

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 MS * Athletic Conditioning <i>Dwayne Jeffers</i>	6:00-6:45 TR * Precision Run + Strength <i>Mary Vando</i>	5:45-6:45 CS * Beats Ride 60 <i>JJ Hendershot-Sailer</i>	6:00-6:45 TR * Precision Run + Strength <i>Mary Vando</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>
8:00-8:45 MS * MetCon Monday <i>Gina Potter</i>	6:15-7:00 MS * Kettlebell Power <i>Jacob Miller</i>	6:00-6:30 MS * Athletic Conditioning <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: Bags and Mitts <i>Titus-R'icard Baldwin</i>	8:30-9:15 CS * Anthem Ride <i>Steven Haahr</i>
8:15-9:00 TR * Precision Run® <i>Titus-R'icard Baldwin</i>	8:15-9:05 YS * True Barre: Cardio <i>Jennifer Brown</i>	6:30-7:00 MS * Pilates Mat <i>Titus-R'icard Baldwin</i>	8:15-9:00 YS * Pilates Rise <i>Milena Sarian</i>	8:00-8:50 MS * Stronger <i>Titus-R'icard Baldwin</i>	8:15-9:00 TR * Precision Run® <i>Sharon Kennedy</i>	8:30-9:15 MS * Rhythmic Sculpt <i>Kari McKillip</i>
9:00-9:50 CS * Beats Ride <i>JJ Hendershot-Sailer</i>	8:30-9:15 MS * Athletic Conditioning <i>Sharon Kennedy</i>	8:00-8:45 MS * Stacked <i>Gina Potter</i>	8:30-9:15 MS * MetCon3 <i>Titus-R'icard Baldwin</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Jacob Miller</i>	8:45-9:30 YS * Barefoot Sculpt <i>Jillian Forster</i>	9:30-10:15 MS * Athletic Conditioning <i>Steven Haahr</i>
9:15-10:00 MS * True Barre: Off the Barre <i>Jennifer Brown</i>	9:15-10:15 YS * Power Vinyasa <i>Suzu Nece</i>	8:15-9:00 TR * Precision Walk: Elevate <i>Jennifer Brown</i>	9:15-10:15 YS * Athletic Stretch <i>Jessica W. Chen</i>	9:00-9:45 CS * Beats Ride <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>
10:00-11:00 YS * Sculpted Yoga™ <i>Jennifer Allen</i>	9:30-10:15 CS * Beats Ride <i>JJ Hendershot-Sailer</i>	9:00-9:50 CS * Beats Ride <i>Mary Vando</i>	9:30-10:15 CS * Beats Ride <i>JJ Hendershot-Sailer</i>	9:00-10:00 YS * Hatha Yoga <i>Jennifer Allen</i>	9:45-10:45 YS * Vinyasa Yoga <i>Nui Kaesmann</i>	10:30-11:30 YS * Vinyasa Yoga <i>Vivian Nguyen</i>
10:15-11:00 MS * Rhythmic Sculpt <i>Jennifer Brown</i>	9:30-10:15 MS * The Cut <i>Kari McKillip</i>	9:15-10:00 MS * Body Sculpt <i>Cailyn O'Donnell</i>	9:30-10:15 MS * True Barre: Off the Barre <i>Jennifer Brown</i>	9:15-10:00 MS * Pilates Mat <i>Ava Moreno</i>	10:00-11:00 MS * Athletic Conditioning <i>Sharon Kennedy</i>	10:45-11:30 MS * Pilates Mat <i>Steven Haahr</i>
11:15-12:00 PD * Hydro Sculpt <i>Titus-R'icard Baldwin</i>	10:30-11:15 MS * Pilates Mat <i>JJ Hendershot-Sailer</i>	10:00-10:45 YS * Best Stretch Ever <i>Jennifer Brown</i>	10:30-11:15 MS * Pilates Mat <i>JJ Hendershot-Sailer</i>	10:15-11:00 MS * Rhythmic Sculpt <i>Ava Moreno</i>	11:15-12:00 MS * Athletic Stretch <i>Jessica W. Chen</i>	11:15-12:15 PD * Swim: Basics <i>Rachel Pinto</i>
11:15-12:00 YS * Athletic Stretch <i>Michelle Osborne</i>	11:30-12:30 YS * Gentle Yoga <i>Sun-Haeng Yu</i>	10:15-11:05 MS * True Barre: Off the Barre <i>Cailyn O'Donnell</i>	11:30-12:30 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	11:15-12:00 PD * Hydro Sculpt <i>Jillian Forster</i>	11:15-12:00 YS * Barefoot Sculpt <i>Jillian Forster</i>	11:45-12:35 MS * Cardio Dance <i>Vicky Efsthathiou</i>
11:45-12:35 MS * Cardio Dance <i>Vicky Efsthathiou</i>	3:30-4:30 PD * Swim: Pro <i>Romina Caristo</i>	11:15-12:00 PD * Hydro Sculpt <i>Mary Vando</i>	11:30-12:30 YS * Gentle Yoga <i>Sun-Haeng Yu</i>	11:45-12:35 MS * Cardio Dance <i>Vicky Efsthathiou</i>	12:15-1:15 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	3:00-4:00 YS * Weekend Wind Down Yoga <i>Sun-Haeng Yu</i>
4:45-5:45 YS * Gentle Yoga <i>Michelle Osborne</i>	4:00-4:45 YS * Pilates Fusion <i>Jennifer Brown</i>	11:15-12:00 YS * Pilates Mat <i>Cailyn O'Donnell</i>	3:30-4:30 PD * Swim: Pro <i>Romina Caristo</i>	4:45-5:45 YS * Yin Yoga + Sound Meditation <i>Nathan Norrington</i>		
5:00-5:45 TR * Precision Walk: Elevate <i>Titus-R'icard Baldwin</i>	5:00-6:00 YS * Sculpted Yoga™ <i>Jillian Forster</i>	11:30-12:30 MS * Studio Dance: GROOV3 <i>Nupeir Garret</i>	5:00-5:45 TR * Precision Walk: Elevate <i>Amy McGuire</i>			
5:45-6:30 MS * Circuit Training <i>Titus-R'icard Baldwin</i>	5:30-6:15 MS * Lower Body Blast <i>Juan Hidalgo</i>	4:45-5:35 YS * Pilates Fusion <i>Marisa Gonzalez</i>	5:30-6:30 YS * Vinyasa Yoga <i>Nui Kaesmann</i>			
6:00-6:45 YS * Pilates Mat <i>Michelle Osborne</i>	6:15-7:00 YS * Athletic Stretch <i>Jessica W. Chen</i>	5:45-6:30 MS * Stronger <i>Marisa Gonzalez</i>	6:30-7:15 MS * Stacked <i>Amy McGuire</i>			
6:45-7:30 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	6:30-7:15 MS * Cardio Dance: Zumba® <i>Angella Blackhall-Royan</i>	6:00-7:00 YS * Power Vinyasa <i>Jessica Paquette</i>				
		6:45-7:30 CS * Beats Ride <i>Dan Rappa</i>				
		7:00-7:30 YS * Sound Meditation <i>Jessica Paquette</i>				

