

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30 CS ◆ Cycle Power <i>Rachel Neal</i>	5:45-6:30 MS ◆ STRONG <i>Rachel Neal</i>	5:45-6:30 CS ◆ Cycle Beats <i>Chrys Landeros</i>	6:00-7:00 YS ◆ Yoga Sculpt <i>Cassandra Harris</i>	6:00-6:45 MS ◆ Athletic Conditioning <i>Dominique Waninger</i>	7:15-7:45 YS ◆ Regeneration Yoga (HEATED) <i>Chrys Landeros</i>	8:00-8:45 CS ◆ Cycle Power <i>Lucas Blankenhorn</i>
6:00-6:45 MS ◆ Tabata Max <i>Emily Stubler</i>	6:00-7:00 YS ◆ Vinyasa Yoga <i>Paul DaSilva</i>	6:00-6:45 MS ◆ Stacked! <i>Rachel Neal</i>	8:30-9:15 MS ◆ Whipped! <i>Seda Balci</i>	7:00-7:45 TR ◆ Precision Run@ <i>Chrys Landeros</i>	7:45-8:00 YS ◆ Best Abs Ever <i>Chrys Landeros</i>	9:00-9:45 MS ◆ STRONG <i>Seda Balci</i>
6:45-7:30 YS ◆ Athletic Stretch <i>Rachel Neal</i>	8:30-9:15 MS ◆ Body Sculpt <i>Rucky McKinley</i>	7:00-7:45 TR ◆ Precision Run@ <i>Kimball Theoret</i>	9:30-10:15 CS ◆ Cycle Beats <i>Kami Urode-Abe</i>	8:00-8:45 YS ◆ Pilates Fusion <i>Dominique Waninger</i>	8:15-9:00 CS ◆ Cycle Beats <i>Chrys Landeros</i>	9:15-10:00 CS ◆ Cycle Beats <i>Tracey Brenneise</i>
9:30-10:30 YS ◆ Vinyasa Yoga (HEATED) <i>Sandi Cohn</i>	9:30-10:15 CS ◆ Cycle Power <i>Rachel Neal</i>	7:15-8:00 MS ◆ Upper Body Conditioning + Best Abs Ever <i>Rachel Neal</i>	10:00-10:45 MS ◆ Cardio Sculpt <i>Chrys Landeros</i>	9:15-10:00 YS ◆ Barre <i>Lucas Blankenhorn</i>	9:00-10:15 YS ◆ Vinyasa Yoga (HEATED) <i>Sandi Cohn</i>	9:30-10:15 YS ◆ Barre <i>Lucas Blankenhorn</i>
10:00-10:45 MS ◆ Tabata Max <i>Tracey Brenneise</i>	9:45-10:30 MS ◆ Cardio Dance <i>Rucky McKinley</i>	8:00-9:00 YS ◆ Vinyasa Yoga <i>James Afshar</i>	11:00-11:45 YS ◆ Barre <i>Lucas Blankenhorn</i>	9:30-10:15 MS ◆ Tabata Max <i>Rachel Neal</i>	9:15-10:00 MS ◆ Rounds <i>Chrys Landeros</i>	10:00-10:45 MS ◆ Tabata Max <i>Seda Balci</i>
11:00-11:45 YS ◆ Pilates Fusion <i>Rachele Marsh</i>	11:00-11:50 YS ◆ Yoga Sculpt <i>Rucky McKinley</i>	8:30-9:15 CS ◆ Cycle Power <i>Kimball Theoret</i>	4:15-5:00 YS ◆ Barre <i>Zsolt Banki</i>	10:30-11:15 YS ◆ Athletic Stretch <i>Rachel Neal</i>	9:30-10:15 TR ◆ Precision Run@ <i>Kimball Theoret</i>	
12:00-12:45 CS ◆ Cycle Beats <i>Seda Balci</i>	4:15-5:00 YS ◆ Barre <i>Zsolt Banki</i>	9:30-10:30 MS ◆ Best Butt Ever + Best Abs Ever <i>Dominique Waninger</i>	4:30-5:15 MS ◆ Best Butt Ever <i>Rachel Neal</i>	12:00-12:45 CS ◆ Cycle Beats <i>Matthew Ritter</i>	10:00-10:45 CS ◆ Cycle Power <i>Rachel Neal</i>	
4:00-5:00 YS ◆ Vinyasa Yoga <i>James Afshar</i>	4:30-5:15 MS ◆ Whipped! <i>Tracey Brenneise</i>	11:00-11:50 YS ◆ Athletic Yoga <i>Chrys Landeros</i>	5:15-6:00 YS ◆ Pilates Fusion <i>Lucas Blankenhorn</i>	1:00-2:00 YS ◆ Vinyasa Yoga (HEATED) <i>James Afshar</i>	10:30-11:15 MS ◆ Tabata Max <i>Kimball Theoret</i>	
4:30-5:15 MS ◆ Body Sculpt <i>Rucky McKinley</i>	5:30-6:15 CS ◆ Cycle Beats <i>Matthew Ritter</i>	4:00-5:15 YS ◆ Gentle Yoga + Meditation <i>Luciana Freire</i>	5:30-6:15 CS ◆ Cycle Power <i>Rachel Neal</i>		10:45-11:30 YS ◆ Pilates Fusion <i>Nicole Perin</i>	
5:15-6:00 YS ◆ Barre <i>Lucas Blankenhorn</i>	5:45-6:45 YS ◆ Vinyasa Yoga (HEATED) <i>Lin Salas</i>	4:15-5:00 MS ◆ Cardio Boxing <i>Seda Balci</i>	Athletic Conditioning <i>Dominique Waninger</i>		12:00-12:45 YS ◆ Athletic Stretch <i>Rachel Neal</i>	
5:30-6:15 MS ◆ Cardio Dance <i>Rucky McKinley</i>	6:00-6:45 MS ◆ METCON3 <i>Natalie Neyman</i>	5:30-6:15 MS ◆ STRONG <i>Seda Balci</i>	5:45-6:30 MS ◆ Athletic Conditioning <i>Dominique Waninger</i>			
6:00-6:45 CS ◆ Cycle Beats <i>Kami Urode-Abe</i>		5:45-6:30 YS ◆ Pilates Fusion <i>Danielle English</i>	6:30-7:30 YS ◆ Vinyasa Yoga <i>Heidi Blackstock</i>			
6:30-7:30 YS ◆ Vinyasa Yoga (HEATED) <i>Heidi Blackstock</i>		6:00-6:45 CS ◆ Cycle Beats <i>Natalie Neyman</i>				

