

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 7:00 * Studio Cycling CS Steven Ross 6:00 - 6:45 * Precision Running TR Rebecca Tilbrooke 8:15 - 9:15 Body Challenge MS Gina Potter 8:45 - 10:00 Yoga (L2/3) YS Adji 9:15 - 10:15 * Roadfit Cycling CS JJ Hendershot 9:15 - 10:15 Tabata MS Rebecca Tilbrooke 10:15 - 11:15 PilateSTRENGTH MS JJ Hendershot 10:15 - 11:30 Strong & Calm Yoga (L1/2) YS Christopher Quain 11:00 - 12:00 Swim Athletics PD Nicia Staggs 11:30 - 12:30 Latinva® Dance Fitness MS Johnny Latin	5:30 - 6:00 Boot Camp Express MS Steven Ross 6:00 - 7:00 * Studio Cycling CS Kevin Sullivan 6:00 - 6:30 Core Strength & Stretch MS Steven Ross 8:15 - 9:15 Body Sculpt MS Andrea Henderson 9:00 - 10:00 Stress Release (yoga) YS Jessica Chen 9:15 - 10:15 * Studio Cycling CS Carrie Chiovetti 9:15 - 10:15 Full Throttle MS Adam Armbrust 10:15 - 11:15 Core Conditioning MS Jana Nizetich 10:30 - 11:45 Power Vinyasa Yoga (L2) YS Jennifer Richard 11:00 - 12:00 Aqua Blast PD Fabian Rodriguez 11:30 - 12:30 Move and Groove MS Aaron Davis	6:00 - 7:00 * Studio Cycling CS Steven Ross 6:00 - 7:00 Full Throttle MS Kelly Walsh (California) 8:45 - 9:15 Ab Lab MS Rebecca Tilbrooke 8:45 - 10:00 Power Vinyasa Yoga (L2) YS Harold Gim 9:15 - 10:15 * Studio Cycling CS Rebecca Tilbrooke 9:15 - 10:15 X-Treme X-Train MS Christine Vroom 10:15 - 11:15 Barre Fit Cardio MS Christine Vroom 10:15 - 11:30 Strong & Calm Yoga (L2) YS Christopher Quain 11:00 - 12:00 Dipped 'n' Ripped PD Steven Ross 11:30 - 12:30 Latinva® Dance Fitness Johnny Latin 11:45 - 1:00 Kundalini Yoga YS Linh James	6:00 - 7:00 * Studio Cycling CS Kevin Sullivan 8:15 - 9:15 Body Challenge MS Gina Potter 9:00 - 9:30 RX Series YS Trina Altman 9:15 - 10:15 * Roadfit Cycling CS JJ Hendershot 9:15 - 10:15 Body Sculpt MS Andrea Henderson 9:30 - 10:15 Yoga Tune Up® YS Trina Altman 10:15 - 11:15 PilateSTRENGTH MS JJ Hendershot 10:30 - 11:45 Power Vinyasa Yoga YS Amy B 11:00 - 12:00 Aqua Blast PD Fabian Rodriguez 11:30 - 12:30 Zumba® MS Alice Cangas	5:30 - 6:00 Tabata MS Rebecca Tilbrooke 6:00 - 7:00 * Studio Cycling CS Rebecca Tilbrooke 6:00 - 7:00 Power Yoga YS Greville Henwood 8:15 - 9:15 Sweat MS Christine Vroom 8:45 - 10:00 Power Vinyasa Yoga (L2) YS Harold Gim 9:15 - 10:15 * Studio Cycling CS Carrie Chiovetti 9:15 - 10:00 METCON3 MS Rebecca Tilbrooke 10:15 - 11:15 Core Conditioning MS Jana Nizetich 10:15 - 11:30 Strong & Calm Yoga (L1/2) YS Christopher Quain 11:00 - 12:00 Swim Training (L1/2) PD Nicia Staggs 11:30 - 12:30 Latinva® Dance Fitness (L2/3) MS Johnny Latin	7:30 - 9:00 * Endurance Ride CS Kerry Rizzo 8:00 - 9:00 Yoga Fundamentals YS Christopher Quain 8:15 - 9:15 Tabata MS Titus-R'icard Baldwin 9:00 - 10:00 Masters Swim PD Nicia Staggs 9:00 - 10:15 Strong & Calm Yoga YS Christopher Quain 9:15 - 10:15 * Roadfit Cycling CS JJ Hendershot 9:15 - 10:15 Inner Athlete MS Christine Vroom 10:15 - 11:15 Rhythm + Barre MS Christine Vroom 10:30 - 12:00 Yoga (L2/3) YS Adji 11:15 - 12:15 Move and Groove MS Aaron Davis	8:30 - 9:30 * Studio Cycling CS Steven Ross 8:30 - 9:30 Body Sculpt MS Andrea Henderson 9:30 - 10:00 Core Strength & Stretch MS Steven Ross 9:30 - 10:45 Vinyasa Flow Yoga YS Layla Guest 10:00 - 11:00 Zumba® MS Susie Bartes 11:00 - 12:00 Barre Bootcamp MS Deb Praver
12:00 - 1:00 Yoga Glow: Flow YS Jessica Annand	4:30 - 5:30 Junior SwimTeam PAID PD Nicia Staggs		4:30 - 5:30 Junior SwimTeam PAID PD Nicia Staggs	12:00 - 1:00 Yoga Glow: Flow YS Bonnie Johanson 4:30 - 5:30 Junior SwimTeam PAID PD Nicia Staggs		4:30 - 5:45 Restorative Yoga YS Greville Henwood
5:15 - 6:00 METCON3 MS Kristina Earnest 5:30 - 6:45 Power Vinyasa Yoga (L2) YS Jennifer Richard 6:00 - 7:00 * Studio Cycling CS Kristina Earnest 6:00 - 7:00 Dance, Diva, Dance! MS Aaron Davis 7:00 - 8:00 You vs.You MS Mike Saffaie 7:00 - 8:00 Deep Release Yoga YS Kristy Kelsey	5:15 - 6:15 PilateSTRENGTH MS JJ Hendershot 6:00 - 7:00 Yoga (L3) YS Adji 6:15 - 7:15 * Roadfit Cycling CS JJ Hendershot 6:15 - 7:15 Eliminator MS Alyse Intagliata 7:00 - 8:00 Deep Release Yoga (L1/2) YS Adji	5:00 - 6:00 BOX IT! MS Victor Leigh 5:30 - 6:45 Power Vinyasa Yoga YS Harold Gim 6:00 - 7:00 * Studio Cycling CS Steven Ross 6:00 - 7:00 Deep EXtreme MS Deb Praver 7:00 - 8:00 You vs.You MS Mike Saffaie	5:15 - 6:15 Rhythm + Barre MS Christine Vroom 5:15 - 6:00 * Precision Running TR Rebecca Tilbrooke 6:00 - 7:00 Yoga (L3) YS Adji 6:15 - 7:15 * Studio Cycling CS Christine Vroom 6:30 - 7:30 Zumba® MS Susie Bartes 6:30 - 7:30 Masters Swim PD Nicia Staggs 7:00 - 8:00 Deep Release Yoga (L1/2) YS Adji	5:30 - 6:45 Happy Hour Yoga YS Layla Guest		

