

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45 CS * Endurance Ride 60 <i>JJ Hendershot-Sailer</i>	6:00-6:45 TR * Precision Run® <i>Jacob Miller</i>	5:45-6:45 CS * Endurance Ride 60 <i>JJ Hendershot-Sailer</i>	6:00-6:45 TR * Precision Run® <i>Megan Lamb</i>	6:00-6:30 CS * Beats Ride 30 <i>Steven Ross</i>	8:00-8:45 CS * Beats Ride <i>Attila Fruttus</i>	8:15-9:15 YS * Power Vinyasa <i>Sun-Haeng Yu</i>
6:15-7:00 MS * Kettlebell Power <i>Jacob Miller</i>	6:15-7:00 MS * Stacked <i>Dwayne Jeffers</i>	6:15-7:00 MS * Stronger <i>Titus-R'icard Baldwin</i>	6:15-7:00 MS * Tabata Max <i>Steven Ross</i>	6:30-7:00 MS * Kettlebell Power <i>Steven Ross</i>	8:00-8:45 MS * Rounds: Boxing Circuit <i>Titus-R'icard Baldwin</i>	8:30-9:15 CS * Beats Ride <i>Steven Haahr</i>
8:00-9:00 MS * Athletic Conditioning <i>Gina Potter</i>	8:15-9:05 YS * Barre Beyond <i>Jennifer Brown</i>	8:00-9:00 MS * Athletic Conditioning <i>Gina Potter</i>	8:15-9:00 YS * Pilates Rise <i>Milena Sarian</i>	8:00-8:30 MS * Tabata Cardio 30 <i>Sharon Kennedy</i>	8:15-9:00 TR * Precision Run® <i>Sharon Kennedy</i>	8:30-9:15 MS * <b>Rhythmic Sculpt</b> <i>Kari McKillip</i>
8:15-9:00 TR * Precision Run® <i>Titus-R'icard Baldwin</i>	8:30-9:15 MS * Whipped! <i>Titus-R'icard Baldwin</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Jennifer Brown</i>	8:30-9:15 MS * MetCon3 <i>Titus-R'icard Baldwin</i>	8:00-8:45 TR * Precision Walk: Elevate <i>Jacob Miller</i>	8:45-9:30 YS * Barefoot Sculpt <i>Jennifer Brown</i>	9:30-10:15 MS * Athletic Conditioning <i>Steven Haahr</i>
9:00-9:45 CS * Precision Ride <i>BJ Olson</i>	9:15-10:15 YS * Power Vinyasa <i>Suzu Nece</i>	9:00-9:45 CS * Anthem Ride <i>Steven Haahr</i>	9:15-10:15 YS * Athletic Stretch <i>Jessica W. Chen</i>	8:30-8:45 MS * Upper Body Pump <i>Sharon Kennedy</i>	9:00-9:45 MS * Whipped! <i>Titus-R'icard Baldwin</i>	9:30-10:15 TR * Precision Walk: Elevate <i>Kari McKillip</i>
9:15-10:00 MS * EQX Barre Burn <i>Jennifer Brown</i>	9:30-10:15 CS * Beats Ride <i>JJ Hendershot-Sailer</i>	9:15-10:00 MS * Body Sculpt <i>Cailyn O'Donnell</i>	9:30-10:15 CS * Beats Ride <i>JJ Hendershot-Sailer</i>	8:45-9:00 MS * Best Abs Ever <i>Sharon Kennedy</i>	9:45-10:45 YS * Vinyasa Yoga <i>Nui Kaesmann</i>	10:30-11:30 YS * Vinyasa Yoga <i>Vivian Nguyen</i>
10:00-11:00 YS * Sculpted Yoga™ <i>Jennifer Allen</i>	9:30-10:15 MS * Cardio Kickboxing <i>Titus-R'icard Baldwin</i>	10:00-10:45 YS * Best Stretch Ever <i>Jennifer Brown</i>	9:30-10:15 MS * EQX Barre Burn <i>Jennifer Brown</i>	9:00-9:45 CS * Beats Ride <i>Sharon Kennedy</i>	10:00-11:00 MS * Athletic Conditioning <i>Sharon Kennedy</i>	10:45-11:30 MS * Pilates Mat <i>Steven Haahr</i>
