

MONDAY JUN 29, 2015	TUESDAY JUN 30, 2015	WEDNESDAY JUL 1, 2015	THURSDAY JUL 2, 2015	FRIDAY JUL 3, 2015	SATURDAY JUL 4, 2015	SUNDAY JUL 5, 2015
6:15 - 7:00 * The Pursuit: Build CS Steven Ross	5:30 - 6:00 Boot Camp Express MS Steven Ross	6:00 - 7:00 * Studio Cycling CS Steven Ross	6:00 - 7:00 * Studio Cycling CS Kevin Sullivan	5:30 - 6:00 Tabata MS Steven Ross	8:00 - 9:00 Yoga Fundamentals YS Christopher Quain	8:30 - 9:30 * Studio Cycling CS Steven Ross
8:15 - 9:15 Body Challenge MS Gina Potter	6:00 - 7:00 * Studio Cycling CS Kevin Sullivan	6:00 - 7:00 Full Throttle MS Kelly Walsh (California)	8:15 - 9:15 Body Challenge MS Gina Potter	6:00 - 7:00 * Studio Cycling CS Steven Ross	8:00 - 9:00 Equinox Run Club CL Kristina Earnest	8:30 - 9:30 Body Sculpt MS Andrea Henderson
8:45 - 10:00 Yoga (L2/3) YS Adjji	6:00 - 6:30 Core Strength & Stretch MS Steven Ross	8:45 - 10:00 Power Vinyasa Yoga (L2) YS Harold Gim	9:00 - 9:30 RX Series® YS Trina Altman	6:00 - 7:00 Power Yoga YS Greville Henwood	8:15 - 9:00 Tabata MS Titus-R'icard Baldwin	9:30 - 10:00 Core Strength & Stretch MS Steven Ross
9:15 - 10:15 * Roadfit Cycling CS JJ Hendershot	8:15 - 9:15 Body Sculpt MS Andrea Henderson	9:15 - 10:15 X-Treme X-Train MS Christine Vroom	9:15 - 10:15 * Roadfit Cycling CS Christine Vroom	8:15 - 9:15 Sweat MS Christine Vroom	8:30 - 10:00 * Endurance Ride CS Kerry Rizzo	9:30 - 10:45 Vinyasa Flow Yoga YS Louise Guest
9:15 - 10:15 Tabata MS Rebecca T & Carlie C	9:00 - 10:15 Stress Release (yoga) YS Jessica Chen	9:30 - 10:15 * The Pursuit: Build CS Steven Ross	9:15 - 10:15 Body Sculpt MS Andrea Henderson	8:45 - 10:00 Power Vinyasa Yoga (L2) YS Harold Gim	9:00 - 10:00 Barre Fit Cardio MS Andrea Henderson	10:00 - 11:00 Dancer's Body MS Dulce Vera-rey
10:15 - 11:15 PilateSTRENGTH MS JJ Hendershot	9:15 - 10:15 * Studio Cycling CS Carlie Chiovetti	10:15 - 11:15 Barre Fit Cardio MS Christine Vroom	9:30 - 10:15 Yoga Tune Up® YS Trina Altman	9:15 - 10:15 * Studio Cycling CS Carlie Chiovetti	9:00 - 10:15 Strong & Calm Yoga YS Christopher Quain	11:00 - 12:00 Barre Bootcamp MS Deb Praver
