

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:35 MS * 360 Strength <i>Susie Arellano-Reed</i>	5:45-6:30 MS * Stacked <i>Patti McCullum</i>	5:45-6:30 MS * Stronger <i>Alexis Harrell</i>	5:45-6:30 MS * Tabata Max <i>Bibi Mama</i>	6:00-6:50 YS * Pilates Rise <i>Milena Sarian</i>	8:00-8:45 CS * Anthem Ride <i>Kristen Fox</i>	8:00-8:45 CS * Beats Ride <i>Dan Rappa</i>
6:00-6:45 YS * Pilates Fusion <i>Kari McKillip</i>	6:00-6:50 YS * Pilates Fusion (Heated) <i>Kaci Bacher</i>	6:30-7:15 CS * Beats Ride <i>Attila Fruttus</i>	6:00-7:00 YS * Vinyasa Yoga (Heated) <i>Dan Ward</i>	6:15-7:00 YS * Athletic Conditioning (Outdoor) <i>Marcus Cargill</i>	8:00-8:45 MS * Stronger <i>Bibi Mama</i>	8:15-9:00 CS * Athletic Conditioning (Outdoor) <i>Marcus Cargill</i>
6:45-7:30 TR * Precision Run@ <i>Bibi Mama</i>	6:30-7:15 CS * Beats Ride <i>Maria Garcia</i>	7:15-8:15 YS * Power Vinyasa <i>Laurel Eriane</i>	6:30-7:20 CS * Precision Ride <i>Maria Garcia</i>	RD * Beats Ride <i>George Wyhinny</i>	8:00-8:45 RD * <b>Tabata Max (Outdoor)</b> <b><i>Susie Arellano-Reed</i></b>	RD * 8:45-9:30 MS * Stronger <b><i>Marisa Gonzalez</i></b>
7:15-8:00 MS * True Barre: Bala Bangle <i>Kari McKillip</i>	9:15-10:00 MS * True Barre <i>Maria Garcia</i>	7:45-8:35 MS * True Barre <i>Louisa Plous</i>	7:45-8:30 MS * Body Sculpt <i>Kari McKillip</i>	6:30-7:15 CS * Beats Ride <i>George Wyhinny</i>	8:15-9:05 TR * Precision Run@ <i>Monique Bell</i>	9:15-10:15 YS * Yin Yoga (Heated) <i>Newton Campbell</i>
8:45-9:30 YS * Barefoot Sculpt <i>Jillian Forster</i>	10:15-11:05 MS * True Barre <i>Cailyn O'Donnell</i>	9:00-9:45 MS * Body Sculpt <i>Jillian Forster</i>	9:00-10:00 YS * Sculpted Yoga™ <i>Cailyn O'Donnell</i>	6:45-7:30 MS * <b>Lower Body Blast</b> <b><i>Titus-Ricard Baldwin</i></b>	9:00-9:45 MS * Cardio Kickboxing <i>Susie Arellano-Reed</i>	9:30-9:45 MS * <b>Best Abs Ever</b> <b><i>Marisa Gonzalez</i></b>
9:15-10:00 MS * Cardio Sculpt <i>Nathan Norrington</i>	10:15-11:00 YS * Best Stretch Ever <i>Jay Cruz</i>	10:00-10:45 MS * Pilates at the Barre <i>Ava Moreno</i>	9:15-10:00 MS * Pilates at the Barre <i>Rachel King</i>	8:45-9:30 MS * Stronger <i>Marzena Janasik</i>	9:15-10:15 YS * Power Vinyasa <i>Jennifer Allen</i>	10:00-10:45 MS * Cardio Dance <i>Nkechi Okonkwo</i>
9:30-10:15 TR * Precision Run + Strength <i>Maria Garcia</i>	12:00-12:50 MS * 360 Strength <i>Renee Max</i>	10:45-11:45 YS * Sculpted Yoga™ <i>Ava Moreno</i>	9:15-10:00 RD * TRX Max (Outdoor) <i>Maria Garcia</i>	10:00-10:50 MS * True Barre <i>Samarah Williams</i>	9:30-10:15 RD * TRX Max (Outdoor) <i>Maria Garcia</i>	11:00-11:50 MS * True Barre <i>Nathan Norrington</i>
10:45-11:45 YS * Hatha Yoga <i>Sarra Morton</i>	12:00-1:00 YS * Vinyasa Yoga <i>Cailyn O'Donnell</i>	12:00-12:45 MS * Core6 <i>Emma Brown</i>	10:15-11:00 MS * Barefoot Sculpt <i>Cailyn O'Donnell</i>	10:45-11:45 YS * Power Vinyasa <i>Jessica Paquette</i>	10:00-10:45 MS * <b>Athletic Conditioning</b> <b><i>Kristen Fox</i></b>	11:00-12:00 YS * Power Vinyasa <i>Ava Moreno</i>