JANUARY 2015 - CLASS DESCRIPTIONS

PALOS VERDES

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

CLUB HOURS

Mon-Thurs: 4:30am - 10:00pm
Fri: 4:30am - 9:00pm
Sat & Sun: 7:00am - 7:00pm

KIDS's CLUB HOURS

Mon-Fri 8:00am - 2:00pm
Mon-Thurs: 4:00pm - 7:30pm
Fri: 4:00pm - 7:00pm
Sat-Sun: 8:00am - 1:00pm

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
TR Treadmill Area

AB LAB

Improve your core strength, balance and posture. A focused workout with cutting edge abdominal and lower back exercises.

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 traditional and effective Boxing technique. Intermediate to advanced.

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.

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.

DIPPED 'N' RIPPED

This class combines pilates in the pool with water running in a dance based atheletic all encompassing water resistant workout. Noodles and water weights are incorporated with athletic movements for the safest low impact workout to achieve the maximum results.

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.

FULL THROTTLE

A 60 minute fitness frenzy that combines sport and agility drills with athletic strength training exercises for a dynamic, calorie burning, total body workout.

HAPPY HOUR YOGA

A Mixed level class that will work your entire body in one hour. Fluid, heat building and full of joy. This class will be the happiest, healthiest hour of your day.

INNER ATHLETE

Be prepared to work, laugh and love fitness like you never thought you could as you twist, push, pull, slide and jump your way into a fitness frenzy using BOSU, balls, gliding discs, free weights and body weight!

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.

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.

PRECISION RUNNING

Our newest class leads you through efficient, precisely designed intervals on the treadmill to hit every muscle in your body for the ultimate burn. You'll increase your power and speed, and forever improve your run. Created by David Siik for Equinox. Sign-up is required at the front desk. Make sure to bring your own headphones.

RESTORATIVE YOGA

Restore the body and renew the spirit as you quiet the mind with this passive, gentle style of yoga, ideal for beginners or those recovering from injuries. The use of yoga props helps to support and ease the body into poses held over extended time. As body relaxes, the mind grows still.

RHYTHM + BARRE

Elevate your barre experience and use rhythm to guide you in this barre, Pilates and barefoot cardio inspired workout. Rhythm + Barre will challenge your cardiovascular endurance, bodyweight strength, agility and flexibility.

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.

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.