10:15 - 11:30 Strong & Calm Yoga (L1/2) YS Christopher Quain	9:15 - 10:00 Tabata MS Titus-R'icard Baldwin	10:15 - 11:30 Strong & Calm Yoga (L2) YS Christopher Quain	10:15 - 11:15 PilateSTRENGTH MS Christine Vroom	9:15 - 10:00 METCON3 MS Titus-R'icard Baldwin	10:15 - 11:00 METCON3 MS Kristina Earnest	
11:00 - 12:00 Swim Athletics PD Niccia Staggs	10:15 - 11:15 Core Conditioning MS Carlie Chiovetti	11:30 - 12:30 Latinva® Dance Fitness MS Johnny Latin	10:15 - 11:30 Power Vinyasa Yoga YS Amy B	10:15 - 11:15 Core Conditioning MS Carlie Chiovetti	10:30 - 12:00 Yoga (L2/3) YS Adjji	
11:30 - 12:30 Latinva® Dance Fitness MS Johnny Latin	10:15 - 11:30 Power Vinyasa Yoga (L2) YS Jennifer Richard	11:30 - 12:45 Kundalini Yoga YS Linh James	11:00 - 12:00 Aqua Blast PD Fabian Rodriguez	10:15 - 11:30 Strong & Calm Yoga (L1/2) YS Christopher Quain	11:00 - 12:00 Move and Groove MS Aaron Davis	
	11:00 - 12:00 Aqua Blast PD Fabian Rodriguez		11:30 - 12:30 Zumba® MS Alice Cangas	11:00 - 12:00 Swim Training (L1/2) PD Niccia Staggs		
	11:30 - 12:30 Move and Groove MS Aaron Davis			11:30 - 12:30 Latinva® Dance Fitness (L2/3) MS Johnny Latin		
12:00 - 1:00 Yoga Glow: Flow YS Jessica Annand	4:30 - 5:30 Junior SwimTeam PAID PD Niccia Staggs		4:30 - 5:30 Junior SwimTeam PAID PD Niccia Staggs	12:00 - 1:00 Yoga Glow: Flow YS Bonnie Johanson		
				4:30 - 5:30 Junior SwimTeam PAID PD Niccia Staggs		
5:15 - 6:00 Metabolic Meltdown MS Jason Hardy	5:15 - 6:15 PilateSTRENGTH MS JJ Hendershot	5:15 - 6:00 Barre Bootcamp MS Deb Praver	5:30 - 6:15 Eliminator MS Alyse Intagliata			
5:30 - 6:45 Power Vinyasa Yoga (L2) YS Jennifer Richard	6:00 - 7:00 Yoga (L3) YS Adjji	5:30 - 6:45 Power Vinyasa Yoga YS Harold Gim	6:00 - 7:00 Yoga (L3) YS Adjji			
6:00 - 7:00 * Studio Cycling CS Jason Hardy	6:15 - 7:15 Cardio Dance Fusion MS Dulce Vera-rey	6:00 - 7:00 * Studio Cycling CS Megan Lamb	6:30 - 7:30 Zumba® MS Susie Bartes			
6:00 - 7:00 Dance, Diva, Dance! MS Aaron Davis	6:30 - 7:15 * The Pursuit: Burn CS JJ Hendershot	6:00 - 7:00 Deep EXtreme MS Deb Praver	6:30 - 7:30 Masters Swim PD Niccia Staggs			
7:00 - 8:00 You vs.You MS Mike Saffaie	7:00 - 8:00 Deep Release Yoga (L1/2) YS Adjji	7:00 - 8:00 BOX IT! MS Victor Leigh	7:00 - 8:00 Deep Release Yoga (L1/2) YS Adjji			
7:00 - 8:00 Deep Release Yoga YS Nui Kaesmann	7:15 - 8:00 Tabata MS Titus-R'icard Baldwin					