10:15-11:00 MS * <b>Rhythmic Sculpt</b> <i>Jennifer Brown</i>	10:30-11:15 MS * Pilates Mat <i>JJ Hendershot-Sailer</i>	10:15-11:05 MS * EQX Barre Burn <i>Cailyn O'Donnell</i>	10:30-11:15 MS * Pilates Mat <i>JJ Hendershot-Sailer</i>	9:00-10:00 YS * Hatha Yoga <i>Jennifer Allen</i>	11:15-12:00 MS * Best Stretch Ever <i>Jennifer Brown</i>	11:45-12:35 MS * Cardio Dance <i>Vicky Efstathiou</i>
11:15-12:00 PD * Aqua Sculpt <i>Titus-R'icard Baldwin</i>	11:30-12:20 MS * <b>Cardio Dance</b> <i>Michelle Osborne</i>	11:15-12:00 PD * Aqua Sport <i>Steven Haahr</i>	11:30-12:30 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	9:15-10:00 MS * Pilates Mat <i>Ava Moreno</i>	11:15-12:00 YS * Barefoot Sculpt <i>Nathan Norrington</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Sun-Haeng Yu</i>
11:15-12:00 YS * Athletic Stretch <i>Michelle Osborne</i>	11:30-12:30 YS * Gentle Yoga <i>Sun-Haeng Yu</i>	11:15-12:00 YS * <b>Pilates Mat</b> <i>Cailyn O'Donnell</i>	11:30-12:30 YS * Gentle Yoga <i>Sun-Haeng Yu</i>	10:15-11:00 MS * <b>Rhythmic Sculpt</b> <i>Ava Moreno</i>	12:15-1:15 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	
11:30-12:20 MS * Cardio Dance <i>Vicky Efstathiou</i>	3:30-4:30 PD * Swim Team Pro <i>Romina Caristo</i>	11:30-12:30 MS * Studio Dance: GROOV3 <i>Nupeir Garret</i>	3:30-4:30 PD * Swim Team <i>Romina Caristo</i>	11:15-12:00 PD * Aqua Sculpt <i>Sharon Kennedy</i>	12:30-1:15 YS * Sound Meditation <i>Jessica Paquette</i>	
4:45-5:45 YS * Gentle Yoga <i>Michelle Osborne</i>	5:00-6:00 YS * Power Vinyasa <i>Sabrina Mata</i>	4:30-5:15 YS * Pilates Rise <i>Olivia Atwood</i>	5:30-6:30 YS * Vinyasa Yoga <i>Nui Kaesmann</i>	11:45-12:35 MS * Cardio Dance <i>Vicky Efstathiou</i>		
5:15-6:00 MS * MetCon Monday <i>Titus-R'icard Baldwin</i>	5:30-6:15 MS * Best Butt Ever <i>Gina Potter</i>	5:15-6:00 MS * Barre Beyond <i>Olivia Atwood</i>	6:30-7:15 MS * Stacked <i>Amy McGuire</i>	2:00-3:00 PD * Swim Team <i>Romina Caristo</i>		
6:00-6:45 YS * Pilates Mat <i>Michelle Osborne</i>	6:15-7:00 CS * Precision Ride <i>Sharon Kennedy</i>	6:00-7:00 YS * Restorative Yoga <i>Nathan Norrington</i>		4:30-5:30 YS * Sculpted Yoga™ <i>Ava Moreno</i>		
6:45-7:30 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	6:15-7:00 YS * Athletic Stretch <i>Jessica W. Chen</i>	6:15-7:00 MS * Stronger <i>Marisa Gonzalez</i>		5:00-5:45 MS * <b>Athletic Conditioning</b> <i>Steven Ross</i>		
	6:30-7:15 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>			5:45-6:30 YS * Sonic Meditation <i>Ava Moreno</i>		

