:15 CS ◆ Cycle Beats <i>Greg Davis</i>
10:15-11:00 MS ◆ Body Sculpt <i>Nathan Norrington</i>	12:00-1:00 YS ◆ Vinyasa Yoga <i>Cailyn O'Donnell</i>	10:45-11:45 YS ◆ Hatha Yoga <i>Robert Astalos</i>	4:15-5:00 MS ◆ Barre <i>Cailyn O'Donnell</i>	10:00-10:45 MS ◆ Pilates Fusion <i>Maria Garcia</i>	10:45-11:45 YS ◆ Vinyasa Yoga <i>Adji</i>	12:00-1:00 YS ◆ Athletic Yoga <i>Laurel Ertlane</i>	5:15-6:00 MS ◆ MET CON3 <i>Titus-Ricard Baldwin</i>	11:00-12:00 YS ◆ Yoga Deconstructed® <i>Trina Altman</i>	9:30-10:15 CS ◆ Cycle Power <i>Maria Garcia</i>	11:00-12:00 YS ◆ Power Yoga + Meditation Shazi Usman	4:45-5:30 RD ◆ Athletic Conditioning - Outdoors <i>Dwayne Jeffers</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Dylan Drew</i>	11:20-11:50 MS ◆ Best Abs Ever <i>Maria Garcia</i>	3:30-4:30 YS ◆ Vinyasa Yoga (HEATED) Shazi Usman
5:00-6:00 YS ◆ Vinyasa Yoga (HEATED) Sabrina Mata	5:00-6:00 YS ◆ Athletic Yoga <i>Robert Astalos</i>	5:00-6:00 YS ◆ Athletic Yoga <i>Robert Astalos</i>	5:00-6:00 YS ◆ Yoga Strong <i>Cailyn O'Donnell</i>	6:00-6:45 MS ◆ MET CON3 <i>U. B. Sanchez</i>	6:00-6:45 MS ◆ MET CON3 <i>U. B. Sanchez</i>	4:15-5:00 MS ◆ Trilogy Barre <i>Michelle Osborne</i>	5:30-6:30 YS ◆ Athletic Yoga <i>Dylan Drew</i>	11:20-11:50 MS ◆ Best Abs Ever <i>Maria Garcia</i>	3:30-4:30 YS ◆ Vinyasa Yoga (HEATED) Shazi Usman	3:30-4:30 YS ◆ Gentle Yoga + Meditation <i>Nick Ventra</i>	6:00-6:45 MS ◆ Ropes and Rowers <i>Renee Max</i>	6:00-7:00 RD ◆ Playground Experience - PGX <i>Patti McCullum</i>	6:00-6:45 MS ◆ EQX H2O: Speed <i>Dana Staggs</i>	6:00-6:50 RD ◆ Tabata Max - Outdoors <i>Renee Max</i>
6:30-7:30 PD ◆ EQX H2O: Endurance <i>Dana Staggs</i>	6:00-7:00 RD ◆ Playground Experience - PGX <i>Patti McCullum</i>	6:30-7:20 TR ◆ Precision Run® <i>Jennie Maurer</i>	6:30-7:30 PD ◆ EQX H2O: Speed <i>Dana Staggs</i>	6:30-7:30 CS ◆ EQX H2O: Speed <i>Dana Staggs</i>	6:30-7:30 CS ◆ EQX H2O: Speed <i>Dana Staggs</i>	5:30-6:15 MS ◆ Best Butt Ever <i>Maria Garcia</i>	6:30-7:30 PD ◆ EQX H2O: Power Dana Staggs	6:30-7:30 PD ◆ EQX H2O: Power Dana Staggs	6:30-7:30 PD ◆ EQX H2O: Power Dana Staggs	6:30-7:30 PD ◆ EQX H2O: Power Dana Staggs	6:30-7:30 PD ◆ EQX H2O: Endurance <i>Dana Staggs</i>	6:45-7:30 CS ◆ Cycle Power <i>Attila Fruttus</i>	6:45-7:30 CS ◆ EQX H2O: Speed <i>Dana Staggs</i>	6:30-7:20 TR ◆ Precision Run® <i>Maria Garcia</i>
6:45-7:30 CS ◆ Cycle Beats <i>Greg Davis</i>	6:45-7:35 MS ◆ Zumba® <i>Isabel Woelfel</i>	6:45-7:30 CS ◆ Cycle Power <i>Attila Fruttus</i>	7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) Dylan Drew	7:00-7:45 BR ◆ Boxing <i>U. B. Sanchez</i>	7:00-8:00 YS ◆ Vinyasa Yoga (HEATED) Dylan Drew	6:30-7:30 PD ◆ EQX H2O: Power Dana Staggs	6:30-7:20 TR ◆ Precision Run® <i>Maria Garcia</i>	6:30-7:20 TR ◆ Precision Run® <i>Maria Garcia</i>	6:30-7:20 TR ◆ Precision Run® <i>Maria Garcia</i>	6:30-7:20 TR ◆ Precision Run® <i>Maria Garcia</i>	6:45-7:30 CS ◆ Cycle Beats <i>Amy Robertson</i>	6:45-7:35 MS ◆ Studio Dance <i>Michelle Osborne</i>	6:45-7:35 MS ◆ Studio Dance <i>Michelle Osborne</i>	6:45-7:35 MS ◆ Studio Dance <i>Michelle Osborne</i>
7:00-8:00 YS ◆ Athletic Stretch Jay Cruz	7:00-8:00 YS ◆ Yoga Strong Nathan Norrington	7:00-8:00 YS ◆ Yoga Strong Nathan Norrington	7:15-8:00 MS ◆ Barre <i>Jennifer Harison</i>	7:15-8:00 MS ◆ Barre <i>Jennifer Harison</i>	7:15-8:00 MS ◆ Barre <i>Jennifer Harison</i>	6:45-7:30 CS ◆ Cycle Beats <i>Annelisa Moody</i>	6:45-7:30 CS ◆ Cycle Beats <i>Annelisa Moody</i>	6:45-7:30 CS ◆ Cycle Beats <i>Annelisa Moody</i>	6:45-7:30 CS ◆ Cycle Beats <i>Annelisa Moody</i>	6:45-7:30 CS ◆ Cycle Beats <i>Annelisa Moody</i>	6:45-7:30 CS ◆ Cycle Beats <i>Amy Robertson</i>	6:45-7:35 MS ◆ Studio Dance <i>Michelle Osborne</i>	6:45-7:35 MS ◆ Studio Dance <i>Michelle Osborne</i>	6:45-7:35 MS ◆ Studio Dance <i>Michelle Osborne</i>