# EQUINOX

**PALOS VERDES**  
550 Deep Valley Drive, Suite 212  
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EQUINOX.COM  
@EQUINOX

**MON-THU** 05:00 AM 10:00 PM  
**FRI** 05:00 AM 08:00 PM  
**SAT-SUN** 07:00 AM 06:00 PM  
**Kids**  
**MON-SAT** 08:00 AM 12:00 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.  
**Beats Ride 60** An extended rhythmic cycling class so you can ride those extra miles to 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.

## Running

**Precision Run + Strength** A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.  
**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.  
**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.  
**Yin Yoga + Sound Meditation** Relax and rejuvenate with a healing mix of yin yoga along with a live sound bath. You'll experience restorative yoga poses, designed to open hips, pelvis and lower back, combined with the therapeutic sounds of crystal singing bowls to bring you a much deeper mind-body connection.

## Hiit

**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.  
**Circuit Training** Maximum Effort + Minimum Time = Total Body Results. Work through timed intervals cycling between specially designed stations to build strength and endurance.  
**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.  
**Lower Body Blast** Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.  
**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.  
**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

**True Barre: Cardio** Give your barre workout a cardio boost 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.  
**True Barre: Off the Barre** 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 Fusion** An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.  
**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

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

## Swim

**Hydro Sculpt** A head above water, non-stop full-body water workout. Sculpt muscle while improving cardiovascular stamina and muscular endurance with programming that is gain without pain. Swim cap required.  
**Swim: Basics** An entry level swim class designed to teach the fundamentals of swimming that focuses specifically on freestyle. Swim Basics features skills and drills that develop technique, confidence and efficiency in the water. An Equinox exclusive. Swim cap and goggles required.  
**Swim: Pro** Test your limits in an intermediate/advanced team-based swim class. Train all 4 strokes like a pro, focusing on technique, form, and stamina. Must be able to swim 100 yards continuously. Swim cap and goggles required.

## Regeneration

**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.  
**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.  
**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.

## Strength

**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.