# EQUINOX

## PALOS VERDES

550 Deep Valley Drive, Suite 212

ROLLING HILLS ESTATES CA  
90274

EQUINOX.COM

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**MON-THU** 05:00 AM 10:00 PM

**FRI** 05:00 AM 08:00 PM

**SAT-SUN** 07:00 AM 06:00 PM

## GROUP FITNESS MANAGER

jennifer.brown@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

**CS** Cycling Studio

**MS** Main Studio

**YS** Yoga Studio

**TR** Treadmill Area

**PD** Pool Deck

## CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

## Cycling

**Anthem Ride** Let the music move you! Vibe, flow, and sweat to the beat in our Signature “all music, no metrics” ride. An Equinox Exclusive.

**Beats Ride** 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.

**Beats Ride 30** Get ready for 30 minutes of intense, challenging Cycling intervals with a bangin' playlist to motivate you in this max ride. With zero down time, we'll have you in and out in 30 minutes. Guaranteed.

**Endurance Ride 60** An extended cycling workout so you can ride those extra miles. A Stages Console measures your performance to motivate and challenge you while building strength, power, and endurance.

**Precision Ride** A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

## 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. Bring headphones - not needed at PR Lab locations.

**Precision Walk: Elevate** A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

## Yoga

**Gentle Yoga** 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.

**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 Vinyasa** 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.

**Restorative Yoga** A gentle, healing practice that uses props to support deep rest and balance in the body. Relax your muscles, ease your mind, and nurture your spirit.

**Sculpted Yoga™** Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

**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.

**Weekend Wind Down Yoga** A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

## Athletic Training

**Athletic Conditioning** This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

**Best Butt Ever** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

**Kettlebell Power** This total-body workout combines strength-focused compound movements, explosive power, and core conditioning. Learn how to safely navigate this classic modality with expert instruction.

**MetCon Monday** Mondays are for MetCon, so start your week strong! 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.

**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.

**Stacked** Maximize your workout by “stacking” targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive.

**Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

**Tabata Cardio 30** A 30-minute cardio-only challenge that demands everything you've got. Fire up your heart rate with 20-second bodyweight exercises, where your rest is always shorter than your work. An Equinox exclusive.

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

## Barre

**Barre Beyond** Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

**EQX Barre Burn** This off-the-barre sculpt class uses light weights and props to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

## 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.

**Pilates Rise** Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

## 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.

**Cardio Dance: Zumba** A dance fitness program with Latin, International, and popular music. Learn easy-to-follow routines and improve cardiovascular fitness.

**Studio Dance: GROOV3** Get intoxicated by your workout! This 60 min, music-video inspired dance class uses 1 non-stop calorie-slaying DJ set, 2 speeds of choreography making it accessible to all levels, and 3 times the empowerment as you DANCE, SWEAT and LIVE far beyond your workout. Join the GROOV3MENT!

## Boxing and Kickboxing

**Cardio Kickboxing** An intense, no-contact class inspired by boxing and kickboxing training methods. A combination of kicks, punches, and blocks with cardio and strength drills for a high-energy workout.

**Rounds: Boxing Circuit** Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Pool

**Aqua Sport** Increase power in this aquatic strength and conditioning class. Push, pull, and press against water resistance with cardio and strength exercises designed to maximize your power. Swim cap required.

## 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.

**Best Stretch Ever** Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

**Sonic Meditation** Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

**Sound Meditation** A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

## Sculpt

**Barefoot Sculpt** A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

**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.

**Body Sculpt** An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

**Rhythmic Sculpt** Move to the beat in this dynamic Sculpt class that keeps you moving in steady, low-impact motion. This mid-intensity workout shapes and tones your body. Increase endurance with movement that seamlessly flows to the rhythm of the music. An Equinox exclusive.

**Upper Body Pump** Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.