12:00-12:45 MS * Stronger <i>Maria Garcia</i>	4:00-4:50 MS * Pilates Rise <i>Milena Sarian</i>	12:15-1:15 YS * Vinyasa Yoga <i>Dan Ward</i>	11:00-11:45 YS * <b>Best Stretch Ever</b> <b><i>Jay Cruz</i></b>	12:00-12:45 MS * Body Sculpt <i>Amanda Taylor</i>	10:15-11:00 BR * Rounds: Boxing <i>Juanito Alvarez</i>	12:30-1:20 MS * Pilates at the Barre <i>Ava Moreno</i>
12:15-1:00 YS * Pilates Fusion <i>Jennifer Brown</i>	5:00-6:00 YS * Sculpted Yoga™ <i>Milena Sarian</i>	4:00-4:50 MS * True Barre <i>Louisa Plous</i>	12:00-12:45 MS * MetCon3 <i>Casey Sines</i>	12:15-1:00 YS * Pilates Mat <i>Kaci Bacher</i>	11:00-12:00 MS * Studio Dance: Hip Hop <i>Nupeir Garret</i>	12:30-1:15 YS * Headstrong Reset Meditation <i>Nathan Norrington</i>
4:00-4:45 MS * Best Butt Ever <i>Monique Bell</i>	5:30-6:15 MS * Stronger <i>Maria Garcia</i>	5:00-6:00 YS * Yin Yoga Meditation <i>Sabrina Mata</i>	4:00-4:45 MS * Pilates at the Barre <i>Ava Moreno</i>	4:00-4:50 MS * Barefoot Sculpt <i>Jillian Forster</i>	11:00-12:00 YS * Sculpted Yoga™ <i>Stephanie Morrell</i>	3:00-4:00 YS * Vinyasa Yoga <i>Shazi Usman</i>
5:00-6:00 YS * Vinyasa Yoga (Heated) <i>Sabrina Mata</i>	6:30-7:15 BR * Rounds: Boxing <i>Juanito Alvarez</i>	6:15-7:00 MS * Stacked <i>U. B. Sanchez</i>	5:00-6:00 YS * Vinyasa Yoga <i>Ava Moreno</i>	5:15-6:05 MS * <b>Feel Good Friday:</b> <b>Cardio Dance</b> <b><i>Jillian Forster</i></b>	12:15-1:00 MS * Barefoot Sculpt <i>Nathan Norrington</i>	
6:00-6:45 MS * Ropes and Rowers <i>Renee Max</i>	6:30-7:15 MS * <b>Barefoot Sculpt</b> <b><i>Rachel King</i></b>	6:30-7:30 PD * Swim: Pro (L2) <i>Dana Staggs</i>	5:30-6:15 RD * Core6 (Outdoor) <i>Renee Max</i>	5:30-6:30 YS * Power Vinyasa (Heated) <i>Dylan Drew</i>	1:15-2:00 YS * Sound Meditation <i>Nathan Norrington</i>	
6:30-7:30 PD * Swim: Pro (L2) <i>Dana Staggs</i>	6:30-7:30 PD * Swim: Basics <i>Dana Staggs</i>	6:45-7:30 CS * Beats Ride <i>Dan Rappa</i>	6:00-6:45 MS * Best Butt Ever <i>Nathan Norrington</i>		3:00-4:00 YS * Weekend Wind Down Yoga (Heated) <i>Rachel King</i>	
6:45-7:30 CS * Beats Ride <i>Greg Davis</i>	6:30-7:30 YS * Gentle Yoga <i>Pete Lee</i>	7:00-8:00 YS * Vinyasa Yoga <i>Dylan Drew</i>	6:30-7:30 PD * Swim: Skills + Drills <i>Dana Staggs</i>			
7:00-7:45 BR * Rounds: Boxing <i>Nupeir Garret</i>	6:45-7:35 CS * Precision Ride <i>Attila Fruttus</i>	7:05-7:50 BR * Rounds: Boxing <i>U. B. Sanchez</i>	7:00-8:00 YS * Restorative Yoga <i>Nathan Norrington</i>			
7:00-8:00 YS * Athletic Stretch <i>Jay Cruz</i>	7:30-8:20 MS * Cardio Dance <i>Nupeir Garret</i>	7:15-8:05 MS * Pilates Fusion <i>Michelle Osborne</i>				
7:15-8:05 MS * <b>Pilates at the Barre</b> <b><i>Nina Raab</i></b>	7:45-8:30 YS * Sound Meditation <i>Pete Lee</i>					