HUNTINGTON BEACH

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MON - THU: 5:30AM - 8:00PM

FRI: 5:30AM - 7:00PM

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

GENERAL MANAGER

JEFF PETERS

jeff.peters@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

TR	Treadmill Area
CS	Cycling Studio
YS	Yoga Studio
MS	Main Studio

WHAT'S NEW THIS MONTH

CYCLING

ANTHEM™ Bike to the beat of our curated tracks in this music-fueled indoor ride. Ditch the metrics, ride the rhythm, and let the power of the playlist drive you. An Equinox exclusive.

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.

REGENERATION YOGA (HEATED) 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 (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.

YOGA SCULPT A challenging class of high-intensity interval training and cardiovascular exercise combining bodyweight toning exercises with traditional yoga poses.

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.

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.

BEST BUTT EVER + BEST ABS EVER A challenging mash-up of Equinox classics. Best Butt is strategically engineered to lift and shape your hottest asset and Best Abs Ever builds abdominal muscles and enhances total-body performance all in one.

METCONS 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.

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.

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.

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

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.

BOXING AND KICKBOXING

CARDIO BOXING Get your heart rate up with this intense, no-contact boxing workout. Punch, push up, squat, and lunge your way through a high-energy cardio experience set to heart-thumping music.

ROUNDS Three stations—zero breaks. Train through rounds of boxing skill-based intervals that test your speed, strength, and stamina with jump ropes, heavy bags, and weights. An Equinox exclusive. Please bring your own boxing gloves.

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

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

CARDIO SCULPT A continuous rhythmic workout using high reps and light weights in combination with cardio drills. Build strength and endurance as you sculpt your entire body.