JULY 4TH 2015 - CLASS DESCRIPTIONS

PALOS VERDES

550 Deep Valley Drive
 Rolling Hills Estates CA 90274
 310.697.1016
 equinox.com

BULLETIN BOARD

HOLIDAY HOURS

Friday, July 3rd
 4:30AM - 6:00PM
 Saturday, July 4th
 7:00AM - 5:00PM

CLASS SCHEDULE LEGEND

BOLD New Class, Instructor or Time
 * Sign-up required
 (available 30 min prior to start of class)

CLASS LEVEL GUIDE

Unless otherwise indicated, all levels are welcome
 L1 Beginner
 L1/2 Beginner/Intermediate
 L2 Intermediate
 L2/3 Intermediate/Advanced
 L3 Advanced/Practiced

STUDIO KEY

CS Cycling Studio
 MS Main Studio
 PD Pool Deck
 YS Yoga Studio
 CL Club Lobby

AQUA BLAST

Dive into this low impact cardio & conditioning class that incorporates the latest & wettest aqua based exercises into a joint friendly, high energy water workout.

BARRE BOOTCAMP

Whip your glutes, abs, arms, legs, back and shoulders into a strong, lean, elongated shape with a special barre-inspired bootcamp workout. Set to bumpin' beats, weights, balls and cardio exercises take your traditional barre workout to a whole new level.

BARRE FIT CARDIO

High energy, non-stop, low-impact Barre work designed to make you sweat. The sequencing is designed to increase the heart rate, build endurance, and strength for a maximum caloric burn! Target the seat, legs, abs, and arms and sculpt and elongate muscles for a lengthened and toned physique.

BODY CHALLENGE

An Equinox Favorite. High intensity intervals of cardio and strength training Great music, great energy great results...Using multi compound movements with weights and the latest weight lifting techniques. Be ready to take your body to the next level.

BODY SCULPT

A fundamental workout that strengthens the entire body with a variety of sequences and equipment. Fun and effective for all fitness levels.

BOOT CAMP EXPRESS

A 30-minute total body blast! This challenging combination of Plyometric drills and resistance training will work every muscle in your body. Get ready to sweat!

BOX IT!

High intensity boxing class set to energizing music. Strong emphasis on cardio and effective boxing technique. Intermediate to advanced.

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.

CORE CONDITIONING

Your core is defined as everything BUT your arms and legs. In this non aerobic conditioning class, focus is placed primarily on the abdominals, lower back, shoulder and hip girdle. Enhance abdominal definition, core strength, core stability and flexibility.

CORE STRENGTH & STRETCH

An alignment class that focus on two very important components of fitness: core strength and flexibility.

DANCE, DIVA, DANCE!

Unleash your wild side and throw caution to the wind and enjoy bumping, thumping, grinning and grinding as your inner Diva is coaxed to the surface. Think Diva Dancing 101 meets classic burlesque movement with a combination of Cabaret, Hip-Hop, funk, and jazz to today's top 40 music.

DANCER'S BODY CONDITIONING

You don't have to be a dance diva to enjoy the bliss of a dancer's workout and the svelte results of a dancer's body. Join dancers and non-dancers alike to sweat and train with the secret moves and conditioning tricks that shape a dancers body.

DEEP EXTREME

The barefoot cardio training of the future. All you need is your body weight and your breath to experience this challenging, unique workout. Move, swing, hold, release and fly in the most recent creation of Robert Steinbacher, fitness genius. Get off the machines. Get on your feet.

DEEP RELEASE YOGA

To hold or to flow...why not do both? Guided Prana Flow Yoga to organically lubricate the joints, warm the muscles of the body, and stimulate self awareness. Innovative postures held for longer durations supported by props to increase flexibility and encourage a full-body Deep Release.

ELIMIN8TOR

An intense full-body workout that turns a challenging metabolic training class into an interactive game. Eliminate exercises in an intense countdown using cards as your guide. Shape the path your workout will take and push yourself to the limit.

ENDURANCE RIDE

An extended studio cycling class that is perfect for the weekend warrior. Extra minutes equals extra endurance, extra calories and extra strength.

EQUINOX RUN CLUB

No matter your goal, this workout inspires more from your run. Great for the marathoner or the purist who just enjoys to run, improve your stride, cardiovascular endurance, and deliver the physical and inner strength necessary to achieve your personal goals. Created by Wes Pedersen for Equinox.

FULL THROTTLE

Sport and agility drills are combined with athletic strength training exercises for a dynamic, calorie burning, total body workout.

JUNIOR SWIMTEAM PAID

A pre-competitive swim team format created by head coach Niccia Staggs in 2008. Kids ages 8-12 practice a proven series of drills designed to improve technique and endurance, while exhibiting good sportsmanship. Ideal prep for the Jr. Lifeguard test. New sessions each quarter. Swim test required.

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.

LATINVA® DANCE FITNESS

Exercise your mind, body and spirit with Latin inspired dance steps in a thrilling and amazing cardio dance workout. Johnny's unique style of non verbal teaching empowers you to move naturally to the beat and rhythm of high energy dance moves and great music.

MASTERS SWIM

Taught by a certified swim coach this class is synonymous with training sessions that high caliber swimmers experience. Emphasis is on drills, technique, stamina, strength and form. Pool CLOSED during class.