# EQUINOX

## SOUTH BAY

5400 Rosecrans Avenue  
HAWTHORNE CA 90250  
EQUINOX.COM  
@EQUINOX

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

**FRI** 05:00 AM 09:00 PM

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

**Kids**

**MON-SAT** 08:00 AM 01:00 PM

## GROUP FITNESS MANAGER

maria.garcia@equinox.com

## SIGNATURE CLASSES.

## ACCLAIMED INSTRUCTORS.

## TRANSFORMED BODIES.

## STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

TR Treadmill Area

BR Boxing Studio

PD Pool Deck

RD Roof 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.

**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 + 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.

## 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.

**Yin Yoga** Releasing tension through prolonged poses, this open class targets deep connective tissue to help open your hips, pelvis, and lower back.

**Yin Yoga Meditation** A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

## 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.

**Core6** Train your center from every angle. Explore six distinct core pathways using SandBells, dumbbells, and bodyweight. This structured interval flow with bursts of high intensity will build a stronger, more resilient foundation that supports your every movement inside and outside the club. An Equinox exclusive.

**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.

**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.

**Ropes and Rowers** Propel your performance with a full-body circuit of rowing, ropes, and strength stations. Boost metabolism and build muscle in this class that never lets you get complacent. 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.

**TRX Max** A functional strength workout using TRX body-weight suspension equipment. Test your stability while building muscle, increasing flexibility, and unconventionally challenging your core.

**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.

## Barre

**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.

**True Barre: Bala Bangle** This sculpt class features the Bala Bangle and light dumbbells 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.

**Pilates at the Barre** Pilates amplified with resistance. Sculpt and strengthen using our signature anchored bands to unlock stability and connection. Target muscles with intention, build functional strength, and challenge your core. 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.

**Feel Good Friday: Cardio Dance** Fridays are all about the "feels". Start your weekend with a feel-good dance class. A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations.

**Studio Dance: Hip Hop A** A choreography-driven dance class using the latest street dance styles. Prepare for the dance floor and add a little groove to your cardio routine with playlists that will keep you coming back.

## Boxing

**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** Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

## Swim

**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.

**Swim: Skills + Drills** Build upon your freestyle as you learn new skills, drills and strokes. Must be able to swim 25 yds continuous. An Equinox exclusive. Swim cap and goggles are 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.

**Headstrong Reset Meditation** An immersive meditation class that deliberately brings you through increasingly restorative brainwave states. Unwind, center, and regenerate your system as you are guided through a complete mental reset. 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.

**Cardio Sculpt** A moderate intensity rhythmic workout using high reps and light-medium weights in combination with simple low-medium impact cardio drills. Shape and tone your entire body, fueled by addictive music and inspiring coaching.

## Strength

**360 Strength** Move with purpose. Master your power. Experience a functional strength training class designed to optimize real-world performance. Forge an unbreakable body utilizing the landmine, heavy dumbbells, ViPR, and dynamic full-body exercises. An Equinox exclusive.

**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** Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. 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.