SOUTH BAY

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MON - THU: 5:00AM - 9:00PM
FRI: 5:00AM - 8:00PM
SAT - SUN: 7:00AM - 5:00PM

KID'S CLUB HOURS

MON - SUN: 9:00AM - 1:00PM

GROUP FITNESS MANAGER

maria.garcia@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

RD	Roof Deck
PD	Pool Deck
BR	Boxing Studio
TR	Treadmill Area
YS	Yoga Studio
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

PRECISION RUN® 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.

HATHA YOGA A classic take on a physical yoga practice—without vinyasa. Move, challenge, and restore your body through an ancient system of poses, taught with a modern understanding.

POWER YOGA + MEDITATION A balanced class for the body and mind. A vigorous and flowing full-body workout, this challenging class focuses on strengthening and conditioning. Feel centered with a meditation practice at the end of class.

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 (HEATED) 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.

YIN YOGA MEDITATION (HEATED) A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

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.

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.

TABATA MAX - OUTDOORS 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

UPPER BODY CONDITIONING + BEST ABS EVER A challenging mash-up of Equinox classics. Start by shaping and defining your upper body with effective, time-efficient methods, then build abdominal muscles and enhance total-body performance.

WHIPPED! Whip yourself into shape in this circuit class that will push your limits. Build power and endurance using battle ropes, high-intensity strength, and cardio drills. An Equinox exclusive.

BARRE

BARRE A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

TRILogy BARRE A ballet-inspired workout at the triple-barre that uses custom-designed resistance bands to sculpt and tone. Increase flexibility while building and defining muscle. An Equinox exclusive.

TRUE BARRE This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

PILATES

PILATES FUSION An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

DANCE

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.

THE CUT A choreographed cardio-forward boxing workout with no bags, no wraps, and no ring. It's just you, light hand-weights, and five rhythmic, relentless rounds. An Equinox exclusive.

POOL

EQX H2O: ENDURANCE Challenge yourself with long-distance sets inspired by open-water swimming and triathlon training. Build strength and improve cardio fitness. Goggles recommended. An Equinox exclusive.

EQX H2O: POWER Hit the deck with poolside strength exercises followed by in-pool resistance sets and laps. Improve your core, upper body and cardio strength. Goggles recommended. An Equinox exclusive.

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.

STRETCH AND RECOVERY

ATHLETIC STRETCH Improve posture and enhance performance whether you're an athlete, yogi, or just starting to exercise. Recover and regenerate with a variety of techniques and leave restored and rejuvenated.

SCULPT

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

 **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.

ATHLETIC CONDITIONING - OUTDOORS 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.

BEST ABS EVER A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

BEST BUTT EVER Engineered to fire up your glutes, this class builds strength, definition, and power. Build muscle and increase balance with additional focus on your core and waist. An Equinox exclusive.

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.

PLAYGROUND EXPERIENCE - PGX Team up for this challenging circuit-training program. Catapult through cycles of timed rounds and intervals. Increase power, strength, agility, core, and 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.