METABOLIC MELTDOWN

An intense full-body workout designed to spike your body's metabolic rate. Jump, crawl, pull, push and swing as you melt away the pounds and create a new lean body.

METCON3

Meet your goals head on and fully amped in body and mind! Perfectly scripted, this high-intensity metabolic conditioning workout taxes all 3 energy systems and acts like a fat-incinerator to ensure results that leave you fit and motivated for the demands of your life.

MOVE AND GROOVE

A non-stop movement experience for anyone and everyone. Fun fast paced dance oriented cardio workout minus difficult routines to memorize. Learn to love just moving to the music, and enjoying your body.

PILATESTRENGTH

Find your core power in this athletic fusion of Pilates, conditioning and conscious movement. Take your form, flexibility and strength to the next level using only your body weight as resistance. Class is designed to be as challenging as possible for athletes, and inviting to new comers.

POWER VINYASA YOGA

A dynamic, physically energizing form of yoga that is characterized by flowing sequences that are linked to the breath.

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.

ROADFIT CYCLING

Indoor training for the outdoor cyclist. Sport-specific drills for endurance, power, and speed that include time trailing, climbs, sprints and pulls for an exciting and unpredictable ride that is both challenging and fun.

RX SERIES®

Here's the rub: Don't expect to achieve results without proper R&R. Designed by Jill Miller to explore the 3 "M's" – massage, mobilization and maximizing performance – and revitalize your body. Self-myofascial massage, range-of-motion stretches and breath strategy combine for high performance.

STRESS RELEASE (YOGA)

This class takes a physical approach to the yoga practice connecting postures, movement and breathing. Improve your inner and outer strength, develop your flexibility while decreasing your stress level and enhancing your body awareness.

STRONG & CALM YOGA

This hatha yoga class improves strength and calms your mind. Increase your mental and physical flexibility while releasing stress and enhancing body awareness. It's perfect for beginners, as well, as advanced students who wish to deepen their practice.

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.

SWEAT

A no nonsense workout with cardio drills and strength building exercises for a challenging, sports training experience. Reach your fitness goals and be prepared to SWEAT in this high-energy, high-intensity class.

SWIM ATHLETICS

Focus on drills and form as you develop an efficient swim stroke. Workout is well-suited for general fitness and skill development as well as athletic goals including triathlon training. Emphasis is on the freestyle stroke. Participants must be able to swim 100 yards freestyle non-stop.

SWIM TRAINING

Learn how to swim. All the basic swim strokes taught to all levels.

TABATA

A courageous, daring, & dynamic conditioning experience: 20 second bouts of high intensity training followed by 10 seconds of rest x 8 = 4 minute intervals to increase athletic performance, boost VO2Max, & decrease body fat. The Tabata Protocol is proven to physiologically transform your body.

THE PURSUIT: BUILD

Take on 3 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.

VINYASA FLOW YOGA

A vigorous, more athletic approach to yoga techniques characterized by flowing poses and sequences that are linked to the breath.

X-TREME X-TRAIN

A challenging cross-training class that combines sets and reps of muscle conditioning exercises, with plyometric training drills. A fast paced total body workout geared toward increasing both muscular strength and endurance.

YOGA

A balanced and innovative approach to the traditional and popular Eastern Practice combining elements unique to each Instructor's experience and incorporating work from various styles including Ashtanga, Hatha, Vinyasa, Iyengar and Forest.

YOGA FUNDAMENTALS

For first timers or those looking to fine tune their practice. Emphasis on the fundamentals of Yoga to increase awareness of alignment, build strength and increase flexibility.

YOGA GLOW: FLOW

A noontime yoga flow class to re-energize and invigorate your day. Fuel your body with the nutrients of a healthy yoga flow practice. Get your blood flowing and ready for the rest of your day.

YOGA TUNE UP®

Refreshing movements from yoga, body therapy and evolved core conditioning systemically and intelligently prime and explore every part of your body. Designed by Jill Miller.

YOU VS. YOU

A functional workout that uses a combination of techniques. Smart exercises using your own bodyweight make this workout simple, effective, and challenging.